



TerraBathe™

Your Home Spa™



Product Overview

Premium Powdered Minerals

TerraBathe™ is a natural, premium-grade mineral compound for home therapeutic bathing. It comes from a rare-earth, ultra-clean, clay-mineral source in the Southwestern US, where it is extracted from a pristine, arid subsurface mine along the Colorado River delta. This compound is part of a mineral "species" called Calcium Montmorillonite (aka: Calcium Bentonite, Smectite, hydrated magnesium/alumina silicate) which is found in ion-active, high-quality condition in only a few places on earth.

Our premium mineral compound is called ION-MIN[®], which is a special composite of Calcium Montmorillonite. ION-MIN[®] is a trademarked ingredient form of Montmorillonite with naturally occurring bioavailable colloidal minerals. What makes our compound superior is the purity of the source material, the extreme fineness of the nano-sized colloids, the powerful negative ionic charge, a natural high PH level, the abundance of colloidal silica, and a balanced portfolio of health-providing minerals in their natural form, that are ready to remove toxins from your body and provide essential mineral nutrients through hydrotherapy.

Mineral Power

The mineral ingredient, ION-MIN[®] does two important things simultaneously. First it acts as a powerful, natural detoxification agent in several environments: inside your body, within waterways, and in the soil (see our other mineral products). Second, it enriches its surroundings with a unique balance of macro-micro and trace minerals that are electrically exchanged with positively charged particles. Most pathogens and heavy metals carry a positive ionic charge, and become immediately attracted to ION-MIN[®], which destroys and eliminates these unhealthy compounds. The ION-MIN[®] in TerraBathe™ remineralizes you through a hydro-transdermal process. When used in a hot bath treatment, the colloidal ION-MIN can enter tissue, the bloodstream and lymphatic system through your skin. ION-MIN[®] then releases good minerals while absorbing toxins in a process called "cation exchange". The combination of remineralization and internal cleansing promotes health by stimulating your immune system reducing premature aging. Plus it contains one special mineral called silica within its natural state. Silica is used by your body to metabolize other minerals such as calcium, and cellular structures such as collagen.

Your Skin

Your skin is your body's largest organ. It has two functions. The first function is self-evident and is often the only purpose we are taught: pliable body protection. Skin wraps the body, allows it to move and protects all of our working tissue. It also acts as a barrier against the effects of solar radiation and infections. But the second purpose for skin is critically important and often overlooked. Your skin is a membrane that exchanges elements between the body's internal environment and the external environment. It literally breathes...in and out, regulating water, air and minerals.

Many people are reluctant to think of skin as a semi-permeable membrane; but in fact it is not body armor. As evidence, we know that many chemicals and elements can go directly into the skin from

the environment. This phenomenon is how alcohol or aspirin or mineral salts can get into your bloodstream so quickly. It is also the basis for nicotine and hormonal medical skin patches. The skin even metabolizes ultraviolet rays from the sun to allow your body to produce vitamins. So rather than blocking out the external environment, the skin is designed to interact with it. Thus, we need to think less about skin interactions as “topical” and more as “transdermal”.

Your skin removes toxins from within your body through osmosis, and absorbs moisture, minerals, and many substances it come into contact with it. If those substances are toxic, your skin will let some of it pass through into the blood stream, where your liver, kidneys and lymphatic system will do the work of purification. But your skin is capable of helping to cleanse your body as well.

When you bathe, colloidal minerals can be absorbed and unnatural substances can be removed directly through your skin. However, to stimulate this healing process you cannot soak in soaps and detergents that are found in most bath products. You need a pure, complete, balanced mineral solution.

Mineral Therapy

People have known for generations of the importance of bathing, not just for personal hygiene, but in the mineralization and detoxification process. The ancient Romans literally built a culture involving the art of public mineral water baths. The Bible tells of healing and miracles at mineral bath sites. The people of Japan, Korea, Israel, the Nordic cultures, and the Russians all revere mineral bathing specifically for therapeutic effects.

Even wild animals apply mud and mineral waters to their skin with great benefit to their well-being. It is as natural as the earth itself.

Hydrotherapy

The classical Greeks devised water therapy—called “balneotherapy” as part of the foundation of western medicine. The Greek doctor Hypocrites (the “Father of Western Medicine”) is considered the originator of balneotherapy, an extension of hydrotherapy. He noticed that various bodies of water gave unique and salient health benefits. He believed that the various curative properties of each body of water came from their differing mineral contents. One of the most powerful ways to employ balneotherapy is through a full-body immersion in a warm mineral water bath.

Balneotherapy was lost during the Middle Ages and rediscovered in 18th and 19th century Europe, and was a key part of Father Sebastian Kneipp's system of natural therapeutics, which became the basis for Naturopathy. In many European countries that have hot springs or healing resorts, spa treatments are a recognized subspecialty of orthodox medicine.

