

The Metamorphosis Effect LLC.

Footbath/Foot Detox

How Does Ion Footbath Process Work?

The human body is like a giant magnet that attracts and holds onto toxins. Heavy metals, partially oxidized fats, unassimilated proteins, cholesterol deposits, uric acid, plaque, lactic acid and the vast array of chemicals that pervade our water, air, and food attach themselves in ionized form to joints, organs, arteries, nerves, and tissues. These toxins disrupt normal body functions creating an environment for disease, allergies, and immune system problems.

Ion generating technology has been around for several decades. It is this technology that is the secret to success in the ion footbath cleansing process by using an alternating positive and negative ion charge during the same treatment. This important discovery now makes it possible to remove unwanted toxic material from everyone regardless of the electrical charges the toxin may hold.

The Ion Footbath Duplicates The Body's Process of Osmosis

The ion process created by the ions in the footbath is very similar to the body's active-sweating and osmosis processes. Ions are charged atoms that have gained or lost an electron, which causes them to set up a magnetic field capable of attracting and neutralizing oppositely charged particles and pulling them out of the body.

The Lymphatic System

The lymphatic system is amazing. But what is hard to understand is why do so many know so very little to nothing about it. The lymphatic system manages all of the water within the body. This system is approximately 4 times larger (24-pints) than the blood vascular system (6-pints). Another very interesting feature about the lymphatic system is that its capillary beds are less than half the size of those of the smallest capillary beds of the blood vascular system. The lymphatic system has many

functions besides the management of the body's water. One of its functions is to collect all of the debris from where ever it finds it in the body and put it into the proper elimination channels, primarily the colon. This process includes the removal of body waste materials, debris of most parts of the body, and whole-body immunity. In short, it is a collecting and removal water dispersing system. And like all dispersing systems the sediment collected will fall and collect into the lowest levels of the body. In this case it is the feet. The calf muscles then pump the lymphatic fluids back up and into the intestines and kidney where it is cleaned and sent back out. Now remember the lymphatic system bathes the entire body with its fluid including all of the body's joints, muscles, skin, and other vital important tissues. So, if you are suffering from achy, painful, tender, or sore joints and muscles consider an ionization footbath in your course of treatment protocols.

If all is working correctly in the body the collected sedimentation in the feet will be pumped back up and into the large intestines and kidney through its normal debris channel where the lymphatic fluid is cleaned and sent back out into the body.

Did you know that the calf muscles in your legs are responsible for the sump-like pumping action that causes this sediment of debris materials to flow from your feet into the colon and kidneys? The ion footbath helps and assists the lymphatic system's debris process of this unwanted materials by allowing it to be processed through the skin in a passive situation very similar to that seen in the skin during active sweating.

The bath's ionization process helps the lymphatic system with its debris of unwanted material through the skin. It uses an ionization process very similar to those used by the body in active sweating and cellular osmosis. Active sweating is a pumping mechanism that moves water and debris out through the skin. During the time periods of active sweating approximately 95% of the body's elimination are

processed through the skin. Hence, one of the functions of the skin is a very large elimination organ for unwanted tissues and body debris. It should not be surprising that this elimination process is known as active sweating cellular debris. How about those who are less active?

Generally speaking the older you get the less active you become. In non-active sweating conditions or in those individuals who seldom exercise the intestines are responsible for approximately 75% of the body's debris. And in aging individuals two common events start to happen:

1. They become less active and exercise less.
2. The flow of materials through the colon slows down greatly.

The solution to the first item above is to plan out and do an exercising program that is easily done on a weekly basis.

The solution for the second item above is a little more involved but I believe it to be far more important. Here is why? Normal stool moves occur within 30 minutes following any meal and they routinely occur within 5 minutes of rising in the morning. When the colon flow is less than this normal rate of stool flow the individual will experience the slow onsets of many different types of illness, sickness, and disease processes. If your colon elimination rate is less than one stool movement per 30 minutes following a meal we strongly suggest you seek out the services of a colon hydrotherapist.

The Basic Healing Process

The body's healing process has two fundamental steps. Step one is tissue debris and the elimination of all toxic materials. And step two, the body's tissue repair and regeneration process, starts up after the completion of step one.

If step one (debris and toxin elimination) is slowed down or does not happen at all the tissue repair and regeneration process is impaired. What is seen outwardly

in the individual is a prolonged healing process and the onset of illness, sickness, and/or the disease process. In other words, the healing process cannot get started until the debris and toxic elimination processes are completed or at least well under way.

Problems In The Digestive & Lymphatic Systems

The colon and lymphatic systems are the two major elimination and debris methods found in the body. The active sweating debris process through the skin is responsible for approximately 95% of all the body's elimination of its unwanted materials. In passive (non-active sweating) conditions the colon is responsible for approximately 75% of the body's debris.

