

Soak your feet to Health

By Kyle and Veronica Leatherwood

A new phenomenon is sweeping across the nation enabling spas, wellness centers, skin and healthcare professionals to grow their businesses and by helping them get more clients, more referrals, and more repeat customers. It also promotes health and wellness as well as helps detoxify the body. What is this phenomenon called? It is a reverse osmosis ionic footbath also known as a BEFE Bio Electric Field Enhancement. Let me explain how it works and what makes it attractive to clients.

The published theory as to why this works is that the ions follow meridians from your feet to all the organs and systems in your body. The positive or negative ions neutralize the toxins making it possible for them to be removed by osmosis. It should be noted that if you use the machine in water with no feet in it, there would be color changes in the water, but it is not as dramatic. The interesting part as a technician is how different people can get such different colors of water and different types of foam, specks and even cheese like particles that appear.

As it relates to the skincare industry, it has been stated that pimples, rashes, dark circles under the eyes, swollen joints, yellow, green and blotched complexions often indicate a build up of tissue acid wastes inside the body. There are reports that dietary modifications and herbal detoxification supported by ion sessions show a substantial reduction or even elimination of these conditions.

Being in the alternative health field, I learned about the ion footbaths several years ago. Since I am a little conservative and cautious, I waited for a while before introducing this modality to our customers. Some things come and go pretty quickly in the alternative health field. You lose credibility if you offer every fad that comes along. Several years later, more research and science is being presented behind the ion footbaths. After extensive research I decided to buy a couple of units. I was completely surprised by the response of people. One unit paid for itself in a week and I started getting referrals and repeat customers immediately. After completing a mailout several clients that we had not seen in a couple of years came back to try out the ionic footbaths.

What is the great appeal? People can see something immediately. The water changes color and consistency before their eyes.

The client comes in, sits down in a comfortable pleasant surrounding and put their feet into the ionic footbath. The ion array and the added sea salts is augmented with a computerized program

that runs positive and then negative current through the water. Within minutes the water begins to change the color and the texture or consistency of the water begins to change as well. Foam quite often begins to rise up out of the water and clumps often begin to appear. This happens because millions positive and negative ions in the water begin to interact with chemicals, elements and toxins in the body and in the water. Through the process of reverse osmosis, toxins in the body are deposited in the water. Because certain toxins – elements are being deposited in the water, the water changes color, texture and consistency.

The most common response is, “this is so yucky looking” or “this is awful”. It is interesting to see the different colors in the water and fun to watch people’s expressions as they see the changes in the consistency. When it comes to toxins in the body, seeing is believing.

First let me explain the importance of detoxification. Some automatically think of drug or alcohol detoxification whenever this word is used. But we must expand our thinking and embrace this word as taught in Naturopathy. Dr Saul Pressman of Canada wrote the following, The Basis of Naturopathy for the last hundred years has been that all diseases are the results of toxins in the body, and if there are no toxins, there will be no disease. So the emphasis has always been on cleansing the body. In addition, Naturopathy has always recognized the need for proper nutrition so the body can rebuild in the correct form. So, the two pillars are cleansing and nutrition.”.

Many people refer to Dr Rosenow who proved good bacteria put into a toxic environment could mutate and become cancerous and then when put in a good environment of long chain sugars (such as aloe vera or green tea), could change back into good bacteria. Dr Rosenow concluded that the critical factor controlling the nature of the bacteria was the food and the environment in which they lived. The discoveries were first published in 1914 in the Journal of Infectious Diseases. The environment the bacterium lives in determines whether it will be pathogenic or not.

The environment, in the context of disease, is our body, for our bodies are the host environment of a multitude of living cells and bacteria. If our bodies contain toxic levels of naturally occurring substances such as adrenalin or synthetic chemicals, the disease process will begin. It has been widely reported that cancer may take over 10 years to grow before it is known to be cancer. Dr. Otto Warburg, two-time Nobel Prize winner in medicine, proved cancer could be prevented by changing the environment (the body) in which cancer lived. He proved cancer and other degenerative diseases could not survive in an oxygen rich environment. Therefore, we see that disease of all types, including premature signs of aging, can be because of two things. The first is toxins and the second is the lack of the proper oxygen in the body. These are two powerful elements that determine what kind of environment your body is to disease and premature aging.

Some of the most obvious examples of the environment affecting skin are visible to us every day. Let's first look at someone that smokes, The vast majority of people that smoke who are in their 60s have "smokers wrinkles", Even a novice can tell the person's history of smoking by the type of wrinkle on their face. Why? The smoke and nicotine create an environment that affects the matrix and skin so that indirectly smoking creates wrinkles, as well as cancer and other diseases A person that lives a life filled with illegal drugs manifests itself, among other things in the quality of their skin. A person stressed out over years ages prematurely, because of the added adrenalin that the stress creates. Look at the pictures of people living in the old West They could be 30 years old and compared to now: they looked like they would be 80, Why? It is because they lived a hard life which created a physical environment full of toxins and adrenalin. The good news is that we can be cleansed or detoxified.

As we change the environment of our bodies, health and healthy skin comes forth naturally. The ionic footbath helps change the environment of the body. Another thing that the ionic footbath does is help to correct the PH of the body. Some would say that isn't important so let me explain why it is.

One of our personal friends, nutritionist and mentor regarding PH teaching was the late Dr David Brian Wesley. He had three PhDs and spent years of his life researching the importance of PH balance as it pertained to the body. He taught it and it has been well documented, that if the PH of the body is too alkaline or too acidic, the body will not absorb certain minerals and nutritional elements. You can even be taking mega doses of certain minerals and the body may absorb very little because of the PH of the body. This is one reason certain vitamins, minerals and natural therapies will only work for some people. If the body can't absorb it, it is like you have taken nothing at all.

Another way to explain the importance of the PH of the body is to look at a swimming pool. When the pH of your swimming pool gets out of balance, too alkaline or too acidic, then it's not fit to swim in. Have you ever seen a swimming pool looking terrible and have all sorts of algae and things growing in it? Remember how disgusting it looked? Think of the swimming pool of your body and you will understand the importance of PH. To have a clean swimming pool, safe to swim in, you have to maintain the proper PH.

The same is true with your body. When the pH of the body or swimming pool is not correct, disease organisms may begin to breed, causing many diseases in the one extreme or cause corrosive type damage to the body in the other. The good news is the ion footbath has been proven to help bring the pH to the correct level.

The real reason why people keep coming back and are telling their friends about the ion footbath is how the water changes color. According to EAV testing (Electro Acupuncture by Voll) the colors in the water represent different things. (see chart on pg. 70):

There are so many testimonies in so many areas, that it is amazing. After all, getting visible results is what keeps people coming back. One 76-year-old man that had to quit doing his daily walks because of pain, started walking two miles a day after about eight sessions. A couple of 80-year-old ladies that could barely walk, could now walk freely as well. Another lady with psoriasis saw dramatic results within just a couple of sessions. Joint pain, swelling in the feet, kidney and bladder function, allergy symptoms, headaches, depression, muscle tension, and stress are all examples of improvement reported following ion sessions,

Some people believe the negative hydrogen ion is the building block of human civilization and say getting these ions in any way (even in an ion footbath) can help rebuild the body. I don't know the validity of that argument, but I know people are getting results.

Contraindications for use of the ionic footbath are women who are pregnant or lactating, people with pacemakers or electrical implanted devices, transplants, or taking medication for seizures or heart problems,

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