

DETOX BATH

Discover

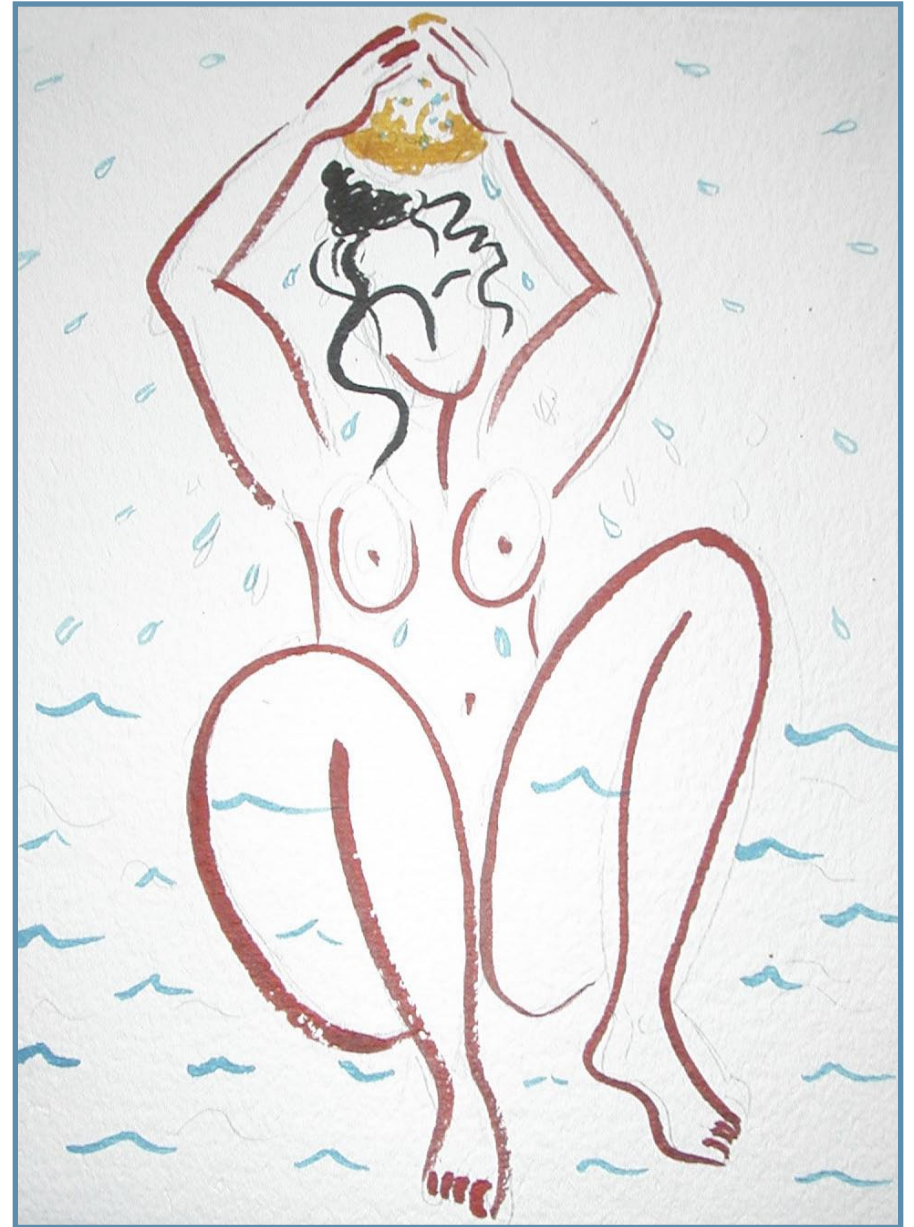
How To Achieve

Radiant Health

By Efficiently Eliminating

Toxins, Fat and Cellulite

On a Daily Basis



DETOX BATH

“This book flows as clean and clear as water itself. As well as a fine overview of the healing power of water, it reintroduces a fascinating therapy with profound potential”.

John Pollock, Author: Everything Communicates

Copyright© 2005, Randa Khalil and Lina Baker
Published in the UK by DreamTeam Publishing Ltd
38, St James' Gardens
London W11 4RF
UK
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www.pureinsideout.com

Cover Illustration Copyright© 2005 by Claude Montoya
www.montoya.ca

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*The Angel of Water
From the Heavenly Sea
the Waters run and flow forward
from the never-failing Springs.*

*To the dry and barren desert
have the Brothers brought the Angel of Water:
That She might bring forth a garden and a green place,
tree-filled and fragrant with flowers.
Cast thyself into the enfolding arms
of the Angel of Water:*

*For She shall cast out from thee
all that is unclean and evil.
Let my love flow towards thee, my Heavenly Father,
as the gentle rain doth kiss the Earth.*

Passage from the Dead Sea Scrolls 3rd Century BC to 68AD

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Introduction

Water -and its countless benefits- is the inspiration for writing this book.

To celebrate our new Age of Aquarius we're calling for collective awareness to its symbol. This book pays homage to Water, the source of all life.

Water -and its countless benefits- is the inspiration for writing this book. More specifically, we wanted to share our excitement at the amazing benefits we've been experiencing since using this particularly effective hydrotherapy method, the Detox Bath, which we share with you in detail in the following pages. It's far too good to be kept secret. We had to tell the world about this free and incredibly simple method to help achieve and maintain optimal health, and to get rid of excess fat and cellulite.

We believe that the reason why this technique has remained uncharted for so long is because people find it hard to believe that such an easy and simple process can yield such tremendous benefits, at no cost. In our day and age we're told that we have to suffer and deprive ourselves or pay substantial amounts of money in order to improve our health. Spending ten minutes a day on a pleasant and free procedure that keeps you healthy, and helps you lose fat and cellulite, seems like an aberration!

