

#3 Metabolism and Immune System (Normal Blood Pressure)

Bath #	White tonic, ml	(3Y3W)	
		Yellow tonic, ml	Action time, min
1	-	20	15
2	-	25	15
3	-	30	15
4	-	40	15
5	10	45	15
6	15	45	15
7	20	50	15
8	25	50	15
9	30	55	15
10	35	55	15
11	40	60	15
12	40	60	15
13	45	60	15
14	45	60	15
15	50	60	15
16	50	60	15
17	55	60	15
18	55	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