



IONIZING DETOXIFICATION

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Most people have heard by now of Ionizing Foot Detox Units. There is some controversy if it works or not, not for me. I have had 5 years of experience with the technology and I know it works. Take a walk along the beach and you should experience a natural detoxification. Your breathing usually becomes easier, while anxiety disappears and pain is lessened. Scientifically as water molecules crash they release negative ions. Our bodies absorb these ions. This provides us the power to fight disease, improve organ function and eliminate waste regularly.

The main point of these detox units is to make the body's pH more "alkaline," but what exactly is the importance of being alkaline?

An alkaline body is crucial to a person's health. Diseases thrive in an acidic environment. So basically, the less acidic your body is and the more alkaline, the less prone you are to contracting a disease, such as osteoporosis or cancer, according to Christine.

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?

What we put into our body, such as the foods we consume, have either acidic or alkalizing properties. Check out the food charts for yourself at

<http://www.snyderhealth.com/foodash.htm>. 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.

So, the crucial question: Does it work?

A pH test says yes! We perform a pH test on you before and after your foot detox. Post detox pH levels are usually right in the middle of the spectrum, as they should be, and noticeably more alkaline than before the detox. The detox continues to alkalize the body up to 48 hours after the treatment, via urination and sweat, which is an added benefit. One should not eat/drink acidic foods after a treatment, to help better facilitate the detox process.

Ion foot detox therapy programs focus on the feet to recharge the body and increase well being, overall health, and balance. Through a short 30 minute session of warm mineral sea salt water, the unit helps flush out the toxins in the lymphatic system and energizes the blood. The ionic

therapeutic footbath flushes out through ionization. It has also been said, among many other things to relieve arthritis, help cancer patients increase energy, alleviate neck and back pain, and generally return the body to a more well-balanced state. A maintenance program of once a month will help keep control of toxins in your body. Results may vary, people with greater illness may take longer to detoxify and heal.

Detox foot treatments are a therapy aimed to improve among other things, liver and kidney function through an electromagnetic detoxification process carried out on the feet. The treatment is activated with an array placed in the water. The water will change colour. It's not the colour change of the water that holds any information about your interstitial waste; it's the debris that begins to form in the water that are the toxins and give information about the health of your organs. It is the oily residue and flecks floating on top of the water that determines what your body is getting rid of. Independent clinical studies have been done that demonstrates high levels of heavy metals, fat and mucous residue present in the water after 30 minutes. This array causes ionization of the water and allows detoxification through the feet by sending a small current that goes in a circuit through the body and generates positively charged ions which attach to the negatively charged toxins neutralizing them and the body is then able to discard them through the approximate 200 pores that are on the bottom of your feet. The ionization process alkalizes the blood and tissue thereby correcting the pH balance. It's important to aid in your body's alkalizing process; you can't just come in and 'get fixed'. I suggest bringing the chart to the grocery store with you to help in purchasing alkalizing foods.

Other scientifically measured effects of this detox, besides alkalization, are lower blood sugar levels and lower cholesterol levels.

The benefit of this form of detox is gentle and safe, and not compromising because it bypasses the gastro-intestinal system.

Some Reported Benefits of reducing the toxins:

- Increases Energy levels
- Relieves Allergies
- Support healthy blood pressure
- Relief of Joint Pains
- Reduces water retention
- Boosts the Immune System
- Increases Blood Circulation
- Relieve muscle aches
- Increases blood flow
- Pain relief
- Faster Healing injuries
- Assist in inflammatory issues

Who should use this machine?

- Persons using substances.
- Persons with chronic illnesses.
- Persons with low energy.
- Persons under-going chemotherapy
- Persons with pain.
- Persons with low immunity.
- People who have high stress.