

The Beauty of Ion Foot Baths

“As you observe the bath, you will visibly see Candida bubbling out of your feet!”

What is an Ion Foot Bath?

An Ion Foot Bath is a self contained machine that helps detoxify our bodies through the use of brass and stainless steel electrodes that draws the bodies toxic waste matter out through the pores of our feet into a gentle bath of warm salt water (Adams 2002 - 2006). Sea salt is sprinkled into the water as a conductor of crystalline energy helping to stabilize the water field and draw the waste out of the body to itself, thus providing the body with a balanced and yet, gentle way or purging and detoxifying itself without hidden stressors. The Ion Foot Bath helps to clean and balance the bio-energy field (Qi or Chi) in the body, the electro-magnetic force, that vital force energy that is found in all the bodily fluids as well as in our breath, body organs, and deep within our cells (Adams, 2002 - 2006).



Picture by Raven Dutko

While the foot bath is used to detoxify the body of toxic chemicals, pollution, radiation, free radicals, disease, plaque, synthetics and other foreign material it is also known to increase vitality, stamina and increase energy on all levels of the body (physical, emotional and mental energy) by permeating and realigning the bodies energy and improving oxygen levels. It cleanses our bodies internally of parasites and Candida (yeast overgrowth), detoxifies the liver, reduces edema and inflammation, balances the bod-

ies PH system, strengthens the immune system, pulls out cancer cells, improves mental agility and memory, and provides relief from pain.

Our feet are these wonderful parts of our bodies that do so much work on our behalf and are so unappreciated and valued. They are these wonderful channels through which our bodies work hard to cleanse themselves of toxic waste, heavy metals and illness. They have the largest pores, 2000 of them in each foot (Adams 2002 - 2006), and suffer an easier/milder release without any discomfort as the water interacts with a compound electric current and magnetic field structure bringing the body back to the correct frequency so that cells can return to a healthy state.

When you have or give yourself a treatment, you place your feet in a warm salt bath with the Ion machine placed in the water (do not use distilled or reverse osmosis water). It is best to wear loose clothing while relaxing in a soft, comfortable chair listening to soothing music as you allow the machine to gently draw the toxic matter out of your body, through the pores of your feet and into the water for approximately 35 minutes each treatment (Adams, 2002 - 2006) until the machine completes the set cycle time. It is suggested by Adams (2002 - 2006) for adults to use every other day, or 3 times per week, for 14 sessions. Then, rest for a week and resume on another 14 session cycle as your body allows. Kids ages 13 - 18 can go 20 - 35 minutes. Kids ages 8 - 12 can go 15 to 20 minutes, while children 4 - 7 years old can go only 10 to 15 minutes. Babes under 4 should not do a foot bath.

As you observe the bath, you may visibly see Candida bubbling out of your feet, parasites moving in the water, excreted toxins, lymphatic fat and even mucous floating on the water. The water may

and most likely will change colors depending on what your body releases in that session. Colors can range from orange to black depending on which system or organ is being cleansed and purged.

Meanings of Color Released (Thaxton, ND)

- Orange debris represents means cleansing of the joints.
- Yellow-green debris represents kidney, bladder, urinary tract, female/prostate area.
- Red debris represents blood clot material.
- Green debris represents detoxifying from the gall bladder.
- White foam represents lymphatic drainage.
- Brown debris represents the liver, tobacco toxins, and other cellular debris.
- Black debris represents heavy metals.

According to Aundra Adams (2002 - 2006), orange food nourishes the joints while yellow food heals the digestive system. Green food supports the immune system while red food heals the endocrine system. White food strengthens the respiratory system and the lungs like brown food will strengthen and heal the liver. Black food nourishes the circulatory system but I can't think of any black foods besides raisins and olives.

Understand that when you begin your treatments, the water will look dramatically discolored but as you continue treatments, the water will look cleaner and purer as your body has moved through levels and layers of cleansing. Additionally, you may have a treatment where the water looks rather clear compared to past sessions, but then go again and the water will look awful. This means you have moved to a deeper level of cleansing and are gaining strength and better health.

Summing It All Up

“The human body is electric because our cells are electric. Disorders and diseases of the body have vibrational frequencies that are incompatible with healthy cells; thus, they disrupt the cells' natural oscillation and polarity. This disruption creates imbalance and chaos



within each affected cell. When cells are in an imbalanced state, they are unable to facilitate the body's functions needed for healing, including ridding itself of heavy metals, parasites and other toxins. When the cells are fully charged they have more oxygen and a better electrical balance resulting in vibrant health or the ability to heal, a better sense of wellness and attitude and more vitality” (Adams, 2002 - 2006). When this occurs, it means the body has a significant increase in negative ions which is vital for health.

More scientifically, “ions are atoms and molecules that have lost or gained electrons (free radicals are impaired electrons). If the atoms and/or molecules lose electrons, they become positively charged ions” (Adams, 2002 - 2006) resulting in disease and illness. “If they gain electrons, they become negatively charged ions” (Adams, 2002 - 2006) resulting in radiant health. “The ionic cleanse that moves through the feet purges all of the vital organs” (Adams, 2002 - 2006) healing illnesses from headaches to cancer and a full range in between.

Links for information on purchasing an Ion Foot Bath Machine (NFI)

<http://www.ionichealthspa.com/>

<http://www.aquachi.info/>

<http://www.promolife.com/products/ionic-foot-bath.htm>

<http://www.hydrotouch.com/>

<http://www.wellspringproducts.com/>

This was the least expensive:

http://cgi.ebay.com/IONIC-DYNAMO-ION-FOOT-BATH-SPA-DETOX-FOOTBATH_W00QitemZ270017162749QQcmdZViewItem

Raven Dutko

References

Adams, A. (2002 - 2006). What does the water color change really mean? Retrieved August 19, 2006, from International Institute of Holistic Healing Web site: <http://www.doctorajadams.com/DetoxFootSpa.html>

Thaxton, S. (ND). Detoxification Foot Bath. Retrieved August 19, 2006, from Worldwide Chiropractic and Sports Medicine Web site: <http://www.worldwidesportsmed.com/befeu.htm>