

# Z-Ion Cleansing Detox Foot Spa

## **WHY SHOULD I DETOXIFY?**

- We currently live in the most polluted eco-system in our known history. From the toxins in the air, the chemicals in our products, and our consumption of processed foods, our bodies are overloaded with foreign substances. Along with pollutants we assimilate in everyday life, our bodies produce and store an excessive amount of toxins. Because of poor diet and high stress, we tend to accumulate and store excessive quantities of waste products, such as diacetic, lactic, pyruvic, uric, carbonic, acetic, butyric, and hepatic acids.

## **HOW DOES THE IONIC FOOTBATH WORK?**

- The **Ionic Detox Footbath** works by sending a small current that goes in a circuit through the body and generates positively charged ions. The high concentration of the ion field attaches to the negatively charged toxins, neutralizing them. The body is then able to discard them through the approximate 2000 pores that are on the bottoms of your feet. It alkalizes the blood and tissue, thereby creating a correct pH balance. Many believe that disease only occurs when the body is in an acid state.

## **WHAT CAN A TREATMENT DO FOR ME?**

Detox footbaths can assist in the following areas:

- Enhances the immune system
- Assisting in recovery time from injuries and surgery
- Can relieve pain and joint stiffness due to arthritis
- Improving sleep patterns
- Removing heavy metals
- Removing blood clot material
- Improving liver and kidney functions
- ... and other benefits.

## **IF THE COLOR OF THE WATER CHANGES EVERY TIME, HOW CAN YOU TELL IF YOU ARE DETOXING?**

- There is a definite difference in the appearance of the water when your feet have been submerged in the water for half an hour. It is the oily residue and flecks floating on the top of the water that determines what your body is getting rid of. Independent clinical studies demonstrate high levels of heavy metals, fat and mucous residues present in the water after 30 minutes.

**APPOINTMENTS AVAILABLE  
DURING SOLSTICE BAZAAR**

*Taos Khalsa Health Center*