

# Vinegar and Lemon Bath

(To aid in removal of toxins and waste material)

1. Two cups (16 fluid ounces) of apple-cider vinegar in tub of water.  
Water temperature should be as warm as tolerable.
2. Take 1/2 of a fresh lemon, squeeze into bath and then peel skin back slightly and rub your entire body with pulp to get lemon juice on skin.
3. Soak in tub for 15 minutes.

**CAUTION:** While in the tub, it is important to have water to drink to prevent excessive water loss. This is especially true for children and elders.

Drink a glass of water before entering the tub and when you get out.

**RECOMMENDATIONS:** This can be done once a day, every other day, up to three times per week or as doctor orders.

Fedorko Chiropractic Health Center  
4774 Munson Street NW, Suite 302  
Canton OH 44718  
Phone: 330-494-0422