

Why Detoxify With an Ionic Foot Bath?

**What does a detox bath do?**

The health benefits of negative ions are well known. When water is ionized and split into H+ and OH- ions (and sometimes into H3O+ and H2O2 ions), these ions are able to enter the body through the 4,000 large pores of the feet. Then the circulatory and lymphatic systems transport the ions throughout the body. These ions neutralize oppositely charged toxins in the cells that are normally slow to exit the body. In this way, all the body’s organs can become energized and stimulated to function optimally. The body then rids itself of these toxins through its normal processes of urination, defecation and sweating

**Ionic Foot Detox Benefits**

In a 2009 survey, 126 users of ionic detox systems were asked what specific health benefits they or their clients received from using ionic detox foot bath systems.Their answers included: pain relief (42), including less joint stiffness, less headaches, less knee pain, less foot pain, less general muscle pain and more, increased energy (29), improved sleep (23), improved digestion (10), toxin reduction (9), decreased swelling (9), circulatory system improvement (9), reduced weight (8), skin improvements (8), emotional improvements (5), respiratory improvements and much more.

**Ionic detox has been known to:**

Remove toxins, free radicals and body waste products that can cause health problems (In an Aug. ’04 study by Carlos A. Lopez-Moreno, MD, there was a significant deposit of urea, creatinine and glucose in the foot basin in 12 patients with chronic illnesses.)

In a 2008 study by Center for Research Strategies (crsllc.org), 31 participants underwent ionic detox two times per week for 12 weeks. The amount of aluminum and arsenic in their blood was measured before and after the 12 weeks. The average blood aluminum level decreased by 46% from 79.8 ppb (parts per billion) to 43.1 ppb. The average blood arsenic level decreased 24% from 4.6 ppb to 3.5 ppb.

In a 2002 study by Doctor’s Data in St. Charles, IL, there was an average increase in toxic metals found in the foot basin from nine independent sessions. Here is a list of metals that increased in concentration: Copper: 905%, Aluminum 339%, Lead 233%, Iron 174%, Manganese 140%, Antimony 128%, Cadmium 119%

Raise pH levels. Approximately 95% of people experience a state of acidity in which their blood pH is lower than 7.45, indicating an excess of hydrogen ions. This makes an ideal breeding ground for worms, parasites, microorganisms and other critters that lower body function and cause disease.

* Inactivate viruses, bacteria, yeast and fungus Rejuvenate and energize your whole body
* Relieve pain and tension including headaches Improve Sleep
* Purify the blood and lymph Increase oxygen in the body
* Increase peripheral circulation Quicken recovery time from disease or injury
* Stimulate and balance the immune system Slow aging and improve body flexibility
* Enhance nutrient absorption Assist in weight loss
* Reduce inflammation and unwanted fluid retention Help clear up skin





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