**The formula
we bring to you
is as old
and natural
as breast-feeding.
It's simple,
efficient
and free.**

Moreover, once you've learnt it and made it part of your daily routine, you can easily carry on doing it in the comfort of your home without anyone's help, and at no additional expense whatsoever. Hardly an incentive for any commercially oriented company to get involved!

It is however reasonably well known in the French speaking world. France Guillain, (a naturopath, journalist, mathematician and physicist) has published a couple of books in France describing this particular bath method and its benefits, which she refers to as the Derivative Bath (more details inside). Unfortunately, none of these has yet been translated to English.

The formula we bring to you is as old and natural as breast-feeding. It's simple, efficient and free. It comes to us from the dawn of time and was practised for hundreds of years, before we lost it in the process of modernisation. Animals like cats and dogs -in tune with nature and its healing powers- instinctively use it. The method we are introducing here is part of our human legacy. It has helped thousands throughout the ages achieve and maintain optimal health. For this reason we decided to make it public knowledge.

All it takes is discipline and a ten-minute commitment at home on a daily basis. You'll soon start seeing tremendous benefits and measurable results. Initially, you'll notice that your sleep is more restful and that your digestion and energy have improved as you start shifting and eliminating toxins. After that, you'll begin shedding excess fat and cellulite. We'll be discussing the Detox Bath method, and the numerous health conditions it helps prevent and cure, in detail in Part 6.

The Detox Bath is a hydrotherapy technique based on Louis Kuhne's (a leading German naturopath of the early nineteenth century) friction sitz bath and France Guillain's Derivative Bath.

It's a tool that has been generously provided to us by nature to help us maintain our body in optimal condition.

Natural healing is timeless for a reason: It works.

Everyday, we get further undeniable confirmation of what some of the best scientists and philosophers who ever lived taught us decades and centuries ago: **Nature is the ultimate healer**. We are continuously seeing proof of the triumphs of natural healing, even in some cases where traditional orthodox medicine has failed.

Mohandas K Gandhi (the Mahatma) saw the human body as a microcosm of the Universe: “The human body is the universe in miniature”, he wrote. “It follows therefore that if our knowledge of our body could be perfect, we would know the universe”. Key to Health- M K Gandhi, 1942-1945.

Nature abundantly provides all what man requires for effective healing. If the human body is indeed a microcosm of the Universe, its resources are therefore infinite. These should be exploited and not limited to resorting to chemicals. We’re not denying the benefits of modern medicine, we’re only calling for more options, many of which nature has to offer.

“The human body
is the universe
in miniature”

M.K Gandhi



Unfortunately, drugs that promise an instant cure to years of excesses, and unhealthy eating and living habits are superseding natural methods, which were originally part of our innate and acquired heritage.

There is no denying that the advancement of science and medicine has been spectacular. Modern medicine has indeed helped cure serious diseases and ailments, and saved numerous lives. However, the philosophy of natural healing is not about the eradication of symptoms; it is essentially about keeping the body healthy and strong, it's about prevention and treatment of the cause of illness, rather than just its manifestation. Natural healing is about the health seeker taking control and actively participating in the healing process, to achieve optimal health.

Wouldn't it be wonderful to rediscover the mysterious ways in which nature can work for us? Wouldn't life be easier if we lived in harmony with our bodies and surroundings with minimal reliance on potent chemical cures?

**Nature offers
countless ways
to avoid
and prevent
disease
and help us back
to good health.**

Gandhi himself demonstrated that this was possible, as did a great number of naturopaths, herbalists and healers throughout time.

Nature offers countless ways to avoid and prevent disease and help us back to good health. Man has turned to natural cures since the beginning of life. Chemical drugs on the other hand, -in the form of antibiotics, painkillers and anti-depressants- have only become available at the beginning of last century. Compared to centuries of natural practices and remedies, modern medicine represents a very limited share of mankind's amazing discoveries in the art and science of healing. Unfortunately, ancestral methods, which took centuries to develop, are at risk of disappearing for good, if that knowledge is not transmitted.

We hope to salvage at least one such highly effective ancestral method, by sharing it in this book with you.

How can you trust a drug that has potentially serious side effects on the rest of your body, while rejecting harmless methods widely available to us in nature? What's the point in healing one part of the body to the detriment of another? Some argue that our body is capable of self-healing without the help of drugs, remedies or other interventions.

In the modern western world we live in, a good number of people perceive healing in a cynical and even derogatory way. Some contemptuously classify natural methods as 'old wives' remedies. This is partly due to the bad publicity that some self-proclaimed healers have generated, as well as to the strong lobbying and marketing techniques of the medical and pharmaceutical industries. Those reject all that is not scientific and rational, dismissing the obvious merits of ancestral healing and cleansing practices, which nature provides to us in such great abundance.

Recognising this fact is the first positive step in triggering the healing mechanism; the second step is to actively take part in the actual process, to take control of your health, enhance and optimise it. That's what we hope Detox Bath will do for you.

Given the right nutrition and the right care, our body has the power to naturally trigger a regenerating and healing process. Let's give it all the support it needs and deserves.

PART I

MY PERSONAL DETOX BATH EXPERIENCE

or why I became a faithful bath adept

By Lina

My personal motto used to be “Seek pleasure wherever you can find it and enjoy all the bounties that life has to offer”. That of course, revolved around good food and fine wines, not to mention other “artificial” pleasures, I pursued in my wild youth. The word “moderation” was certainly not part of my dictionary then.

Waste and toxin elimination was the least of my worries. My young body effectively took care of the process, making it happen naturally. Activities like swimming, walking and yoga were, and still are, part of my daily exercise routine. Furthermore, I am someone who never seriously indulged in fatty foods or sweets. I took it for granted that my body would obediently carry on self-cleansing, despite my hedonistic binges. I believed it would always remain vigilant, forever eliminating the excesses I blithely subjected it to.

