

Arthritis, Sciatica, Back Pain(High Blood Pressure)
(2W4Y)

Bath #	White tonic, ml	Yellow tonic, ml	Action time, min
1	-	20	15
2	-	30	15
3	-	40	15
4	-	50	15
5	-	60	15
6	-	70	15
7	-	80	15
8	-	80	15
9	10	80	15
10	15	80	15
11	20	80	15
12	25	80	15
13	30	80	15
14	35	80	15
15	40	80	15
16	40	80	15
17	40	80	15
18	40	80	15
19	40	80	15
20	40	80	15
21	40	80	15
22	40	80	15
23	40	80	15
24	40	80	15
25	40	80	15
26	40	80	15
27	40	80	15
28			
29			
30			

- During first 5 min increase water temperature up to 39°C
- During next 5 min increase temperature up to 40-41°C
- Keep this temperature till finish(another 4-5 min)

One cycle includes 25-30 baths, in 5- 6 months you will need to repeat this cycle again