When the lymphatic system begins to get backed up you will see many skin conditions starting to form including, but not limited to the following:

1. Swelling
2. Edema (pitting or sub-pitting edema)
3. Eczema
4. Psoriasis

Also the skin begins to undergo changes in its normal characteristics. You can begin to see:

1. Brown spots (liver spots) = Solidified calcium, toxins accumulated in the brain.
2. Discoloration = Degeneration, toxic blood accumulation.
3. Flakes = Fungus
4. Hollows or Sunken Areas = Stressed, overworked.
5. Large Pores = Inability to digest fat and protein, alcohol consumption, as an example is shown on the nose.
6. Moles: Dark in color = Inherited fungus. Flesh in colors = fatty deposits
7. Oily = Accumulation of fats.

8. Pimples = Acute inflammation in related area. Mucus (WBC) elevation
9. Puffy = Overactive, some inflammation.
10. Red = Inflammation in related system.
11. Warts = Virus.
12. Wrinkles = History of weakness in that skin area and indicates a large free radical accumulation, as well.

Now remember we do not inherit skin and facial features such as dimples, cleft chin, pointed nose, etc.; however, we do inherit the weakness of that system that creates these features seen in or on the skin and face.

Did you know that the majority of illnesses, sicknesses, and diseases are directly related to the body's waste removal systems? Any sickness or diseases will always onset when any of your normal elimination channels become sluggish, slow down, or dysfunction. Hence, sicknesses are all a matter of the loss of the body's normal waste removal processes.

As an individual age the flow of materials through the colon slows. What is a normal stool rate? Normal stool movements occur within 30 minutes following a meal and once upon rising in the morning. When the colon flow is less than this normal rate of one stool movement within a 30-minute time zone after a meal you are a candidate for the ion foot bath cleansing process. And if your rate is less than above we also strongly suggest that you seek colon therapy treatments, as well.

So, my next question would be, "What types of conditions will the ion footbath help and assist the body in healing its self?" Any condition that would slow or stop the lymphatic flow or would intoxicate it. Prescription drugs, poor eating habits, and inactiveness. Other conditions that footbaths help include accidents and injuries recovery, ADD/ADHS, allergies, arthritis, autism, burnout, chronic stress, cold hands and feet, fatigue, headaches, heavy metal toxicity, hypoglycemia, low energy levels,

pain, reverse the aging process, soreness, stiffness, tightness, swollen joints & tissue, tension, and weight management without dieting.

Healing Crisis

Every once in a while, a patient will experience what is more commonly known as the healing Crisis, no matter what the healing application is being applied. So, let's discuss this for a moment and learn how to better handle and manage this unwanted yet positive indication that the body is moving towards a better health status.

The term "**Healing Crisis**" means that the health changes now taking place within the body are happening at a rate much too fast and the body is unable to keep up with it. So, in an attempt to slow down this rate of change it produces unwanted and uncomfortable signs and symptoms. If the ion footbath treatment produces a healing crisis then the underlying problem is a sluggish or very toxic colon therefore "Colon Therapy" is strongly recommended before continuing with the ion footbath treatments.

Diet Changes & Herbal Supplementation

The weakest link or slowest area to change is the digestive tract, especially the large intestines. Helping and assisting the colon in its processes to detoxify greatly aid and assist the healing crisis. So, another avenue or course of treatment plan is to consider diet changes and herbal supplementation that will influence the digestive tract especially the large intestines, to eliminate and detoxify the highly toxic state of the digestive tract the body is in. usually, in a toxic situation like this there is a longstanding history of prescription drug usage.

What is Osmosis?

Osmosis is a scientific term used to describe the movement of particles through a cellular membrane from a higher concentration to a lower concentration. The lower

concentration in this case refers to the ion field set up by the footbath cleansing system in the water.

Often times it is possible to reduce pain, swelling, edema, and other symptoms caused by a long-term life style and a chronic toxic buildup in the body. The long-term effectiveness of the ion foot bath detoxification process depends on the other life-enhancing and life-style changes that the patient is willing to make.

What You Can Expect from An Ion Footbath Session?

Healthy individuals can expect to feel lighter and experience a greater feeling of well being from each ion foot bath session. Some people with pain, edema, swollen and deteriorating joints have reported symptomatic relief from these sessions.

Why Detoxify in Today's Toxic World?