The last decade brought some unwelcome changes to my figure. I started gaining weight and growing alarming fat deposits around my hips, waist and stomach. With great distress, I realised that cellulite was becoming more obvious by the day, and increasingly difficult to conceal.

My metabolism was slowing down and I was gaining weight, even though my food intake hadn't changed.

My auntie always complained about piling the weight on despite the fact that she didn't indulge in food. I always suspected she was secretly eating far more than she cared to admit. This notion seemed somewhat ridiculous until, to my greatest bewilderment, the same thing started happening to me!

When, to my great frustration, someone would politely point out that I had put on weight, my reply would invariably be: “I don't understand, I haven't been eating more!”

Exactly like my poor auntie!

I became extremely careful with my diet and reduced all foods that I thought would burden my figure. I got rid of carbohydrates like bread, pasta and French fries, and categorically eliminated sweets from my diet. Conscientiously but boringly, I limited my alcohol intake to a single glass of wine, whenever I drank.

Despite this, I realised with incredulous despair that nothing had changed! I kept putting the weight on, to a point where I became literally horrified at my body's reflection in the mirror. I no longer recognised myself! I was victim of a process I felt totally helpless to stop.

My body needs some serious exercise, I mused. My daily walks, swimming, yoga and occasional cycling were clearly not burning up the excess fat that I wanted so desperately to lose. This was partly the reason why I decided to take up Pilates, which I still practice regularly until today.

My Pilates classes had an amazing result. They helped me achieve a better posture, more balance and more grounding, and greatly improved my inner strength. They also increased my energy and flexibility, particularly reinforcing my abdomen and back muscles, and reactivating my circulation. Sadly though, they didn't help me lose the weight or burn the fat. Despite this, I remain highly enthusiastic about Pilates for the numerous benefits it offers.

Nevertheless, I was left with a serious weight problem to solve, but was determined to improve my figure. I desperately wanted to get back into my gorgeous Prada trousers, which didn't fit me anymore! Eating far less and exercising much more, I still didn't lose weight. I was devastated! My frustration turned into anxiety as I was incessantly seeking a means to effectively shed the excess weight and regain my trim- Prada pants- figure.

The Chinese doctor I've been consulting for many years prepares herbal teas and concoctions, which provide tremendous benefits. They help clear allergies and sinuses, improve circulation, balance energy and enhance liver and digestive functions. I implored him to prepare me a brew that would trigger weight loss. The herbal concoction he prescribed was highly diuretic, it helped eliminate my water retention problem and intensified my bowel movement. Drinking the tea certainly made me feel lighter.

However, it takes an inconveniently long time to prepare and infuse, and in the long run, its cost matched its inconvenience. A week of treatment requires three bags of tea at around US \$30 each, or a cool US \$360 a month. Taking into account the fact that it takes up to six months to start seeing a significant result, this exercise would have innocently cost me a modest fortune!

Moreover, the brew tasted so foul, it was almost impossible to swallow! Neither was it convenient to carry around when I happened to be away from home, or out on a weekend. Nevertheless, I sincerely encourage anyone to try Chinese herbal medicine for promoting general well being and preventing disease.

A year ago, while buying a pair of Birkenstock sandals at a natural health store in Montreal, the storeowner pointed out tiny white cysts on the sides of my feet. He informed me that these were fat deposits that my body was unable to eliminate. To illustrate his theory, he invited me to attend a seminar that the store was sponsoring. The seminar covered an apparently highly effective hydrotherapy method of a certain Louis Kuhne, which I had never heard of. He also gave me a pamphlet with extracts of Kuhne's book regarding the unity of diseases.

I left the store completely obsessed with these tiny white spots, which clearly reflected how intoxicated my body was, and the urgency for drastic action to get rid of this unsightly excess waste.

I attended the seminar on Louis Kuhne's natural healing and in particular his hydrotherapy cures. The case studies included in the presentation featured numerous successful cures of patients using Kuhne's derivative friction sitz bath method.

My fascination was somehow tinted with sadness at the fact that such vital information on how to achieve a state of optimal health was disappearing from our collective memory and habits. The presentation made so much sense, Louis Kuhne's methods were definitely part of nature's abundant array of solutions to man's ailments.

The seminar prompted me to extensively research Kuhne's and other naturopaths' work. Although these texts generally referred to rather serious conditions, the fact that the bath enhanced toxin elimination and waste expulsion, was to me a function that anyone could take advantage of. It made perfect sense that this process should also trigger weight loss. This fact was later confirmed at discussion forums on the friction sitz bath and its benefits, with special reference to fat and weight loss.

Finally, convinced that this routine was appropriate for my needs, I decided to try it. You have nothing to lose, I told myself. The method is simple, harmless and free. It neither entails visiting the doctor, nor buying supplements and thankfully not ordering and drinking horrible-tasting teas.

I started my daily Detox Bath routine some months ago with no expectations, I considered it an experiment. On day two, I experienced some reactions described by Kuhne and France Guillain, the author of the book on the Derivative Bath. The urine I passed had indeed a strong chemical smell, for instance. Also, when I had the bath just before bedtime, it induced restful sleep, as though I had been exercising all day! I had never really suffered from insomnia, but my sleep didn't feel so restorative of late. I often woke up feeling tired, rather than rested. The bath had an immediate effect on the quality of my sleep and I began experiencing sound, restful sleep from day three.

My mood improved almost immediately as a consequence. I had been going through such a nerve-wrecking time at work, I was extremely stressed out. I felt on the edge of a total burnout, and the universe weighed heavily on my shoulders. Nothing seemed to be working, a fact which induced a bleak outlook on my life. I knew then that something wasn't right, both on a physical and psychological level.

I came across an article in a yoga magazine on cleansing and detoxifying. The author, Decker Weiss, a naturopath and cardiologist, explained that a high level of toxicity could manifest in depression, chronic fatigue, lower libido and endurance problems, amongst others.

