

Trish McPhee, MSN, FNP-c

[trishmcphee@gmail.com](mailto:trishmcphee@gmail.com)

## Nutritional Baths

Nutritional baths can be used for the general up-building of life forces and in cases of convalescence. **Do not allow a nutritional bath if fever or acute illness is present.** Nutritional baths have a special quality; therefore a special time and rhythm should be reserved for them. Their purpose is to nourish, revitalize and encourage. You should have them at the same time of day surrounded in a peaceful atmosphere and always allow time afterward for rest.

Completing a series of seven (7) baths in inherent cooperation with natural substances and processes. You may notice a problem completing/ accomplishing the fourth bath. Perhaps knowing about this common stumbling block will help you persevere and accomplish the fourth bath despite apparent hindrances.

The bath is not a time for bathing, shampooing, etc., but a special time given to your loved one or friend.

### Things you will need:

**Bathtub**

**Knife**

**Measuring cup**

**1 cup raw milk**

**Wool blankets**

**Fertilized egg (fertilized IS important)**

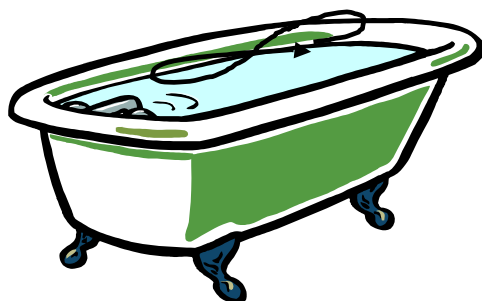
**Unsprayed—meaning ORGANIC lemon**

**2 Flannel sheets**

**Towel**

The bathroom should be warm. A resting place should be prepared prior to bath. Place one flannel sheet on the resting bed and cover the pillow with the towel. (The resting room should also be warm and quiet). The bath water should be about 99°F (or about body temperature which is 98.6°F) Use the thermometer to check the temperature, or your elbow to see that it is just pleasantly warm, not hot or cool. While the tub is filling, cut the lemon under water several times and mash it to the bottom of the tub to express all the juices and oils from the lemon – then leave it in the bath water. In the measuring cup, mix together one cup milk and the egg, then add them to the water flow.

Once the tub is as full as possible, mix and prepare the water before the person enters it. Kneel next to the tub, and with hands and arms deeply in the water, rhythmically move the water in lemniscuses (figure eight) form. Repeat this movement twenty to thirty times. Have the person get into the bath. For a child, a candle may be lit and a story read.



After 15 to 20 minutes, remove the person from the bath, and wrap in second flannel sheet and put them to bed covering with the first flannel sheet once they lie down. Wrap their head with the towel on the pillow, and cover them with wool blankets. Be sure their head and feet are warmly covered. The person should remain resting for 30 to 60 minutes. If this is done for bedtime, the person must change into dry pajamas and the damp sheets must be removed before going to bed for the night.