The Most Powerful Water Energy Machine Sold!

Dyna-Chi Ionic Body Balancer™

**Professional Ion Detox Machine** 

**Quick Start Guide and User Manual** 

Dynamic Lymphatic Flush<sup>™</sup> Whole Body Detox Unit and Chi Machine

Only our systems have

Ionic Propulsion<sup>™</sup> Technology!

Made possible by our patent-pending

Dyna-Flow<sup>™</sup> Ion Generating Array

Which is made in the USA!

# Warnings and Disclaimers:

#### Do NOT bump or hit the terminals on the front of the Controller! If you do, they can easily break off which is NOT covered under the warranty.

Use a Surge Protector with the machine to protect it from power surges.

Do NOT just plug the unit into the wall without one.

Our national power grid is old and power surges are common.

Analog machines can easily be damaged by even minor power surges.

#### Not using a surge protector VOIDS the 2 Year warranty!

#### Opening or tampering with the Control Unit will VOID your warranty!

<u>Do NOT use with a metal tub</u>, this will cause a short circuit and can burn out your power supply which will <u>VOID your warranty!</u>

Additionally, too much salt added to the water can also burn out your power supply which will <u>VOID</u> <u>the warranty!</u>

# NOTE: The standard power unit is designed for use with 110V, please contact us about usage with other power sources, such as 220V!

If you feel a biting, uncomfortable tingling when using the machine, you are likely using **too much salt in the water**. Start with a **dash** of salt. You may add up to, but not more than ½ teaspoon until a vigorous fizzing takes place inside the array.

**Do you weigh LESS than 100 pounds?** This technology is affected by body mass. A small person cannot comfortably tolerate as much power as a large person. Individuals

who weigh LESS than 100 pounds should start with a shorter Ionic Detox session (15-20 minutes) and no more than a **DASH** or 2 of salt in the water.

#### Are you at least 12 years of age? This unit was designed for the adult body.

Children's bodies have a far different physiology than adults and because of these differences, we do not recommend use of this machine in children younger than 12.

Disclaimer: This product is not intended to treat or cure any illness or disease. This is not a medical device. If you experience any discomfort or pain during your Detox Foot Bath session, you should stop immediately. Some individuals do not experience benefits from the Detox Foot Baths until after 2-3 sessions.

# A Word About the Water Color Change

The first Law of Thermodynamics states that energy cannot be at rest. If you run the machine without your feet in the water all that energy produced has only one thing it can do; pull out of suspension ALL of the chemicals and minerals in the water. Things like Chlorine, Fluoride and the 60+ other minerals and elements in the salt and break them down into their base elements, all of which can produce a color. The result will produce colors similar to what appears after an actual detox session, but is NOT the same.

Additionally, the material in the water is a different material, only similar in color and by no means a test of whether the machine actually works. If you place your finger in the water, none of the material will stick to your finger.

If you do the same thing after an actual ionic detox session (hands or feet MUST be in the water), the toxins material (which are thick, greasy, and will stain fabrics) will stick to your finger.

# No returns of the units will be accepted based upon any false assumptions or misinterpretations from the above listed 'test.'

# **Pre-Detox Session caveats, evaluations and disclaimers:**

Please answer the following questions below honestly and to the best of your ability before proceeding.

An answer of '**YES**' to **ANY** of these questions **disqualifies** the individual as a good candidate for lonic Detox sessions and we do **NOT** recommend that you continue.

#### Do you have any electrical implants that require a battery for operation, such

as a pacemaker, defibrillator, TENS unit (or similar), or cochlear implant, etc? \*\*\*(Metal pins, plates, rods, or other nonelectrical metallic implants which <u>do</u> NOT <u>require a battery</u> to serve their functional purpose are OK for use of the lonic Detox machine and does **NOT** affect lonic Detox sessions.)

Are you an organ transplant recipient or do you take any kind of anti-rejection medications? Organ transplant recipients are <u>permanently disqualified</u> as a potential candidate for lonic Detox sessions.

