

# Protocolo L – Lavado

It is a bath used to detoxify the body.

This protocol is often used in combination with others to increase effectiveness, especially for chronic illnesses and we have had very good results.

We will take advantage of the skin's permeability to balance the fluids inside and outside the body (a process known as osmosis). In this way we expel excess toxins and absorb chlorine dioxide.

This image explains how osmosis works:

- As we can see, here we have a diagram of what happens, in the first part where it says "before" we have a lot of chlorine dioxide molecules on the outside, i.e. in the bath water, and a lot of toxins on the inside.

- In the second example the amount of chlorine dioxide inside and outside the skin has already been balanced. This is what happens during bathing. In this way the chlorine dioxide will react with the toxins, oxidising them so that they can be flushed out of the body.

As the whole skin is in contact with the chlorine dioxide, the effects are very good for a multitude of cases. It can reach any area where it is needed.

It is particularly useful for:

- Diseases with toxic treatments, e.g. chemotherapy.
- Cases of high toxicity in the body.
- Chronic and autoimmune diseases.
- Terminal illnesses.
- Ulcers and sores.

## How is it done?

Dilute 30 to 60 activated drops of CD, depending on weight, in a tub of warm water (best to start with low doses and increase over time).

## Preparation

- Fill the bathtub with hot water and add 2 to 4 kg of sea salt.
- It is important that the salt is not iodised or contains any other chemical additives, as these would penetrate the body.
- Add the activated CD to the water and stir well.
- Wet the whole body, including the head and hair.
- The bath usually lasts 20 to 30 minutes.

## Precautions

1. Clean the bathtub well before the protocol, it must be completely free of soaps and chemical products.
2. Do not add anything to the water, neither soaps nor perfumes...
3. Maintain good ventilation during the bath. Ventilation is important to avoid breathing in too much chlorine dioxide.

## Important

(things to keep in mind)

- Even if water gets into the eyes during the bath it is not serious, as the CD will be very diluted and will not cause damage.
- Additional warm water can be added during the bath to dilate the pores and improve the penetration of the chlorine dioxide.
- It is preferable to do this at night, before going to bed.