



## Ionic Detoxification Footbath

The result will be renewed energy levels, both physical and mental, with a general feeling of well being.

Detox is a relatively new age word, yet it describes a process that has been occurring naturally in our bodies for hundreds of years. In the past our bodies have detoxed naturally; however, modernization has brought drastic changes to our environment and lifestyles and our bodies are less adept at removing toxins than they used to be.

Using the feet as a conduit to improve one's overall health by unblocking vital energy pathways is not new. The Chinese use of foot manipulation is ancient. In Egypt, Case discovered archeologist Ed pictures dating back to 2000 BC that documented foot treatments.

An ionic foot bath is a hydro-therapy device that combines the life-giving properties of water with a specialized bio-enhances and electric charge, which amplifies the body's ability to heal itself. The energized water helps to re-balance your body's energy meridians by permeating and realigning an individual's energy field. Many of the benefits of the foot bath can be attributed to the re-balancing of these energy meridians.



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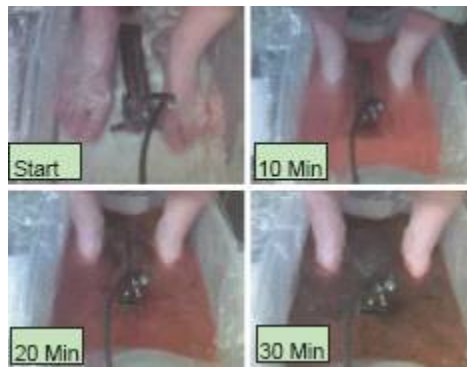
hydro-therapy device life-giving properties specialized bio-enhances and ability to heal itself. helps to re-balance meridians by realigning an field. Many of the

Millions of compounds in our universe are derived from just 106 atoms. Of these elements, Hydrogen is the first and most fundamental. 90% of all atoms are comprised of hydrogen. The ionic foot bath passes direct electrical current through water to break apart the H<sub>2</sub>O ( water) molecule and release the negatively charged hydrogen ion needed by your cells for energy. The footbath aids in restoring the bodies natural functions through pH shifts, antioxidant and cellular energy production. This helps our bodies function optimally to help rid our systems of toxins. Toxins are harmful waste products which attack our immune system and can cause a wide variety of side effects. With health, diet and lifestyle being scrutinized more than ever, it is clearly apparent from many areas of research that our bodies need assistance to function efficiently within our environment. When your cells have the energy needed to function correctly they allow vital nutrients to be absorbed into your body, which in turn results in elimination of unwanted toxins.

Excessive toxins can cause poor nutritional absorption which will, in turn, stop the cells from functioning correctly. There are 500,000 different chemicals used to make, clean, coat, wrap, and finish the products we use each day. Excessive toxins enter our bodies through the skin, the digestive tract, and the air we breathe.

Our bodies need to cleanse themselves of toxins each day. Toxins that the body cannot eliminate are stored in fatty tissue, joints, muscles, and the brain. These toxins can clog cell membrane walls which are then unable to absorb enough nutrition to support normal cell functioning. Over time, this leads to reduced vitality and a weakened immune and lymphatic system.

The feet have over 7200 nerve endings and 2000 eccrine sweat glands. In addition arteries and the feet. These a natural gateway. released from their foot bath can then be natural Lymphatic Only toxins are sweat glands in your minerals, and excreted.



veins cross paths in factors make the feet Toxins that are storage areas during a filtered by the body's and Immune Systems. released from the feet. Vitamins, medications are not

The ionic footbath can create renewed energy levels and a feeling of well being that kick starts your natural detoxification process. It does so by rebalancing your body's bio-energy, effectively rebalancing the cells equilibrium of positive and negative ions, which aids in the dispersal of unwanted toxins.

Your cells bio-energy can be unbalanced by:

- poor diets – food additives, processed foods, etc.
- a lack of fresh fruits and vegetables
- little or no exercise
- drugs and medications
- illness and disease
- stress and worry
- smoking
- alcohol intake

Excessive toxins may cause:

- Bad skin, blemishes
- colds, flu and sinus problems
- lethargy and tiredness
- headaches or chronic pain
- breath and body odor

Q: Can anyone use the system?

A: NO - It is not recommended for:

- people with pacemakers or using a heartbeat regulating device or medicine
- people who have had an organ transplant

- people with diabetes
- people with epilepsy
- during pregnancy or lactation
- severe blood pressure problems
- open wounds on the feet
- after a recent surgery- make sure you are released from Doctor's care

The foot spa does not cure anything! It only helps stimulate detoxification by aiding in balancing the body's bio-energetic fields. When the electro-magnetic fields are balanced, the body's organs will naturally function more efficiently. The foot bath is not a medical device and the FDA has not reviewed nor approved any statements made herein.

Always consult a Physician if you are receiving ongoing treatment for any medical condition not mentioned above, or have questions about your health. If in doubt, consult your physician before using starting foot bath treatment.

For more information on the ionSpa<sup>®</sup> footbath we use, please link to [www.theionspa.com](http://www.theionspa.com).