

**Arthritis, Sciatica, Back Pain(Normal Blood Pressure)**  
(3W3Y)

Bath #	White tonic, ml	Yellow tonic, ml	Action time, min
1	10	10	15
2	10	20	15
3	15	25	15
4	20	25	15
5	20	30	15
6	25	30	15
7	25	35	15
8	35	35	15
9	35	45	15
10	40	45	15
11	40	50	15
12	45	50	15
13	45	55	15
14	50	55	15
15	50	60	15
16	55	60	15
17	55	60	15
18	60	60	15
19	60	60	15
20	60	60	15
21	60	60	15
22	60	60	15
23	60	60	15
24	60	60	15
25	60	60	15
26	60	60	15
27	60	60	15
28	60	60	15
29	60	60	15
30	60	60	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