



Carbon Dioxide Foot or Body Soak

- Warm enough water to cover feet in a basin.
- Once feet are immersed, place 1 cup of baking soda in water. Add 1/4-1/2 cup of vinegar (any vinegar or Citric Acid will work). (If you have any cuts or blisters the vinegar may cause burning/pain at those sites).
- 5-10 minutes later add another cup of baking soda. Then add another 1/4-1/2 cup of vinegar. Soak for at least 20 minutes, or as comfortable.
- Dry off feet.
- Use the same water to soak your hands, by placing the basin on your lap with a towel under the basin.
- Repeat baking soda/vinegar applications.

*Can be done in a bathtub with full body immersion.

- Advanced Version -

Add:

- ❖ 2 - 4 Tablespoons of Collagen Powder
- ❖ 1 Teaspoon of Vitamin C
- ❖ Your prescribed OHM Minerals

Additional Resources

For a Wealth of Information on the benefits of CO₂ and methods of increasing it look up <https://www.consciousbreathing.com/>.

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