It all made perfect sense, however, I never expected the Detox Bath to have such an effect on my psychological and nervous state, as it astonishingly did.

I concluded that it must have acted on the priorities of my body, and not necessarily on those on my agenda. My nervous system was dangerously overloaded, and the Detox Bath triggered an immediate healing response to rescue it.

I felt like a veil had been lifted, the feeling of well being I experienced almost a week after starting the Detox Bath was overwhelming.

I felt like a veil had been lifted, the feeling of well being I experienced almost a week after starting the Detox Bath was overwhelming. Not only was the bath helping me to detoxify but it also made me feel happier, lighter and more positive.

I had initially started with a daily fifteen-minute bath, but deep inside, I knew that if I wanted to see measurable improvements in my figure, I should aim for twice daily. Guillain advises that a daily twenty-minute bath is more effective than ten minutes twice.

I felt that fifteen minutes were within my comfort zone, ten minutes being too short and twenty, too much. I urge you to try to get in tune with your own body needs, and decide on the duration of the Detox Bath accordingly.

Someone who's overcharged with waste and toxins might require a twenty five-minute bath, while a less charged individual requires no more than ten minutes daily. The longer you practice the Detox Bath, the more in tune you will be with your personal body needs.

If you recall, I had mentioned earlier that I was obsessed with the small white deposits on the sides of my soles. These would become obvious when I was standing up or applying pressure to my feet. I wanted them gone. To me, getting rid of these unsightly fatty spots meant that my body was getting rid of the deposited fat. This is exactly what was happening...

Now a few months on, I am pleased to note I only have two remaining fat spots on my left foot (down from about a dozen between both feet). During my Detox Bath, without knowing the reason, I seemed to work more on the right side. I later learned in [France Guillain's](#) book that we usually accumulate more deposits on the side we sleep on, and I always sleep on my right side. As my body's intelligence dictated, I was instinctively working on the more affected side. Since I became aware of this, I make a conscious effort to work both sides equally.

As for my figure, I was overjoyed in the first week after eliminating a lot of water. Three weeks later, I started growing increasingly more frustrated, as I could see no significant change. I naively expected to lose in two weeks, the solid fat that has been accumulating for years. Only a miracle (or liposuction) can do that! Please remember to give your body time (as I later understood and did) in order to see positive changes. The increased metabolic function and elimination that my daily Detox Bath triggered toned my muscles up. They are now increasingly firmer and fuller.

Although not exactly a supermodel's, my body now looks lean and healthy. I have come to terms with the fact that my ideal weight is not necessarily to be dictated by fashion magazines and the media. I no longer aim for unrealistic weight, but I am delighted with the numerous and clearly measurable improvements that the Detox Bath has made to my body. My waistline is now more defined and curvy. I can see the cellulite gradually disappearing and the fat melting away.

**My body
is happily
responding to
the care that
I've been
providing it with,
and graciously
returning
the favour.**

People have been complimenting me on my figure and telling me how healthy and radiant I look. My friends who used to comment on my extra kilos are now eagerly asking me how I managed to lose them. My skin looks brighter and tighter and my hair healthier, moreover I feel more focused and my energy is at a constant high level.

My body is happily responding to the care that I've been providing it with, and graciously returning the favour. I am finally able to get into my Prada pants!

I urge anyone concerned with health and fitness to try this extraordinary Detox Bath method. What your body is capable of, when provided with the right care, is a true revelation!

PART I
(continued)

MY PERSONAL
DETOX BATH EXPERIENCE

or why I decided to write this book

By Randa

Having practised Ashtanga Yoga since 1990 and Shiatsu massage for many years, I've always been reasonably in tune with my body, and highly interested in safe and natural healing methods. This is especially true considering my inherent unease about modern medicine's drastic ways of dealing with the symptoms of disease. I cannot understand the logic behind a treatment system that works on suffocating the manifestations of disease, while disregarding the underlying fundamental cause of it.

Also, the fact that modern medicine treats organs as separate entities, rather than part of the harmonious and perfect mechanism, which is the human body, didn't seem to make much sense to me. The reason for this I believe, was everything I had learnt during my Shiatsu years.

Working on the same principle as acupuncture, but without the use of needles, Shiatsu is an ancient healing art form, based on balancing the Chi, energy or Life Force (the founding principle of oriental medicine) responsible for the good functioning of all body organs. According to oriental medicine, the origin of all disease is a blockage of the Chi.

The Chi meridians (a total of twelve in the body) are virtual energy (or Chi) channels running inside the body and connecting internal and external organs. The Tsubos, or pressure points, are energy points on the energy meridians, which are used for diagnosis and treatment. When pressure is applied on a specific Tsubo, it helps release the energy blockage, which according to oriental medicine, is the origin of disease. When you're giving a Shiatsu massage and you press the correct Tsubos, you can actually feel the Chi move, similar to a very mild warm electric current, between the mother hand and the working hand. It's really fascinating!

I won't go into further Shiatsu details here, since it is not our core subject. However, I had to mention it in an attempt to explain the reason behind my initial attraction and enthusiasm for the Detox Bath technique. In line with the Shiatsu perspective on health, the original Kuhne bath stipulates that accumulated toxins create a blockage, a physical manifestation of the Chi or energy blockage, either in the body in general, or in a particular organ or meridian, resulting in disease.

Nevertheless, despite the undeniable logic behind the Detox Bath method, I was initially sceptical, so I understand you might be as well. No offence taken. I'm convinced that you'll change your mind just as I have, once you start practising the bath regularly and experiencing its extraordinary benefits.

Can such a simple method be so powerful, I wondered? And if all I had read was true, how come so few people knew about it? Why would people deliberately choose to ignore such a simple, natural, yet so powerful means of achieving and maintaining optimum health and fitness?