Never before in the history of our planet has there ever been such an overwhelming volume of toxic material dumped upon us through our air, water, and food supply and into our bodies. This increases our need to implement natural, holistic, organic forms of food, diet, and purified water along with methods of detoxification. Because of this ongoing and toxic exposure, we strongly urge you to consider changing to nutritious food sources, regular, and periodic nutritional testing, as well as the utilization of internal and external detoxification methods. So, for this reason alone, we feel that it is very important to periodically detoxify the body. Having a successful detoxification process is clearly essential to maintain health and avoid disease. The ion footbath in combination with other forms of body detoxification process such as colon hydrotherapy, a healthy diet, and low stress lifestyle provides a thorough and efficient way to maintain high energy levels and long-term wellness.

The ion foot bath detoxification process accelerates changes in the body. Aging and disease states are characterized by a diminishing anabolic capacity and an increasing catabolic capacity. Toxic buildup of cellular waste and debris is the inevitable

outcome of these trends. Reversing them through whole body detoxification requires nutritional support, particularly, digestive enzymes, trace minerals and fatty acids, which are involved in the movement and transport of raw materials in the body.

Athletic Injuries

Now, more than ever there is a higher degree of demanding stress loads placed upon the athletes to perform. This increase in athletic demandability has produced a higher degree of athletic injuries. New creative innovations are a must to keep the athletics from getting hurt while creating ways for faster recoveries. The ion footbath cleansing unit is one of those in-home self-help prevention and recovery tools.

Can the Ion Footbath Cleansing Process Benefit You?

Yes! Even if you are in your forties, fifties, or sixties, try to eat right, exercise, or walk daily, and even perhaps jog or workout with weights several times a week, the ion foot bath cleaning process could still benefit you. You may consider yourself to be in a fairly good shape but joint problems can still flare up, such as in the feet, ankles, knees, hips, lower back, shoulders, arms, hands, and fingers.

Reported Benefits from Ion Footbath Treatments

Individuals have reported a reduction in the swelling in their joints and tissues, as well as a decrease in pain and discomfort of arthritis. They have reported a greater sense of well-being and a significant increase in their overall energy levels. As chronic problems disappear individuals find that they can return to activity levels they had experienced 10 to 15 years earlier. The ion foot bath cleanser can help with any condition that would slow or stop the lymphatic flow or would intoxicate it, prescription drugs, poor eating habits, and in-activeness.

Many people have benefited from the ion foot bath cleansing process and have noticed improvements and/or remissions in one or more of the following:

- Accidents & Injuries Recovery
- ADD/ADHD
- Allergies
- Arthritis
- Autism
- Burnout
- Chronic Stress
- Cold hand and feet
- Fatigue
- Headaches
- Heavy metal toxicity
- Hypoglycemia
- Low energy levels
- Pain
- Reverse the aging process
- Soreness
- Stiffness
- Swollen joints & tissue
- Tension
- Weight management without dieting

Rules for Use

There are several simple rules involved in using the ion footbath system correctly. These rules must be followed in order to maintain the best result from the system and not "Over-do" it.

1. The system should only be used every other day (that is – once every 2 days at the most).

- The treatment time ranges from 20 to 35 minutes where 35 minutes is a treatment limit in treatment time.
- Do not add herbs, supplements, or any other extra substance to the water during the duration of the process.

The Metamorphosis Effect Recommendations for Footbath Detoxifier:

- Get foot detox at least 4 times a month but no more than 12 per month.
- 40 years of age and younger maximum foot detox is 12 per month.
- 40+ years maximum foot detox 8 per month
- Ensure after your foot detox session you are taking vitamin and mineral supplements to prevent body shock or healing crisis.
- Drink plenty of water (preferably alkaline water) to stay hydrated throughout your foot detox process.

What do the colors in your water mean?

COLOR OF WATER	AREA OF BODY	SYMPTOMS
Yellow-green	Detoxifying from the Kidney, Bladder, Urinary Tract, Female Prostate Area	Gynecological Disorder, Prostate
Orange	Detoxifying from Joints, Arteries	Arthritis, Rheumatism, Gout, Neuropathy, Pleurisy
Brown	Detoxifying from Liver, Lungs, Tobacco, Cellular Debris	Smoking, Second Hand Smoke, Air Pollution
White cheese-like particles	Yeast, GI Tract, Vaginal	Insomnia, Migraine, Candida
Dark Green to Black	Detoxifying from Gallbladder, Liver	Gallstones, Acid Reflux, Weak Immune System, Nausea
Red Flecks	Blood Clot Material	Arterial Blockage, Bruising, Hypertension, Cold Hands/Feet
White Foam	Lymphatic System, Lymph Nodes	Menses Disorder, Lymph Nodes Tender, or Clogged Skin Allergy
Black Flecks	Heavy Metals	Fibro Fog, Chronic Fatigue, Memory Problems

