WET SHEET TREATMENT

In British Columbia this was used successfully every 6 months for the miners to detox and cleanse them quickly, keeping them alive from the toxic environment they worked in.

The person drinks a hot cup of tea, preferable yarrow tea to induce sweating.

Then the person has vasoline smeared on the sensitive areas of the body, and sits in a very hot bathtub of water that has cayenne added, for as long as the person can stand. Garlic enemas are then often used, but always garlic is smeared on the feet of the individual, then the body is wrapped in cold wet sheets and put to bed. Cover the head so heat does not escape also.

Pile up warm blankets over the person and let them sleep for the night.
Remove the sheets in the morning. They should be crisp dry and toxins will have been pulled out of the body and smeared onto the sheets.