

## ***Foot Detox Pads***



- *Onion*
- *Garlic*
- *Water*
- *Self-stick gauze pads*
- *Socks*

Slice the garlic and onion till it is well chopped. Put it aside.

Pour water in a kettle and let it boil. Add the finely sliced garlic and onions in the boiling water. Then, let it boil for additional 10 minutes.

Next, let the water cool off for 20 minutes. Then, pour the mixture in the center of the self-stick gauze pads, only enough to get wet. If there is too much liquid in the pads, squeeze the excess out. Also, try not to wet the sticky part of the pads.

Patch the self-stick gauze pad on the soles of the feet, especially at the center part. Put on socks so the pad won't fall off. Throw it the next morning.