



**IONIC**

**DETOXIFICATION**

**FOOTBATH**

*Ionization technology is a way to help people avoid disease and live more energetic lives.*

*Your body may be exhibiting signs of toxicity if you suffer from one or more of the following symptoms:*

**Anxiety, Bad Breath, Depression Headaches, Joint Pain, Nausea, Sinus Congestion, Muscle Aches, Obesity, Stiff Neck, Circulatory Deficits, Itchy Nose, Immune Weakness, Fever, Sleepiness, Skin Rashes, Indigestion, Acne, Backaches, Constipation, Frequent Colds, Insomnia, Mood Swings, Runny Nose, Wheezing, Coughing, Sore Throat, Angina, High Blood Fats, Irritated Eyes, Environmental Sensitivity, Nervousness, Dizziness, Hives, Anorexia, Fatigue**

### *What is the Ionic Footbath*

Avoiding disease and maintaining vitality as we age requires the maintenance of an alkaline environment throughout the body – which is virtually impossible to accomplish in our high-tech, high-stress, toxic society unless we follow a detoxification program.

The Ionic Footbath is a treatment that detoxifies the body faster and more effectively than any herbal or fasting protocols, with little or no stress to the patient. Used properly, the Ionic Footbath provides a comfortable and relaxing way to rid the body of toxins without precipitating a healing crisis or a Herkheimer's reaction.

Today, as we are exposed to the greatest toxic load in the history of our planet, ongoing, periodic detoxification is essential to maintain health and avoid disease. The Ionic Footbath, in combination with a healthy, low-stress lifestyle, provides a thorough and efficient way to maintain high energy levels and long-term well-ness.

### *What is the Procedure*

When you arrive at the clinic you are escorted into the footbath room. We have a sink filled with warm water that is ankle-deep. You are asked to take off your shoes and socks, roll your pants up a little bit, sit in a chair, and immerse your feet into the water. Once your feet are in the water the therapist will add sea salt to increase the conductivity of the water and then leave the array (the little black box that the ions come out of) suspended in the water to do it's job. As you sit there with your feet in the water, you will see the water change colour. The longer you sit, the more the water changes, and by the end you have a disgusting mess. We explain to you the colours you see and the parts of the body they're pulled from. Then we spray your feet clean, wipe them dry, and you're on your way! The Ionic Footbath is a very gentle and relaxing treatment.

## *How does it work*

Ionization technology is a way to help people avoid disease and live more energetic lives. The Ionic Footbath neutralizes toxins in the water the same way it neutralizes toxins in the body. Place your feet in the water, turn on the unit, and within seconds, millions of ions enter your body and begin to neutralize these toxins.

The water molecule utilizes low voltage direct current to separate the water molecule into positive and negative ions. The ions travel through the body, attaching to and neutralizing oppositely charged particles, and osmosis pulls the neutralized particles out through whatever surfaces are exposed to the water.

*\*For the purpose of Ion Cleanse discussions, positive and negative relate to electrical rather than chemical phenomena.*

An ion is a charged atom that had gained or lost an electron. This creates a magnetic field capable of attaching to and neutralizing oppositely charged particles. These neutralized particles are extracted from the body through the process called osmosis. Osmosis is a scientific term that is used to describe the movement of particles through a membrane from an area of lower concentration to an area of higher concentration. In this case, the higher concentration refers to the ion field that is set up by placing the array into the water while running the unit.

The array is placed into the water alongside the hands, feet, or body while the power supply delivers a low level direct current to the array. This causes the metals within the array, in combination with water and salt, to generate positively and negatively charged ions by separating oxygen and hydrogen in the water.

We speculate that ions generated by the Ionic Footbath travel through the body attaching themselves to a multitude of toxic substances, thereby neutralizing their positive or negative charge. It may be possible to reduce pain and other symptoms caused by a lifetime of toxic buildup in the body (assuming the symptoms are caused by toxic buildup). The long-term effectiveness of the Ionic Footbath detoxification process depends on other life-enhancing changes a person is willing to make.

## *The chemistry of what's happening in the water*

The process of separating oxygen and hydrogen is known as decomposition, which means oxidation-reduction reaction. Oxidation means giving up electrons and reduction means gaining electrons. Water is oxidized at the anode. The reaction is  $2\text{H}_2\text{O} \rightarrow \text{O}_2 + 4\text{H} + 4\text{e}^-$  where  $4\text{e}^-$  stands for 4 negatively charged electrons that are given up in the oxidation process.

Water is reduced at the cathode. The reaction is  $4\text{H}_2\text{O} + 4\text{e}^- \rightarrow 2\text{H}_2 + 4\text{OH}^-$  where  $4\text{e}^-$  stands for the electrons that are gained in the reduction process. In the overall decomposition reaction, the volume of  $\text{H}_2$  produced is twice the volume of  $\text{O}_2$ :  $2\text{H}_2\text{O} \rightarrow 2\text{H}_2 + \text{O}_2$ . What we have, therefore, are free negative and positive ions circulating in a water solution (the physical body is a water solution), and occasionally combining to form  $\text{H}_2\text{O}_2$ , otherwise known as hydrogen peroxide.

So we are dealing with free hydrogen, free oxygen, and various combinations of both.

When functional, oxygen provides the basic drive for human metabolism. It is the quarterback detox molecule of the body and is nature's most potent antimicrobial agent. Thus, it is the guardian angel of human health. When dysfunctional, oxygen is oxidizing, acidifying, and dysoxygenative. This can result in several chronic disorders including fibromyalgia, chronic fatigue syndrome, environmental sensitivity syndrome, and Gulf War syndrome, all the way to pleomorphic forms and faulty oxygen metabolism.