With all due respect to Louis Kuhne, who originally devised the Detox Bath technique (friction sitz bath) and who was a great man indeed, his method had to pass the test. I had nothing to lose by trying it anyway. It's completely safe and harmless, as well as long-term side effect free. I figured I could probably do a lot less useful things, (like sitting in a traffic jam or chatting on the phone) in the ten minutes it took to have the bath.

Having read the books on the subject and discussed the matter thoroughly with my friend Lina in Montreal, who first introduced me to the Detox Bath* and helped me write this book, I decided to make it part of my daily routine for a while. I would at least do it regularly for a few weeks to find out if it lived up to all the wonderful benefits, which it's claimed to procure.

A few years back, I had suffered a serious and debilitating lower back problem. Two spine specialists I consulted confirmed that only spinal surgery would relieve me. The third one advised me to wear a metal brace, covering my pelvis all the way up to the middle of the ribcage, in the hope that it will straighten my back out in the long run.

The pain was such that I was no longer able to have my daily yoga practice, as I had done for many years before. Ashtanga Yoga is a dynamic and powerful practice, not suited for someone with a severe backache. The metal brace I wore, badly restricted my movements, forcing me into a sedentary lifestyle I had never been accustomed to.

* A naturopath in Montreal advised my friend to try the Kuhne bath when she noticed small fat deposits on her feet.

My normally healthy digestion became sluggish, (probably due to lack of exercise) and my skin and complexion reflected the sorry state of my health in a nasty greenish colour and pasty tone. To make matters worse, stress overload both from work and at home, and my ever-nagging backache (for which I was getting regular osteopathy treatments *and* taking pain killers) made getting a good night's sleep seem like a distant dream. I felt exhausted and run down in the mornings, and had to work hard on motivating myself for the day. However, despite the pain, I was in no way ready to undergo such major and risky surgery, especially one with no guaranteed results.

Hmm, quite a test for your friction sitz bath method Mr Kuhne, I chuckled.

I started my ten-minute Detox Bath the next day, right after my morning shower. I aimed for at least five times a week.

Within three days, I had an allergy-like rash covering my arms and legs. The water I passed had a powerful, unusually chemical smell. The rash didn't worry me much, since I had read that it was a common manifestation of shifting toxins, and that it would disappear in a few days. Sure enough, it did five days later.

Amazingly though, on the third day I was able, for the first time in months, to have a restful, uninterrupted six-hour sleep. Previously, unable to find a comfortable position to sleep in due to my excruciating backache, I had been able to sleep no more than two hours in one stretch.

After the first week, my body seemed to demand an extended fifteen-minute bath. I obediently obliged.

By the end of the second week, my digestion started improving. I was no longer feeling heavy and bloated after a (light) meal and my common bouts of diarrhoea were slowly replaced by a regular bowel movement.

One morning, I woke up with a killer headache, thanks to particularly nasty champagne I had indulged in the night before. Serves you right, I thought. However to my great amazement, my head suddenly began to clear as I was progressing with the Detox Bath. By the time I was finished, all that remained was a faint throb, which quickly disappeared too. *I was stunned!* No book on the subject had ever mentioned this benefit, not even Kuhne himself! (I suppose he was busy treating far more serious conditions to worry about a mere hangover!)

Within a month, sleeping soundly every night now, my mood and energy hit a level I thought they would never reach again. I felt light-hearted, and dealing with everyday life problems and hassles seemed like a breeze. A contented smile became the most regular and prominent feature on my face.

More importantly, a couple of months later, I was able to gently ease myself back into my regular yoga practice, without suffering an agonising backache as a result. This for me, was a major achievement, it was what I wanted the most!

**The cherished
-and oh so missed-
“Flow” feeling
seemed to
comfortably
reinstate itself
back into my life.**

Everything began to fall back into place after that. The cherished -and oh so missed- “Flow” feeling seemed to comfortably reinstate itself back into my life.

Is it possible for such a simple daily ten-minute bath to have such a tremendous impact? If not, I really don’t know what did. I had modified nothing else in my routine and my life circumstances hadn’t changed.

Now, a few months on, I’m in a far better shape than I’ve been for the last few years. The added bonus is that I am also rid of the fat deposits, which had started nestling around my stomach, waist and hips. My back still hurts a little now and then, when I overexert myself, but I can easily live with that.

My greatest relief was to be able to finally ditch the painkillers and kiss my osteopath goodbye. Louis Kuhne had clearly described back problems as being an encumbrance of waste matter in the back region, which in some cases can even deform the spine. I can now see that there certainly is a lot of truth in his statement.

**It's free
and you
have absolutely
nothing to lose,
except of course
cellulite,
fat and
toxins!**

Am I glad I didn't listen to the spine specialists? You bet!

I nearly forgot to mention my skin! It's now purer, clearer and tighter than ever before. People seem to compliment me on the way I look nowadays. This can't be bad. It's certainly very flattering considering the little effort it took to achieve the result!

I think the above clearly explains why I felt compelled to write this book with my friend Lina's help. Such a good feeling must be shared, and it gives me joy to share it with you.

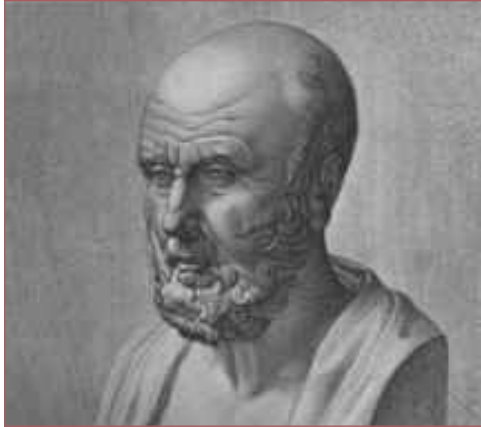
All I can say is try it. It will speak volumes for itself. It's free and you have absolutely nothing to lose, except of course cellulite, fat and toxins!

