

## FAQs on Ionic Detox Foot Bath

### What happens during an ion foot bath session?

The ion foot bath is a soothing and relaxing 30 minute session. You'll feel super pampered as your feet soak in a warm foot bath. During the session the water will begin to change colors and sometimes objects may appear. This is entirely normal. It's a result of the chemical reaction between the toxins in your body, and the particles in the water, such as salt, metals in the array. The resulting products depend on the toxins in your body and the acidity of your body. (See reverse side for the color chart).

### How does it help to improve my health?

Diseases thrive in an acidic environment. The less acidic your body is, the less prone you are to contracting a disease, such as osteoporosis or cancer.

The Center for Disease Control reports that up to 85% of all illness are caused by toxins and pollutants in our bodies. The human body functions best when the ions are balanced at 80% negative and 20% positive. So how do we achieve this?

The food we consume, have either acidic or alkalizing properties. The more of the higher alkaline foods you can incorporate into your diet the better. An ionic detox, helps to facilitate the alkalization process through the process of ionization, which removes "free radicals" from the body.

It is gentle and safe, and not compromising because it bypasses the gastro-intestinal system. The detox also works well when accompanied with acupuncture, to help combating cravings and addiction, or stimulating blood flow in treating peripheral neuropathy.

### Who are good candidates for an ion detox foot bath?

Most people between the ages of 10 and 65 can benefit from an ionic detox cleansing treatment. It is especially good for those suffering from GI disorders, skin conditions, fungal or yeast infections, and cancer.

The ionic detox is contraindicated for those who have a pacemaker and open sores or lesions on his/her feet. People with Diabetes Type I should use this therapy with precaution.

### How often should one get a session for maximum benefit?

We are obliged to schedule your treatments at your convenience but it is recommended you follow a consistent schedule to get the best benefits: 2 to 3 times per week for 4 weeks is ideal.

For those *over* 65 the recommended schedule is 2 times a week for 6 weeks.

### When is the best time for ionic detox?

The best time to detox for people who are not suffering a specific ailment is during the transitional seasons: Spring and Fall.

For people suffering from ailment, timely treatments can help restore their health faster.

Color of the Water	Area of the Body Represented/Substance Detoxified
Black	liver
Black Flecks	heavy metals
Blue	kidney
Brown	liver, cellular debris, tobacco
Green	gallbladder
Orange	joints
Red Flecks	cellular debris, blood clot material
Yellow	kidney, bladder, urinary tract, reproductive organs
Cheesy	candida, fungal infections, most likely yeast
Foam	lymphatic drainage, mucus
Oil Floating	fat