

# The **“SITZ”** Bath

By The *“Barefoot”* Herbalist, M.H. 108  
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The Sitz bath is one of the cheapest & simplest methods to save your own life. I learned of it in what I call the Sitz Bath book, which is included on the 8 GB USB option with The School of **Self-Applied** Prevention book. As explained in that book, Book I and the Orange Juice Fasting methods that use correct human diet, the Sitz Bath book explains the best water therapy method in human history.

Water therapy is the poor man’s cure as well as the wealthy and dates back to the 1600’s. the Sitz Bath was developed by a doctor who created one of the largest clinics I have ever read of and for the food source for his clinic, he had 40 acres of fruit trees. The proper sitz bath includes proper diet, just like every great book will include as part of the cure. To understand the doctor’s education, he wrote 400+ pages of reading and I will leave that up to the book and explain the sitz bath portion here.

Back in those days, of no pressurized water, indoor plumbing and the sort, they used a bathtub, a stool and a sheet. The person took a 1 hour-long hot bath to produce a sweat and most water therapy books did something similar to get the patient warmed up so the mucus in the lymph glands would be “movable” with the goal of getting the waste back to the colon for removal. They also used hot water steam bath; any method to get your body warm and sweaty is the goal.

Next they emptied the hot water and put in a milk stool and the patient set on the stool over a tub filled with cold water, as cold as they could obtain, ideally 50 degrees if possible. The patient then scooped up this water and poured it under his / her belly button and let it run back down into the tub. They did this for 15 minutes and then rested. In a clinic treatment, this could be repeated 3 x daily along with proper cleansing diet. Often a diet that cleansed the bowels, because they did not have **Lower Bowel Balance** capsules back in those days.

In modern times, some people have toilets that spray water upwards to cleanse the bottom; these toilets would make a perfect sitz bath for the cold-water application. First a nice 1-hour long hot bath of 101-3 degrees and then 15 minutes of the spraying cold water. For most Americans who have a common bathroom, it is still very easy. First you obtain a shower hose device that allows you to hold your showerhead in your hand; if you do not already have this, they are about \$29.00 at any local hardware supplier. You take your 1-hour hot bath and the drain all the water. Then lay down in your bath tub and prop your feet up on the wall and using your shower head on a hose, spray your bottom for 15 minutes with cold water only.

Those with a shower only in their home can figure out how to do it, where there is a will, there is a way. We learned that when applying your cold water, use it cold until you feel uncomfortable and then turn it to warm for a few seconds and then back to all cold. Do this 4-5 x and soon you will feel perfectly fine to leave it on cold only for the whole 15 minutes.

## The School of *"Self-Applied"* Prevention

Advanced: Using the toilet method, cover your head with a large bath towel to hold the heat in and you can place a heater that blows hot air on you in front of your toilet so it blows hot air on you, etc. Can even use an Infar red heater or what ever you can think up as a method to keep your body nice and warm while the cold water is working on your bottom. I do not suggest going past the 15 minutes, because this is a very powerful cleanse. Those that are ill may want to only use the cold water for 5 minutes and be using plenty of [Lower Bowel Balance](#), [Kidney / Pancreas Cleanse](#), [De-wormer](#) and plentiful [Liver Gallbladder Cleanse](#) so the elimination channels are opening up and the toxins getting out. Lots of [Herbal Spray 1](#) and or [3](#) would do absolute wonders while setting on the toilet while the cold water was running.

Normal will be "1" time per week, but in clinical medical setting 160+ years ago, "3" was the treatment.

The ideal of the Sitz Bath is to get the lymph glands cleansing. The lymph glands drain into the colon when working properly, but due to over use and rupturing of the muscles, the lymph glands swell with undigested food waste, which attracts fungus and some medical doctors long ago suggested in some people, their undigested food may actually take over 1 year to be eliminated and that truly is your foundational cause of every illness and cancer in my opinion. Like Book I, the Sitz Bath Book explains proper human diet as part of the true cure and every great book will have that in common. As an option with The School of "Self-Applied" Prevention book, the 8 GB USB has every great book I have that is on a pdf. (There are endless books and I filled the 8 GB with more material than anyone will ever read.)

I see the best education as having the student read the original books word for word as the doctors wrote them and then everyone as they learn, then blend the best of the best that satisfied their needs, their way. Everyone will do it his or her own way, we will only get out of our program what we put into it. Those not willing to read and apply will be dependent upon other's opinions. I assure you, no one has more interest in your health and wellbeing than "you".

The Sitz Bath is the best female cure I know of and using herbs like [Women's Wellness](#) makes it even better. This is the fastest cure to stop female bleeding and rebuilding of the entire reproductive organs and that goes the same for the males (Prostrate) and when a couple, both should do the sitz bath equally, because it is very vitalizing, stimulating as it rebuilds as a couple, nothing compares. The men do well taking [Men's Wellness](#) and [Prostrate Aid](#).

Our kids tried the Sitz bath as early as age 6, same age as first trying the Liver Flush. We did it for fun, ideally your children should use proper diet and habits to maintain their health and never need treatments.

Blessings,  
The *"Barefoot"* Herbalist, M.H. 108