Please bear in mind that our bodies react in different ways, so be patient with yours. Give it time to adjust to the positive changes it will soon start going through, once you make this remarkable Detox Bath part of your daily routine.

PART 3

THE ORIGIN OF THE DETOX BATH METHOD

Louis Kuhne



Hippocrates
400 BCE -377 BCE

The late nineteenth century and early twentieth century saw the birth of Neo-Naturopathy, particularly in Germany. Father Sebastien Kneipp, Dr Benjamin Lust and Louis Kuhne amongst others, were but a few disappointed with the failure of modern medicine in eradicating disease.

These men all turned to nature to find a way to help heal a diseased body and to maintain a lifetime of good health. Inspired by the work of the father of medicine, Hippocrates (400 BCE) who had observed the healing power of water and subsequently created thalassotherapy, they started successfully experimenting with various methods using water as a healing agent.

In the preface of the book “Neo-Naturopathy: The New Science of Healing or The Doctrine of Unity of Diseases” 1917, by Louis Kuhne and Dr Benjamin Lust, the latter writes:

“Official medicine is as blindly at work today as it has ever worked, promulgating false methods of medical treatments to conceal its failures to cure by the equally false methods it has discarded. Official schools of medicine and individual practitioners are flooding the

medical journals with literature on the practise of medicine that is based on the treatment of symptoms, but which has no effect on the cause of the given ailment.

Bacteriologists contend that microbes are the sole origin of disease, whereas the truth is that disease is primarily caused by the accumulation of filth or dead organic matter, in the tissues of the body, that can only be removed by agents consisting of an application of the forces of nature from without”.

He goes on to add:

“In the natural purification of the atmosphere from its carbonic acid and carbonic dioxide by plants, and the natural purification of filth-polluted streams by micro-organisms we see how nature works. Nature is a ceaseless round of beneficence towards organised beings. She destroys the malign cells of disease by transforming them into beneficent material of animal and plant health and vigour”.



Louis Kuhne
called by Lust a
"Genius in the art
of healing"

Louis Kuhne called by Lust a "Genius in the art of healing", creator of the friction sitz bath, advocated the unity of diseases. He claimed that the origin of all disease is an accumulation of waste matter in the body. He believed that this matter actually deforms the body as in the manifestation of a distorted spine for instance. His diagnosis method, the Science of Facial Expressions consists in examining the face and neck for -sometimes invisible- signs of accumulated waste matter.

He reasserted the benefits of natural water healing after having to fight a long and chronic illness himself. He empirically experienced the benefits of the bath - particularly the friction sitz bath - by practising it on a daily basis to cure his ailments.

According to Kuhne, when waste matter accumulates in the body it pushes outwards and upward to areas from which it can no longer be eliminated and consequently causes organ malfunction and disease. The function of the friction sitz bath, as he advocated it, is to push back the excess load of accumulated waste matter and gradually redirect it towards the intestines, from which it's later evacuated.

This method is nothing but a reflection of our body's natural ability to cleanse and heal.

It is not difficult to imagine what causes these surcharges and morbid excesses to accumulate in the body. Through our mouth, skin and nose, various fumes we inhale, vapours, colorants and additives in food, pesticides, as well as food excesses penetrate the body and create deposits. Undigested organic matter also has a similar effect inside the body. When it putrefies, it creates illness and fever.

This excess load makes the body incapable of normal elimination and nutrient absorption. The result is an accumulation of deposits and fats that develops first around the belly, hips, buttocks and thighs, and later travels towards the upper body and extremities. A regular Detox Bath will effectively help move this waste matter or toxins back towards the intestines for elimination.

This method is nothing but a reflection of our body's natural ability to cleanse and heal. A fact that modern medicine chooses to ignore by stipulating the unnecessary and avoidable use of chemicals and drugs to combat disease.

Unfortunately, modern medicine has no interest and no advantage in conducting serious research on this method and disseminating information about its uses and benefits.

Kuhne's Hydrotherapy Cure: Case Studies

Louis Kuhne devised and successfully practised this type of bath -the friction sitz- for over three decades. He cured thousands of various illnesses and diseases at his establishment in Leipzig, which he started in 1883.

Kuhne was suffering from a severe early hereditary cancer in his stomach and lungs. He had been bitterly disappointed with the inability of orthodox medicine to help him. He turned to natural cures in an attempt to find a way to overcome the terrible pain caused by a disease that was devouring him internally.

Not only did he succeed in alleviating his own symptoms and keeping his serious disease at bay, but he was also able to devote his life to treating the sick, and proved beyond the shadow of a doubt the efficacy of the healing system he devised.



Kuhne's sitz bath

Kuhne demonstrated through his doctrine of the unity of diseases that the origin of all disease is a lifelong accumulation of waste matter and toxins in the body, either inherited or acquired, which manifests in various organs depending on heredity or genes. He observed that poor digestion was the cause of all subsequent ailments and that the body can only be healthy if the digestive organs are functioning correctly. This discovery allowed Kuhne to create a unique system of hydrotherapy cure for all disease manifestations. Kuhne's cure consisted chiefly in altering his patient's diet to strictly vegetarian, coupled with frequent and regular steam, hip and friction sitz bath treatments.

The fact that Kuhne's patients came to his establishment as a last resort, when orthodox medicine had pronounced them incurable, and were subsequently successfully healed by him, is an irrefutable confirmation of the efficiency and viability of his unique hydrotherapy cure.

His book “Neo-Naturopathy: The New Science of Healing or the Doctrine of Unity of Diseases” is rich in case studies and testimonials of severely ill people, who recovered good health thanks to his simple hydrotherapy panacea.

Let’s look at a few remarkable case studies, extracted from his book.

