

# FOOT BATH DETOXIFICATION

Health and nutrition pioneer Adelle Davis once said, “As I see it, every day you do one of two things: build health or produce disease in yourself.” At Day Spring, building and improving your health is our foremost concern. One of the primary methods of improving your health is through detoxification.

The detox foot bath is a device that can greatly enhance your body detox program. The organs responsible for ridding your body of wastes are overstressed with environmental toxins. When these organs are stressed, processing other toxins may be delayed.





By supplementing the high concentration of negative hydrogen ions produced by the ionSpa detox foot bath, you can assist your body's organs by neutralizing stored toxins, acids and metals and cleansing them from your body. The organs are then free to function as they were intended.

Detoxification can be accomplished with the proper diet, exercise and utilizing the ionSpa detox foot bath. The combination of nature and technology has afforded us the chance to live in a toxic environment and not be affected by it.

**The ionSpa detox foot bath offers you that chance of living a healthier, happier lifestyle.**

So how does the ionSpa foot bath directly assist the body in detoxification by removing these stored toxins?

Most detox programs work only with one area of the body such as the bowels, others may cleanse the liver or blood, and others may assist the kidneys or the skin. However, there are few programs that can effectively work to detoxify your entire body. The ionSpa detox foot bath is one of those few.

First, let's discuss the chemistry of the toxins that are being stored. Fundamentally, the toxins stored in your body are all free radicals. A free radical, from a molecular standpoint, is a molecule that has an odd, unpaired electron. They are very unstable and react quickly with other compounds, trying to capture the needed electron to gain stability. Free radicals typically attack the nearest stable molecule and steal its electron! When the attacked molecule loses its electron, it transforms into a free radical itself. This is the beginning of a disastrous chain reaction. Once the process is started, it can burgeon, finally resulting in the disruption of a living cell. Normally, the body can handle free radicals. But if the free radical production becomes excessive, such as an overload of toxins, damage can occur.

During an ionSpa detox foot bath session, large concentrations of negative hydrogen ions are released during the process of electrolysis. These ions are absorbed into the body by osmosis through the epidermis of the foot. Once entered into the system, these negatively charged ions act as an ultra high-powered antioxidant. Who hasn't heard about the benefits of antioxidants today? To refresh your memory, an antioxidant is a compound which has a weak attraction to one of its electrons. It readily surrenders an electron to a free radical which neutralizes it and ends the electron "stealing" reaction. The ion does not become a free radical by donating an electron because it is stable in either form. Once the free radical is neutralized, it can be removed from the body. Negative hydrogen ions act as "free radical hunters," helping to prevent cell and tissue damage that could lead to cellular damage and disease.

## Ionic Foot Bath

The ionSpa ionic foot bath produces [positive and negative ions](#) that reverberate throughout the body to remove [toxins](#) and rebalance cellular energy.

While the body's natural electrical impulses flow daily, age, injury, and illness can affect the electrical flow, causing a person to feel bad. The ionic foot bath, which is not a medical device but rather an instrument of assistance, works to [detoxify the body](#) of harmful substances and re-establish its natural balance. Users of the ionSpa ionic foot bath testify to the healthier, obvious difference they feel after a session.

The ionic foot bath operates through a process called electrolysis by passing direct electrical current through the foot bath water to break apart the H<sub>2</sub>O (water) molecule. This releases oxygen, stable hydrogen and the negative hydrogen ion (H<sup>-</sup>), the core benefit of an ionic foot bath session.

This negative hydrogen ion is a powerful antioxidant, pH balancer and the catalyst most responsible for ATP (adenosine tri-phosphate) production, our body's greatest energy resource. In the past, we received the negative hydrogen we needed through the consumption of raw vegetables and light proteins but modern processing, storage and handling has virtually stripped the modern diet of this increasingly vital element. Gentle and relaxing ionic foot bath sessions allow the body to uptake this "fuel of life", which is essential in balancing and reenergizing the body's natural ability to purge toxins and heal itself.

When experiencing the ionic foot bath, you will see the water change color as the electrical current, water, and magnetic field interact with your feet. While the water would change color by itself, the colors are noticeably different with feet in the foot spa and from one person compared to another person.

Ionic foot baths are not the first types of products to try and extract this powerful negative H ion and absorb it into the body. Since the 1950s, manufacturers have produced dozens of ionic generators for laboratory and home use. Early machines ionized atoms and molecules via high-voltage electrical fields, incandescent materials, ultraviolet light, x-rays and alpha or beta radiation from isotopes.

Advanced technology has eliminated many problems associated with previous ion devices. The ionSpa ionic foot bath, creates a high voltage with lower current, thereby reducing or eliminating the production of ozone. Our proprietary [Intelli-Drive technology](#) maintains a constant level of ionization throughout the course of the foot bath, increasing its effectiveness by over 10 times.