

Foot Bath to Remove Toxins

While I was bored this week because it was [too hot to garden](#), I tried a method I found online to remove toxins from my body with a foot bath. Years ago I remember a friend asking me to go with her to some clinic somewhere locally that offered this type of detox. We never did get there, partly because I was skeptical especially because of the price involved. When I saw a home remedy online recently, I thought I would give it a try at home.

The main ingredients (in this version of detox) are salt. Equal parts sea salt and Epsom salts with more baking soda. The "recipe" called for two cups of baking soda, but I did not have that much on hand, so probably used just 1/4 cup. I added a few drops of citrus (you could use any scent you want) [essential oil](#) for a nice smell. You add these ingredients to a container large enough to soak your feet in, then add hot water to dissolve the salts. Soak your feet for at least 30 minutes.

That was the difficult part for me, to stay sitting in one spot for that long, especially as the water started to cool off. Always a multitasker, I wrote this post as I was detoxing. The water is supposed to turn dark in color as the toxins are removed from your body through the bottoms of your feet.

Although I'm not sure how many toxins this foot bath removed from my body, (the water turned a bit murky but not dark) my feet do feel nice and smooth!