

RECIPE FOR NUTRITIONAL BATH

- 500ml (1/2 litre) of Bio-Dynamic Unhomogenised Milk (preferred), Organic also OK.
- 1 fresh (organic) free range egg
- 1 tablespoon of (organic) honey

Fill a bath with warm (37 degrees celsius!) water, check with a good thermometer. Warm the milk to tepid, just enough to melt in the honey, and then stir in beaten egg. Add mixture to the bath, stirring it into the water in large 'lemniscates' (figures of 8).

Make sure that child empties bladder before entering bath, as the bath is very relaxing and the child may wet the bed otherwise.

Duration of bath: no longer than 10-15 minutes.

Wrap child up in a large towel or flannelette sheet without drying skin (letting the moisture soak in), and lay the child down in bed for another 20 minutes. Preferably with candlelight, perhaps a soothing oil in the burner (rose or lavender), and with quiet.

Read the child a 'nourishing' story according to age. [Stories that allow for digestion, safety, nurturing, managing despite difficulties - stories like the "Little House" series, Oregon Trail, etc., not exciting stories like Famous Five, Harry Potter, etc. Keep that book for the bath, don't read it quickly next night and have nothing next bath.]

Then let child get up quietly and dress, or put on pyjamas and go to sleep.

Also:

It is important to have the bed and room ready beforehand, so that the bath experience is smooth, gentle, warm, affectionate. A special nurturing time between parent and child.

Course of baths: 7 baths, spaced 3 or 4 days apart (i.e. 2 per week, preferably commit to fixed days, e.g. Mondays and Thursdays). Then take a break of one week, and if needed start another sequence of 7 baths. **A course of baths** runs for 3 and ½ weeks, and **each bath session** will take about 50 minutes.

However it can be wonderful to just have a single bath if the child is particularly upset, tired, sad, worried, or has had a shock during the day. Also recommended for parents!

These baths bring the child back into a warm, protein rich environment like in the womb so that any problems that are stagnant can dissolve themselves. The child relaxes and after a few baths you see rosy cheeks appearing on your child's face. It is very good for the immune system, and helps with chronic problems.

