

**Arthritis, Sciatica, Back Pain(Low Blood Pressure)**  
(4W2Y)

Bath #	White tonic, ml	Yellow tonic, ml	Action time, min
1	20	-	15
2	25	-	15
3	30	-	15
4	35	-	15
5	40	-	15
6	45	-	15
7	50	-	15
8	55	-	15
9	65	-	15
10	65	-	15
11	65	-	15
12	65	10	15
13	65	20	15
14	65	30	15
15	65	40	15
16	65	50	15
17	65	55	15
18	65	55	15
19	65	55	15
20	65	55	15
21	65	55	15
22	65	55	15
23	65	55	15
24	65	55	15
25	65	55	15
26	65	55	15
27	65	55	15
28	65	55	15
29	65	55	15
30	65	55	15

- 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