

Ionic Detox Foot Bath FAQ:

The body has 5 organs that allow Detoxification: the Liver, Skin, Colon, Kidneys and the Lungs. The Ionic Detox Foot bath cleanses balances and enhances the bio-energy present in the body. This energy is the electromagnetic force that is stored and utilized in the body. Chinese medicine refers to this energy is CHI. It purges and/or detoxifies the body of toxins, chemicals, radiation, pollution and other materials trapped in the tissues. The less polluted your body is, the more your body will work to its best capacity.

There are many reasons why it's important to detox. Our body is susceptible to many types of toxins, such as food additives, alcohol, prescription drugs, pesticides, heavy metals, and/or environmental or industrial pollutants. It is so important to keep our body as clean as possible to function properly. Getting rid of these pollutants from our bodies will help us in the "fight", i.e. our bodies (immune system) can be "under attack" and can cause many side effects including, but not limited to, tiredness, headaches/ migraines, cold/ flu, acne, bad breath, body odor problems, and sinus problems, just to name a few. Some experts have suggested this type of holistic therapy as an alternative to the prevention of immune deficiency disease.

The potential benefits of the Ionic Foot Detox are the reduction of every day toxins in your body. This process has been known to remove toxins and body waste products known to cause health problems. Inactivate viruses, bacteria, yeast and fungus, purify the blood and lymph nodes, enhance nutrient absorption, help clear up bad skin, Slow down aging and improve body flexibility, reduce inflammation, increase oxygen in the body and improve sleep.

How this works: You soak your feet only by covering your ankle with clean water in a foot tub with an energizing cartridge that is responsible for the flow of electrons. This flow of electrons alters the water molecules by charging them into ions; it invigorates, reconditions and synchronizes the body's natural ionic flow. The result is your body can detox safely at its own pace by metabolizing the residues in waste that are stored within the body. This pulls the toxins at a cellular level from the 2000 pores at the bottom of your feet, engaging the organs of detoxification.

When the system is activated -it creates electronic flow within the water. You will be astounded and curious as the water changes color from clear to color and then to darker shades.

CONTRAINDICATIONS: It is not recommended to use the machine if you:

- Wear a pacemaker or any other battery operated or electrical implant.
- Take heartbeat regulating medications or blood thinners
- Are a pregnant or lactating woman
- Are an organ transplant recipient
- Have undergone organ removal
- Are on a medication that, if absent from your system, would mentally or physically incapacitate you (e.g., psychotic episodes or seizures).
- A self-care support system is recommended, drink a lot of water, and rest if necessary.

How many detox foot bath session will I need?

It is suggested that you begin with a total of 6 sessions over a 3–4 week period. After these initial sessions, you can switch to monthly sessions. There is no discomfort while having this treatment entire process takes about 30 minutes.