In mineral bath immersion, the skin can absorb a considerable amount of minerals especially in “total-body immersion” at high temperatures. In this way the skin, along with the peripheral lymphatic system and capillary circulation can greatly contribute to the detoxification and remineralization process.

Healing Pathways

There are several ways this treatment works to restore and preserve your overall well-being:

- **Hyperthermic Treatment:** Bathing in hot water is generally good for you. By gradually increasing your body temperature you can help your body kill many germs and viruses. Thermal bathing increases hydrostatic pressure on the body, which improves blood circulation and cell oxygenation. The increase in blood flow also helps dissolve and eliminate toxins from the body. Bathing in hot water increases body metabolism, including stimulating the secretions of the intestinal tract and the liver, aiding digestion.
- **Hydro-Mineralization:** Mineral water can contain many important minerals in colloidal, ionic form. Trace amounts of minerals such as calcium, magnesium, potassium, iron, and silica can be directly absorbed through your skin, helping to nourish your organs and restore health. Minerals can stimulate the immune system, easing internal stressors on

the body. Repeated exposure to the right kind of mineral baths can help normalize the endocrine system and improve the function of your central nervous system.

- **Anionic Attraction:** The right kind of mineral baths are charged with negative ions (called anions), which can activate mineralization, and help draw positively charged toxins (cations) out of your body. Negatively charged ions also promote feelings of well-being and relaxation.
- **Catalysis:** Minerals can have a therapeutic effect on conditions of the skin, such as eczema, psoriasis, dermatitis, cuts and bruises, as well as fungal infections. Bathing in a high-PH solution can help catalyze the healing process of many skin conditions.

Skin Symptoms

About 20% of the US population has a condition called atopy, which can lead to various degrees of dry skin or even eczema. People with this problem need to take extra care of their skin. Atopic skin tends to contain less moisture and is more sensitive to chemicals and toxins.

The cause of atopy is largely unknown, except that may have a genetic component. However, Atopic eczema is also becoming steadily more common. Among those born before 1960 the reported frequency is only about 2%, but it rises to between 9 and 20% in those born after 1970. The reason for the increase is still a mystery. Today, eczema is common among small children.

Other common skin conditions include allergic skin reactions, topical poisons, infections, insect bites, fungus, ringworm, rashes and rosacea. Evidence over the years has shown that all of these conditions have been alleviated with mineral baths.

The type of therapy you are seeking can be influenced by the temperature of your bathwater. A hot water bath of between 101-106° F opens the pores, encourages a detoxifying sweat, stimulates the lymph system and blood flow, and relaxes your muscles.

You should not stay in a hot bath for longer than 30 minutes. If the bathtub temperature cools while you are in it, you can soak for much longer; some experts recommend that you follow your bath with a cool shower to restore the natural body temperature and close the pores. Cooler baths (90-95° F) are recommended during pregnancy. Always consult a physician or naturopath before using hydrotherapy to treat an illness.

See our Terrabathe™ Instruction sheet for amount and frequency of use

Relax and Heal

Mineral baths not only directly affect your physiology, but they also awaken and strengthen the emotional, intellectual, and spiritual aspects of your health. With ionic remineralization therapy you can soak away stress, remove pain, inspire creativity, alter moods, restore vital energy, and maintain healthy, glowing skin.

TerraBathe™ provides a superior way to influence all healing processes with one powerful, healing mineral compound. It beats simple mineral salts for detoxification, and contains a complete, balanced portfolio of 57 macro, micro and trace minerals in sub-micronic form. TerraBathe™ can immediately influence your skin's remineralization process, and because TerraBathe™ has a powerful ionic charge, it can remove body toxins from through your skin. It has a naturally high pH (8.3) and acts as an antiseptic, so it kills germs as it influences your whole-body healing.

Safe and Economical

TerraBathe™ is all natural, non-allergenic, non-toxic, and safe for topical uses. Its elements do not accumulate in your body. The minerals will be used or eliminated, and the silicate will remove toxins and pathogens that do not belong in your body. There are no known adverse drug interactions with this product. There are no known side effects, and the product does not create physiological dependency when used regularly for long periods of time. Our products do not contain additives and are free of pollutants and organic compounds.

If you are using mineral baths as a way to resolve medical conditions, please consult your physician or natural health practitioner. Because TerraBathe™ particles can absorb positively charged pharmaceuticals, if you are taking prescription medications, you should consult a doctor before starting hydrotherapy. Be sure to check the temperature of your bath water and do not stay in hot water for more than 30 minutes.

For more information or access to our studies, please visit www.calearthminerals.com

or call 323-294-8500

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TerraBathe™
Your Home Spa™



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Stay informed and choose health products wisely!

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