

Sea Salt Soaks

In the early 1900's two doctors got together. They set out to try and find out why indigenous peoples around the world were using ocean water to heal their wounds. They did several different experiments.

This is what they found out.

The human body is fresh water and the ocean is salt water. When ocean water is introduced to the human body the brain will start producing blood cells. The blood will flow to the wound and push out any impurities. This process will cleanse the wound of all impurities such as infections. Soaking the wound with ocean water will kick off the production of blood and push an infection out of the wound.

By applying sea water on the wound for a few minutes all of the harmful particles such as, dead skin, bacteria, dried plasma, and germs are saturated and broken up. When wiped away with a q-tip, this leaves the wound free from bacteria food thus lowering the bacteria count on the wound. No bacteria food less bacteria. In order to get an infection there needs to be a sufficient amount of bacteria to enter the wound.

The ph balance from the ocean is perfectly suited to cleanse wounds on humans. It is not strong enough to dry out the wound and kill the baby skin cells that are trying to heal. It is different enough for the human body to recognize it and push it out. Doctors have been using sea salt soaks to get rid of infections such as tetanus for years.

Mr. T's Sea Salt Soaks is not a gimmick. It is the real deal. Mr. T's Sea salt soak is sterilized to remove all harmful bacteria and filtered to remove all micro particles. It is real ocean water and is tested to assure there are no impurities. There are no aerosols or any other product added to it. It has no preservatives and is homeopathic and not manmade. The bottles we use do not allow bacteria to grow in them. It is safe, clean and gentle.

Mr T's Sea Salt Soak was developed by Tommy T.
Body Piercer for 22 years.
Bloodborne Pathogen Exposure Control Trainer for
the Orange County Health Department.
Occupational Safety and Health Department
Outreach Instructor (OSHA)
Business Member of the Association of Professional
Piercers
UCSD Alumni



Directions

There are 2 methods for applying the sea salt soak depending on the piercing. You will need to purchase q-tips and possibly cotton balls.

- 1) Pour ½ ounce of Mr. T's sea salt soak into the medicine cup.
- 2) Gently hold cup over the wound for approximately 5 minutes.
- 3) Take a q-tip and dip the q-tip in the solution in the medicine cup.
- 4) Very gently rub the jewelry between the ball and the post.
- 5) If it is a circular piece then rub the entire piece of jewelry.
- 6) Using the other end of the q-tip dip the q-tip in the solution.
- 7) Gently rub on the wound on both sides.

Remember we are trying to remove particles after the soaking so don't rub hard and push them back into the wound. The soaking will break the particles up and the rubbing will attach them to the q-tip. Then just throw the q-tip away.

Method #2

This is for piercings that are not easily accessible with a cup

- 1) Pour ½ ounce of Mr. T's sea salt soak into the medicine cup.
- 2) Drop a cotton ball into the cup until it soaks up all of the sea salt water.
- 3) Gently apply the saturated cotton ball to the wound.
- 4) Hold the cotton ball on the wound for approximately 5 minutes.
- 5) Take a q-tip and dip the q-tip in the solution in the medicine cup.
- 6) Very gently rub the jewelry between the ball and the post.
- 7) If it is a circular piece then rub the entire piece of jewelry.
- 8) Using the other end of the q-tip dip the q-tip in the solution.
- 9) Gently rub on the wound on both sides

Do not twist and turn jewelry. You will push dead skin and plasma into your body and create an infection. We do not recommend sea salt soaks for inside the mouth piercings. For this process to work you must soak and remove all particles around the wound. Just soaking will leave the harmful particles in place and may result in infection. This is a 2 step process. Soak and remove.

How to apply Mr. T's Sea Salt Soak

Step 1 Soaking with cup

Pour small amount in cup



Place cup over area to soak, i.e., navel, and let soak 10 minutes.

Soaking with cotton ball

Pour small amount in cup

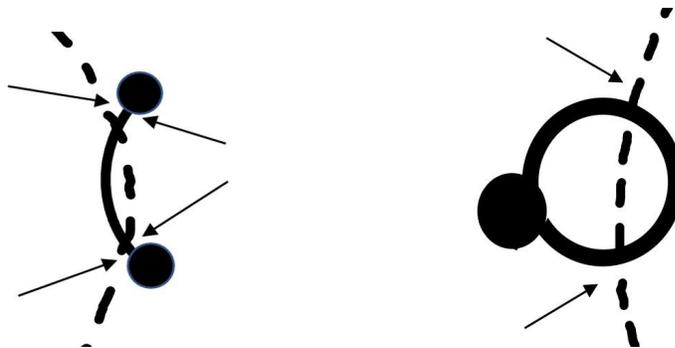


The soaking step is the first step
Now you are ready for the second step, the wiping away step

The body pushes white blood cells through the wound. This is a normal part of wound healing. The body also has normal flora, oils, and skin cells that accumulate on the jewelry and around the wound. All of these particles need to be removed in order to facilitate a healthy healed wound. The first step breaks up and prepares this process. The second step removes these harmful particles.

Step 2

- 1) Dip a Q-Tip into the sea salt solution
- 2) Wipe between barbel and ball to remove particles (this is where build-up occurs)
- 3) You should see the debris on the q-tip, through Q-Tip away
- 4) Wipe on the wound as seen in picture , through Q-Tip away (this is where dead skin cells and plasma accumulate)



Your wound is clean
Repeat daily