Are you currently pregnant or think you MAY be pregnant or are you currently breastfeeding? (Women only)

Use of this device is **NOT** recommended for women who are, or may be, pregnant and **disqualifies** an individual as a potential candidate for lonic Detox sessions until 2-3 months after childbirth, when breastfeeding has been completed.

#### Do you have any open wounds or sores on your feet or ankles?

Individuals with open wounds or sores on their feet or ankles CAN safely use the Detox Foot Bath. However, open wounds or sores will sting for the first 10-15 minutes, as the salt and ionic charge in the water cleans out the wounds/sores and will cease usually within 10-15 minutes. Discomfort during sessions is the only limiting factor with open wounds or sores.

# 1. Read this <u>Quick Start Guide</u> and <u>User Manual</u> (the rest of this book) completely <u>before using the machine</u>.

**2.** Use a **PLASTIC** dishwashing tub. Wal-Mart has Sterilite brand, approx.

15-17 liters, in their Kitchen Wares section which works well, for about \$3. This technology does NOT require any special type tub. **DO NOT USE** a copper or metal tub because the stainless steel array will cause a short circuit and burn out the Control Unit, <u>which</u> <u>VOIDS the Warranty.</u> Note, the toxic material will stain the plastic tub. Professionals may use liners, which in the industry are nothing more than cheap trash bags and are completely optional.

**3.** Place the array standing up vertically (on the long edge), with the cables on the TOP, in the middle of the tub.

# Do not lay the array flat. Do NOT pick the array up by the cables.

4. Add not more than 1/2 teaspoon of salt in the tub and add water as hot as you can tolerate, up to the top of the array's bars. This technology does not work well using cold water. If the Controller becomes hot to the touch during use, you have used too much salt.

# CORRECT ARRAY PLACEMENT

When setting up your array, please observe the following instruction...



- Place your array in the water between your feet.
- Make sure your array is standing up on its vertical edge, with the cables having NO CONTACT with the water.
- **There is no danger to you**... only to your cable. The cable contacts will rapidly disintegrate when immersed in the water.
- With your array standing up vertically in your tub, and your feet in the tub, **your water should be JUST COVERING the top** horizontal bars of your array.



# **IN**CORRECT ARRAY PLACEMENT

During your session, it is important to RELAX. Closing your eyes helps. DO NOT TALK ON THE PHONE OR USE ELECTRONIC EQUIPMENT OR DISCUSS CONTROVERSIAL TOPICS SUCH AS POLITICS OR RELIGION. Many people find meditation or prayer helps them get a better experience. TURN OFF YOUR CELL PHONE! Focus on healing and cleansing your body. We have found that being quiet and peaceful gives a better, soothing session. Luxuriate in the warm, fuzzy feeling you get from the session. DRINK WATER with an EmergenC packet of electrolyte mix in it. (We put a sample package in your system).

- 5. Place the black controller unit AWAY from the tub so it cannot fall into the water. Dropping appliances connected to the wall into water can be fatal. The current coming from wall is called "Alternating Current or "AC". The current generated by the black power unit is Direct Current or "DC" which is harmless. It is the type of current used in flashlights.
- 6. Plug the gold cable connectors into the color coded ports on the controller unit. **Do not remove the plugs by pulling on the cables.**
- 7. Place the tub containing the water, salt and array so your feet can rest in the tub comfortably while you are seated. <u>Do not submerge the cables.</u> You will also want to have an old towel to dry your feet after your session. (Note, the toxins in the water MAY stain towels/carpet.)
- 8. If the controller unit becomes hot to the touch, you have too much salt in the water! If you feel a tingling around the water line, you have too much salt, but you are **not** being shocked or harmed if that happens.
- 9. Place your feet into the tub BEFORE turning on the controller unit. Then sit back and relax, enjoy your session.