Chronic Inflammation Of The Bowels, Gallstone, Irritability, Sleeplessness

A patient he refers to simply as Mrs R came to Kuhne suffering from chronic inflammation of the bowels which forced her to depend on enemas and tablets for daily bowel movement. At the same time, gallstones also affected her. Her conditions made her so nervous and anxious she was unable to get any sleep. She became more and more corpulent and had intense pain in the liver area due to the gallstones. Having been advised to have an operation by her physicians and in a deplorable condition, she consulted Louis Kuhne.

He prescribed two to five friction sitz baths daily, one or two steam baths weekly and a non-flesh diet. The cure progressed slowly in the first week. In the second week the appetite, stool and sleep became normal again. During the third week, the nervous disorder disappeared and the fourth week was marked by “the immense quantity of obnoxiously smelling black dysenteric faeces” which she evacuated. After five weeks of treatment the patient had lost thirty pounds, and the gallstones began to dissolve and were clearly discharged through urine. By week seven, Mrs R. was completely cured.

Cancer

A young Brazilian man of twenty-five was suffering from cancerous ulcers, which had been developing for eight years from his neck down to his stomach. These ulcers always bled after meals and the patient had a particularly offensive breath. He was so desperate, he seriously considered committing suicide. In the first three months of treatment the patient seemed to grow worse as the cancer nodules dissolved, causing intense pain. At the end of one year of treatment, the patient was well again and became an enthusiastic pioneer and practitioner of Kuhne’s natural cure in his native Brazil.

General Weakness, Pain In The Back, Cold Hands And Feet, Poor Circulation

A patient suffered all the symptoms above while she was pregnant. Having received no help from her doctors, she decided to consult Kuhne. He prescribed a hipbath and two friction sitz baths daily, (after which the patient was to warm herself in the sun) accompanied by a (vegetarian) non-stimulating diet. Following only a week of treatment, her condition began improving.

A few months later her condition had returned to normal and she had a healthy baby. Whereas formerly she had suffered complicated deliveries and scarce milk, this time in contrast, she reportedly had an ample quantity of milk and an easy delivery, with an improved general health and normal appetite.

Consumption Of The Spinal Cord

A composer referred to only as Mr M was suffering from consumption of the spinal cord, a condition that his doctors had pronounced incurable. In a pitiful state, -made worse by the lack of hope transmitted by his doctors- and unable to walk unaided, the man consulted Louis Kuhne. The examination revealed an encumbrance in the back, accompanied by internal fever.

Kuhne ordered hip baths, alternating with hour-long friction sitz baths every day. Moreover he prescribed a diet of wholemeal bread and fruits for breakfast and lunch, and vegetables for dinner. Two steam baths per month were also added to the therapy.

Following three months of treatment, Mr M was able to walk tolerably well. Six months later he was able to walk without his stick and could undertake light work.

Severe Heart Problems, Asthma, Protrusion of the Cardiac Artery and Sluggish Circulation

Another combination of severe symptoms that Kuhne managed to cure with his particular form of hydrotherapy. This fifty three-year old woman had previously consulted five different doctors who were unable to help her. They were particularly baffled by the sudden protrusion of an artery near her heart, which was violently pulsating, at a rhythm faster than the heart. The woman had great difficulty breathing and was unable to walk more than a few paces at a time. It was even strenuous for her to talk.

As the doctors abandoned all hope and told the woman she would soon die when the artery exploded, she consulted Kuhne.

His diagnosis revealed that the cause of her complaints was an old and persistent digestive disorder, which resulted in asthma, heart problems, and sluggish circulation. Using the same hydrotherapy methods, Kuhne prescribed three friction sitz baths daily as well as a natural vegetarian diet.

Within a week, the pain disappeared. A fortnight later, the pulsation of the protruding artery had abated and within three weeks, all her symptoms, which were the result of encumbrance due to her chronic abdominal malfunction, had vanished.

Severe Menstrual Disorders and Uterine Haemorrhage

A woman from Leipzig had been suffering from a highly irregular menstrual cycle for eight years. She would sometimes skip a few periods and suddenly suffer haemorrhages that completely robbed her of her strength. The doctor who had been attempting to cure her had been unable to bring about relief to her condition. Kuhne prescribed his usual daily friction sitz baths and a non-stimulating diet of wholemeal, fruits and vegetables.

He reports an astonishingly fast recovery. Not only had the woman become free of haemorrhage in a short period of time, but following a few months of self treatment at home at Kuhne's recommendation, her menstrual cycle became perfectly regular again and she regained her physical strength, which she had completely lost during her illness.

Impotence

A man suffering from impotence, who had tried all the available cures and remedies of the time, finally consulted Kuhne. The latter prescribed a treatment of friction sitz baths and hip baths to be done at home, as well as a non-flesh diet. Six weeks later the man's disorder was completely cured.

Nervous Spasms (fits)

After being unsuccessfully treated by several eminent physicians, a woman suffering from powerful bodily spasms visited Kuhne's establishment. Not only had her doctors failed to help her but their prescribed treatments seemed to be aggravating her condition. The reason for that, according to Kuhne, was because they were attempting to treat only the symptoms or manifestations of her

condition. Kuhne diagnosed an underlying abdominal condition, which had affected the woman for many years and which was the cause of the manifestation of her nervous spasms. The prescribed daily friction sitz baths and diet soon relieved the patient's symptoms and within seven weeks she had fully recovered from a condition she had been suffering for many years.

Severe Constipation

A physician's wife, who had been suffering from severe constipation for twenty years, finally consulted Kuhne in desperation. She admitted to having tried all available remedies, and to having no hope of being cured. After practising Kuhne's friction sitz baths cure for a week, accompanied by a very strict wholemeal and acid fruit diet, she was able to have non-drug-induced bowel movements. A month later she had a regular bowel movement and all her accompanying secondary complaints disappeared.

