

# BLEACH

## BATH

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CMG Archives

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### IMPORTANT

**The health information contained herein is not meant as a substitute for advice from your physician, or other health professional. The following material is intended for general interest only; and it should not be used to diagnose, treat, or cure any condition whatever. If you are concerned about any health issue, symptom, or other indication, you should consult your regular physician, or other health professional. Consequently, the Author cannot accept responsibility for any individual who misuses the information contained in this material. Thus, the reader is solely responsible for all of the health information contained herein. However, every effort is made to ensure that the information in this material is accurate; but, the Author is not liable for any errors in content or presentation, which may appear herein.**

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### Introduction

In recent years (current date is 2009) clinical studies have showed that eczema and straph infections, which are the condition where bacteria is affecting the skin to be itchy and rashy, can be treated with household bleach.

- **Staph**, or staphylococcus, is a group of infectious bacteria which can cause a variety of conditions ranging from skin rashes to abscesses. Staph is an extremely common bacterium, which lives on the surface of all human skin, and it will take advantage of vulnerability in the skin to enter the body, causing infection and discomfort.
- **Eczema** is a disease in a form of dermatitis, or inflammation of the epidermis. The term eczema is broadly applied to a range of persistent skin conditions. These include dryness and recurring skin rashes, which are characterized by one or more of the following symptoms: redness, skin oedema (swelling), itching and dryness, crusting, flaking, blistering, cracking, oozing, or bleeding. Areas of temporary skin discoloration may appear and are sometimes due to healed lesions, although scarring is rare.

Thus, bleach baths can be an effective tool for killing bacteria and helping to clear atopic dermatitis. The active component of bleach is sodium hypochlorite, which is the same as "Dakin's solution" - which many dermatologists have used for years."

For a bleach bath, use a good quality household bleach (sodium hypochlorite) - e.g. Regular Clorox bleach (USA).

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## **Recommended Amounts**

The recommended amount of bleach, for adults, is 1/2 cup of bleach thoroughly mixed through a bathtub full of hot water; or 1/4 cup of bleach in a half-full tub.

Bleach Baths can be used to:

- treat eczema
- treat staph
- remove pollutants through skin

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### **Bleach bath for adults**

Add 1/2 cup of bleach to a bathtub full of hot water, or 1/4 cup of bleach in a half-full tub, and just soak for 15-20 minutes.

Warning - Even though the bleach in the bath is diluted, it can still be irritating, so be careful to keep it out of the eyes, mouth, and hair.

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### **Bleach bath for children**

Carefully measure out 1/4 to 1/2 cup of good quality household bleach, and thoroughly mix it into a clean bathtub that is one-quarter filled with lukewarm water. Slowly mix the bleach into the water so that it spreads evenly.

Have the child step in to the bath and submerge their limbs and torso into the water - be sure to keep the child's neck and head out of the water. Let them remain in the solution for no more than 10 minutes.

After the 10 minutes are up, have the child hop out of the bath, and then pat them dry with a soft, clean, dry towel.

Repeat the dilute bleach baths twice a week, and you should see very positive results quickly.

Warning - Even though the bleach in the bath is diluted, it can still be irritating, so be careful to keep it out of the eyes, mouth, and hair.

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### **Adult Bleach bath to remove Pollutants**

A bleach bath can be used to help an adult to remove pollutants through the skin.

Add 1/4 to 1 cup bleach to a hot bath, and just soak for 15-20 minutes.

Warning - Even though the bleach in the bath is diluted, it can still be irritating, so be careful to keep it out of the eyes, mouth, and hair.

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**Extract from the Article: 'Bleach bath' benefit for eczema**

Story from BBC NEWS:

<http://news.bbc.co.uk/go/pr/fr/-/1/hi/health/8015995.stm>

Published: 2009/04/27 04:59:58 GMT

*Adding bleach to the bath may be an effective treatment for chronic eczema, US researchers say.*

*In a study of 31 children, there was significant improvement in eczema in those who had diluted bleach baths compared with normal baths.*

*The Pediatrics study also showed improvements were only on parts of the body submerged in the bath.*

*Children with bad eczema suffer from chronic skin infections, most commonly caused by Staphylococcus aureus, which worsen the eczema that can be difficult to treat. Some children get resistant MRSA infections.*

*It has been shown that bacteria cause inflammation and further weaken the skin barrier.*

*In the study, researchers randomly assigned patients who had infection with Staphylococcus aureus to baths with half a cup of sodium hyperchlorite per full tub or normal water baths for five to 10 minutes twice a week for three months.*

*They also prescribed a topical antibiotic ointment or dummy ointment for them to put into their nose - a key site for growth of the bacteria.*

*Eczema severity in patients reduced five times as much as those on placebo.*

*But there was no improvement in eczema on the head and neck - areas not submerged in the bath.*

**Rapid improvement**

*"We've long struggled with staphylococcal infections in patients with eczema," said study leader Dr Amy Paller, from Northwestern University in Chicago.*

*She added they saw such rapid improvement in the children having bleach baths that they stopped the study early.*

*"The eczema kept getting better and better with the bleach baths and these baths prevented it from flaring again, which is an ongoing problem for these kids.*

*"We presume the bleach has antibacterial properties and decreased the number of bacteria on the skin, which is one of the drivers of flares."*

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