



Chiropractic Applied Kinesiology Vitamins Herbs
Homeopathy Health Education Classes

BOZEMAN WELLNESS CENTER

Dr. Philip Cameron, DC

Chiropractic Physician
Professional Applied Kinesiologist

Lemon Bath

1. Run a hot bath (as warm as you can tolerate)
2. Put 2 cups of apple cider vinegar in the bath
3. Rub ½ a lemon (or lemon juice) on your body before getting in bath
4. Soak for 20-30 minutes
5. Drink glass of water before, during, and after your bath

Take a Vinegar and Lemon Bath at least 1x/week, this will help eliminate toxins. Baths can be done more frequently (once a day, once every other day or 3x/week).