



Ionic Hydrotherapy

How Do You Know If You're Toxic? Accumulated toxins create: chronic pain, headaches, stomach problems, allergies, arthritis, chronic fatigue, hormone imbalances, inflammation, mood disturbances, more stress, decreased immunity and even cancer.

Why Your Body Needs to Detoxify...

Toxins and heavy metals enter your body every day through food in the form of additives, preservatives and pesticides, as well as from water and air. These toxins are just that, **TOXIC** to your system. Toxins stick to the cells and make it impossible for vital nutrients and oxygen to get inside and waste products to exit. This poses a serious problem because your body cannot easily break down and get rid of the toxins and metals, therefore we accumulate toxins faster than they can be eliminated. This accumulation over time impairs the proper functioning of your body, creates illness and disease and delays the healing process.

The Body's Own Detoxification System

Detoxification is the body's natural process of eliminating toxins and is accomplished by various systems and organs, including the liver, kidneys, intestines and skin. If the body's detoxification system becomes overwhelmed, the excessive build-up of poisons can accelerate the aging process, impair the function of the immune and endocrine systems, delay the healing process and leave us vulnerable to disease.

Detoxification Is Essential In Healing Any Condition

As long as an excess of toxins exist in our bodies (which it does), it is impossible to heal from chronic problems and conditions. It's ridiculous to rebuild a toxic house. Clean out and rebuild.

Detoxification Is Important When Injuries Occur

Toxins tend to accumulate at injury sites because of the exaggeration of energy happening there. This can lead to increased pain, delays in the healing process, and affect joint mobility and range of motion in the long run. **Old injuries** that are still causing a loss of mobility or pain are often due to toxic accumulation. Eliminating excess toxins accelerates the healing of injuries and in many cases prevents long term problems.

Ways to Detoxify...

Herbal

Several detoxification formulas exist on the market today and can be found at any major health food store. These formulas are a safe and effective way to "clean house". Specific herbs are used in combination, which flush out toxins circulating in the blood stream, embedded in soft tissue and clogging organs, so that healing and wellness can flourish. It is a good idea to use one of these products each season of the year.

A note of caution: Flushing toxins out of your body this way can cause a "healing crisis" to occur if your body is overly toxic. Although the herbs support the organs of detoxification, an extra load is placed on these organs using this detoxification method. Symptoms of a "healing crisis" can include headaches, fatigue, fever and flu symptoms, insomnia, joint pain and skin irritation that can last several days. This is not harmful, only uncomfortable.

Ionic Hydrotherapy...

Everything in the physical universe has an electromagnetic charge and attraction. Different toxins and metals accumulate in various areas and organs of the body according to their magnetic attraction.

Ionic hydrotherapy is a sophisticated system that works aiding the body's natural detoxification process. Your feet are placed in a tub of water which acts as a conductor, and a special device called an array is placed between your feet. The array produces positive and negatively charged ions which flow through your body and act like a

magnet in attracting toxins and heavy metals out of the tissues. The toxins enter your blood stream and as they circulate through your body, they are attracted to the charges of the array and exit your body through the pores in your feet via osmosis. (See pictures below)

The process of ionic hydrotherapy is a safe, effective and gentle means of aiding your body's natural detoxification process, reducing the burden on organs and significantly reducing the possibility of a "healing crisis".

Reported Benefits of Ionic Hydrotherapy...

- Rids body of accumulated toxins and metals
- Restores and balances the body's electromagnetic energy which is vital for the proper function of cells, tissues and organs
- Balances the blood pH reducing acidity (acidity plays an active role in chronic pain and conditions)
- Balances the acupuncture meridians
- Increases circulation and oxygenation
- Increases immunity
- Promotes joint flexibility
- Reduces pain and inflammation

Ionic Hydrotherapy

Different colors appear in the water as a result of the variation of toxins that are pulled from several parts of the body.



Color changes during the process will occur even without feet placed in the tub. Why? Because there are minerals, chemicals and chlorine inherent in the tap water that react to the charges, producing color changes and a clumping of particles.

