FOOT DETOX BATHS

Foot detox baths are great additions to any detox protocol, along with Epsom salt baths. While there's not extensive research on the use of ionic foot baths, I have found patient cases where they have been really helpful in infection cases. Dr. Klinghardt a well known health practitioner did a research project on the detoxification aspects of the ionic foot bath. He also shared some little known information from physics professor Pollack's book on the *Fourth Phase of Water* . He says it contains the secrets of why foot baths work. The ions create a slim layer of water on cell membranes and organize the water molecules to create 70 millivolts of charge across the cell membrane. As soon as you stick your feet in ionic water, all the water molecules self-organize on cell membranes in all parts of the body and get their 70 millivolts back. Another expert in the physics, electromagnetic healing field, Dr. Tennant explains that it takes 50 millivolts of electrical charge to heal an injured tissue. So 70 millivolts gives you a lot of healing power. Healthy cells function well at 25 millivolts. The less charge on the cell, the more degeneration occurs. Improving the charge fires up the regeneration processes. In his research project, he had a lab measure the amount of 20 toxic metals in the foot bath water at the beginning of the session and at the end. He found an increase of toxic metals in the foot bath water at the end of the session.

PROCEDURE:

There are many ionic foot bath models out there, I recommend reading the reviews for best options. While sitting relaxed in a comfy chair place your feet in a tub of warm water. An "array" sitting between your feet in the water generates positive and negative ions that your feet absorb. Ions are electrically charged molecules.The water will turn brown and look disgusting, but that is part of what the ions are doing, not toxins coming out. Optimal time is about 30 minutes.

*** You can also do Epsom salt foot soaks or fulvic acid mineral foot soaks as well for added detox support.