



Protocol L: as in Lavatory (Bath Protocol)

Protocol L is a simple remedy consisting of a detox bath. It is a hydrotherapy alternative to eliminate the harmful effects of toxins accumulated in our organism and to strengthen and heal our bodies.

Our permeable skin is an organ capable of acting as an osmotic membrane, allowing an exchange to take place between the inside of our bodies and the surrounding exterior. In addition to ingesting CD, we can also absorb it directly through our skin. A larger quantity of CLO₂ enters the body fluids and interstitial tissue, and, according to those who have used this method, the results are quite fast, especially when combining the treatment with other protocols.

The whole surface of the skin is in touch with the CLO₂ gas for 20 to 30 minutes. For some people, this technique has provided the definitive experience.

Description of the process

1. Always use a clean bathtub. Do not put any soap or other chemical products in the water.
2. Activate 30–60 drops of CD with HCL 4% as the activator, in a glass. The number of drops depends on the amount of water used; use more chlorine dioxide for a bigger bathtub.
3. Fill the bathtub with warm (body temperature) water. Don't add any soap, perfume, shampoo, or children's toys and keep the bathroom well ventilated.
4. Add the activated CD to the bathwater and stir to mix it well. The amount of water does not reduce the amount of CLO₂ gas released.
5. Soak the whole body in the bathwater, including the head and scalp. Don't worry if water gets in your eyes; CD this diluted is harmless.
6. You can add hotter water later. The heat dilates the pores and aids the penetration of CD in the organism.

Notes:

- » Each bath session should last about 20 minutes, preferably in the evening, before bedtime.
- » Detox baths used as a complement to any treatment, are a very effective way of eliminating accumulated residue in our organism.
- » Open wounds tend to heal faster due to the disinfectant action of CD.

Useful information

Always use a clean bathtub. Do not use any soap or bath products. Tap water can be used since chlorine dioxide eliminates heavy metals by oxidation. People sensitive to tap water can pour very hot water and let it settle for a few minutes to allow the common chlorine contents to evaporate.

Detox baths with warm or hot water and 2 to 4 kilograms of simple sea salt absorb our body's acids through our skin. This process is known as osmosis, in which the density of two or more fluids tends toward equilibrium.

The higher density fluid passes through the skin towards the lower density fluid, creating equilibrium. So through the skin, acids and toxins flow out of our bodies, and the body absorbs the sea salt minerals. This is why iodized salt or any other salt with chemical additives is not recommended.