## *What Comes Out On Top*

Many colours and objects appear in the water during the Ionic Footbath sessions. There is a reaction between the toxins and particles in the water, the salt added to the water, the metals in the array, and the acidity or alkalinity of the person being bathed. All of these combine to produce colour, whether or not feet are in the water. The basic colour produced by these reactions carries from one geographic area to another.

It is important to understand that the water will change colour even if the unit is operating without feet in the water. The basic

colour change is a result of the reaction between all of the variables in the water and the array, as discussed above. This colour change will vary in accordance with the toxic and chemical components of the water and air given a particular geographical area.

The toxins in our bodies will look the same as the toxins predominant in a specific area; however, there will be more toxic particles in the water with feet in it. You will also find that water-based toxins will not stick to the side of the bucket and array, whereas substances pulled from the body will form a sticky ring that must be removed with a detergent.

Think of everything as water: The air we breathe, our bodies which are 70% water, the food we eat, and of course the water we drink and shower in. The toxins in your body are the same as the toxins in mine only the proportion and locations are different. My body may have a better functioning lymph system than yours, but your kidneys may function better than mine. You will probably accumulate more lymphatic material, while I will accumulate material that is attracted to the kidney area of the body.

The particles, fat and mucous residues found in the water after bathing reflect the wastes that have left the body during the 30-minute session.

Based on EAV (Electro Accupuncture by Voll) testing, the following table shows what we believe the colours in the water represent:

Yellow-green		Detoxifying from the kidney, bladder, urinary tract, female/prostate area
Orange		Detoxifying from the joints
Brown		Detoxifying from liver, tobacco, cellular debris
Black		Detoxifying from liver
Dark green		Detoxifying from gallbladder
White foam		Lymphatic system
White cheese-like particles		Most likely yeast
Black flecks		Heavy metals
Red flecks		Blood clot material

We have also seen parasites, pinworms, and smelly purple mucous from a person on dairy allergy medication. We have experienced various rancid odors.

The colours and the sludge in the water are produced by the ionization interaction of the current flow, the metal in the module, and the toxins in the water and body.

### *How will this make me feel*

Healthy individuals can expect to feel lighter and experience a greater sense of well being from each Ionic Footbath session. Many people with pain, edema, gout, and swollen or deteriorating joints report considerable symptomatic relief from Ionic Footbath sessions.

Your body will feel lighter after the first session. You will think more clearly, have more energy, and enjoy a greater sense of well-being. Patients report feeling better after a series of treatments.

Any form of detoxification requires body energy. Strong people experience an energy increase and their bodies feel lighter. Fatigue indicates an over-stressed condition, and emotional upheaval indicates that emotional toxins are being released along with chemical toxins.

## *Who should use this*

People with the following symptoms can benefit greatly from the Ionic Footbath: edema, inflammation, gout, osteo-arthritis, and pain that is not related to subluxation.

85% of the people with the above ailments will experience an immediate benefit. Because disease, surgeries, and many medical procedures leave the body weak and toxic, Ionic Footbath detoxification treatments may prove to be essential to your ongoing health.

Pimples, rashes, dark circles under the eyes, swollen joints, yellow, green, and blotched complexions often indicate a buildup of tissue acid wastes inside the body. Several Ionic Footbath sessions along with dietary modification and detoxification have been shown to substantially reduce and even eliminate these conditions.

Everyone benefits from detoxification, but some patients are too weak to plunge into a detoxification program right away. The adrenal glands and organs of elimination of weak patients may need to be strengthened and supported for a few weeks prior to beginning a detoxification program.

## *Who shouldn't use this - Contraindications:*

Any person who falls into one or more of the categories listed below should not use the Ion Cleanse:

A person that has a pacemaker, or any other battery operated or electrical implant

Any person who is on heartbeat regulating medication

Any person that has had an organ transplant

Any person who is taking a medication, the absence of which would mentally or physically incapacitate them, ie. Psychotic episodes, seizures, etc.

Make sure that patients with low blood sugar have eaten before putting their feet in the water for a treatment. The Ionic Footbath tends to lower blood sugar in diabetics and may do so with those who are hypoglycemic

## *How often should I use this*

Used properly, the Ionic Footbath provides a comfortable and relaxing way to rid the body of toxins without precipitating a healing crisis or a Herkheimer's reaction.

As a general rule, the maximum recommended session frequency for patients under 50 years of age is once every other day for 14 sessions, with a three-week break before beginning the next series of 14 sessions.

The maximum recommended session frequency for those over 50 is once every third day, with a two-week break after 14 sessions.

Patients with chronic conditions may be bathed every other day without a break as long as they don't lose energy or become uncomfortable. Children with autism can be bathed every other day without a break.

30-minute sessions are the recommended maximum time for adults, and 15 minutes or less for children under 10 years of age. The stronger you are, the more you release, and the more treatments you do, the more you release. You will find that the more Ionic Footbath sessions you do, the more toxins you will see come out in the water. Our bodies all release at different rates and the more we release, the more our bodies realize they can release more.

We recommend that our clients start with a series of 5 treatments. Ideally you would fit these treatments into a 3-week period but if this is not possible then we recommend you come once a week for 5 weeks. During these 5 treatments, you will be able to feel the difference the Ionic Footbath makes for you. You will be able to see how quickly or slowly you respond to the treatments and can gauge how often you should come for the footbaths.

***Book your Ionic FootBath today. MERIDIANS Natural Health Care at the Speleotherapy Clinic,  
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