The above are but a few of the numerous diseases and conditions that Kuhne was able to cure using his astonishingly simple and natural hydrotherapy panacea documented in his book and by several other naturopaths. The fact that he was able to cure such a wide spectrum of diseases with the very same simple hydrotherapy method and diet surely proves the validity of his theory of the unity of diseases, and the underlying accumulation of waste matter, which is their common origin.

It is important to note that another positive consequence of Kuhne's cures was that all his patients, aided by his prescribed natural diet and baths, were able to lose all the excess deposits and fat and realise their ideal body weight.

The Detox Bath is inspired by Louis Kuhne's friction sitz bath. However, by no means are we implying it should replace medical advice, or be used to cure serious diseases, such as in the list above. For these, medical advice should always be initially sought. The bath can then be practised to enhance the benefits of the medical treatment.

However, we can certainly safely recommend the Detox Bath for its amazing capacity in helping flush fat and toxins out of the body and in contributing to maintain and optimise a state of radiant health and a well toned, balanced and fit body.

The Derivative Bath by France Guillain

Inspired by Louis Kuhne's outstanding work with hydrotherapy, France Guillain published in France two books highlighting Kuhne friction sitz bath, and its tremendous support in keeping disease at bay and maintaining good health. France Guillain appropriately named Kuhne's method the Derivative Bath, referring to the bath's action of shifting of fats and toxins from the periphery of the body back into the colon. Her book 'Les Bains Dérivatifs: Un moyen de santé simple, efficace et gratuit' Éditions Jouvence- 1995, is based on Kuhne's friction sitz bath method, of which Guillain is a faithful adept.

Born in Polynesia, Guillain lived on her sailboat for 17 years, relentlessly and single-handedly sailing the globe's oceans and seas with her children. This lifestyle compelled her to turn to nature for simple yet effective healing methods to safeguard and optimise her personal as well as her family's health.

Her work is a great homage to Louis Kuhne's hydrotherapy and particularly the friction sitz bath. A journalist, as well as a dedicated naturopath, Guillain wrote several books on natural healing, sailing the seas, naturism and childcare. She currently actively runs seminars and workshops in Switzerland in an effort to teach and promulgate this amazing bath technique. Guillian is also a mathematician and physicist.

However, unlike Kuhne, who reportedly cured serious illnesses using it, Guillain insists that the friction sitz or Derivative Bath should in no way be considered a therapy or medical treatment. She considers the method a forgotten, inherent human competence, in the same order as breast-feeding.

According to Guillain, the fundamental action of the Derivative Bath is to produce a vibration in the intestines and the fascia (interconnecting tissue covering all internal organs). This vibration sets in motion a mechanism that transports digestion's leftover fats and toxins to the intestines, from where they are later eliminated.

Guillain makes a clear distinction between dark fluid fat, essential for protecting the body against extremes of temperature, as well as fulfilling important hormonal and tissue-repairing functions. The thick white or yellow fat on the other hand, has no biological function whatsoever. When it's not properly eliminated it settles in the body, manifesting in unsightly bulges and cellulite.

The “good” fluid dark fat is the vehicle that transports the superfluous “bad” thick white fat into the intestines for expulsion.

She believes that the Derivative Bath, or Detox Bath particularly enhances this action by melting down hardened body fat, thus easing its mobility and preventing its accumulation. It encourages continuous and regular fat circulation, allowing the system to eliminate the useless fat, as quickly as it enters the body in the process of digestion. The absence of effective fat circulation and elimination mechanisms is the main cause of weight gain and cellulite. It is therefore logical and obvious that the Detox Bath plays a major role in keeping the body trim, fat-free and well toned.

On a psychological level, the Detox or Derivative Bath alleviates depression, anxiety and fatigue.

This is just one of the numerous benefits of the Derivative or Detox Bath, according to Guillain. Others include insomnia relief, enhanced tissue regeneration, improved libido and overall energy, a smoother, clearer skin and radiant complexion.

The bath promotes an easier pregnancy and childbirth, relieves constipation and improves digestion. It alleviates PMS, menopause and impotence symptoms. It strengthens the immune system against viral and non-viral infections, aids liver detoxification and has been proven to ease the side effects of chemotherapy in cancer patients. It helps lower blood sugar level (diabetes), blood pressure and cholesterol. It is recommended for headache, toothache, backache, fever, allergies, acne and asthma.

On a psychological level, the Detox or Derivative Bath alleviates depression, anxiety and fatigue. It significantly improves mood and provides support in overcoming addictions. Some people have reported that when practised regularly, it made giving up smoking easier by subduing nicotine cravings.

You owe it
to yourself
to at least give
this incredibly
simple
and highly
effective
method
a try.

The list of the Derivative Bath's benefits is endless, it has been reported to even reverse the greying of the hair!

I wouldn't blame you if you thought this is too good to be true. That's exactly how it sounds... My personal reaction upon reading the books was highly sceptical initially. Luckily I gave it the benefit of doubt. However, I remained sceptical until the day I started personally experiencing the tremendous advantages of this Derivative or Detox Bath. You'll find my detailed personal experience, and the extraordinary benefits I experienced with my regular Detox Bath practice in more details at the beginning of this book, if you haven't read it yet.

I'm not sure what exactly prompted you to buy **Detox Bath** but the mere fact that you are here clearly demonstrates a keen interest in health and fitness. However, reading the book alone will not improve your health, nor will it help you lose fat and toxins. You owe it to yourself to at least give this incredibly simple and highly effective method a try. All it takes is a little time, discipline, dedication and patience. We guarantee that you'll be overjoyed with the results. You'll probably want to tell the world about it too.

Integrate the Detox Bath into your daily routine and you will gradually watch a new you unfold. You will start feeling lighter, clearer, more focused, in a far better mood and full of positive energy. In time you'll watch cellulite melting away. Surely you'll agree that the Detox Bath is a disproportionately tiny effort to make in return for these amazing benefits!