Our power unit does not have a timer for a simple reason. The spa water gets cold after around 30 minutes. In other words, when the water gets cold your detox session is done.

After use, clean your array properly. **Detailed directions are located on page 10. Failure to do** this will considerably shorten the life of the array.

# **Cleaning Your Array**

Cleaning is imperative because our machine causes the body to shed a LOT of acid into the spa water. Some of the acid becomes 'baked' on the array during the course of the session. While it is being stored in the air between uses, any acid on the array will cause it to rust very quickly. While stainless steel will resist to rusting from water and salt, acid will eat it up quickly. If the array isn't cleaned properly its life span will be reduced significantly. It is extremely important to clean the Array immediately following the session. Failure to do so will cause the array to wear much more quickly than it should. You do NOT need to take the array apart for cleaning, nor do you need brushes, cotton swabs, toothpicks, or any other odd objects. Simply soak the array in a CLR/water solution!

# www.ionicbalancer.com/clean/



You will need to purchase a Tupperware type plastic food storage container with a lid,

(approx 32-40 oz) deep enough for the array to stand up and a

bottle of mineral/lime/rust remover (approximately 15-20 oz). We strongly recommend CLR. You can purchase these at retail stores like Wal-Mart or Target or any

grocery store, hardware store and drugstore. CLR is usually located with other household cleaners, bathroom cleaners or kitchen cleaners

- 1. Fill your food storage container about **halfway** up the height of the array with **undiluted** CLR liquid cleaner.
- 2. Add water up to about  $\frac{1}{2}$ " above the horizontal bars on the array.
- 3. Place the array into the food container. Please note: There should NOT be any part of the cables, or the light-blue cable connectors, in the cleaning solution. If you do so, the copper in the cables WILL corrode very quickly reducing or cutting the power into the array.
- 4. Let the array soak in this solution for about 10 minutes or until it is milky white or silver. Leaving the array to soak for longer than 10 minutes will not hurt the array, but we do not advise leaving it to soak overnight.
- 5. Rinse the array in tap water, and put the lid on cleaning solution container to avoid evaporation. You can use the same cleaning solution over and over again! Your array is clean, and ready to go for your next session!

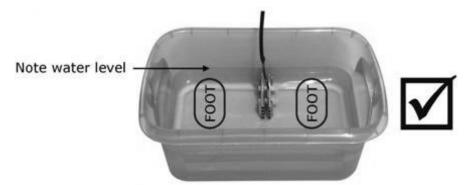
For future cleanings, you need only repeat steps 3-5. You will need to periodically replace this solution with fresh CLR/water. We recommend you change the cleaning solution every 1-3 months, depending on how frequently you clean your array. We have had people's arrays last over 100 sessions by cleaning them every time. If you do not, you can only expect 25 sessions out of your array.

We have tested vinegar, baking soda, and every "green" cleaner we can find. They just don't do the job. If you are concerned that CLR is toxic, don't be. While the ingredients sound scary, they are nothing more than fruit based acids and a small amount of ether from natural sources.

# User Manual for the lonic Body Balancer

# Preparing For The Session

Follow the instructions found in the <u>Quick Start Guide</u> included with your system.



# How Do These Machines Create Negative lons?

The ionizer is placed in the spa water and fed positive Direct Current (DC, not the AC that comes out of your wall), such as that used in a flashlight or laptop battery, to one part of the ionizer. The second part of the ionizer is fed negative Direct Current. The result is a small amount of water is deconstructed into Hydrogen and Oxygen molecules. This creates a negative ionic charge in the water. It is that simple. Do fall for fancy formulas claiming anything else happens with this technology. Physics is physics and we believe trying to "wow" our customers with bogus claims is unethical. It is IMPOSSIBLE due to the laws of Chemistry and Physics for "positive ions" to be created with this technology.

During the session, you may experience a slight feeling of euphoria; this is due to endorphins being released in your brain. *Anything* that you can do to relax and stay stress free during the session will be beneficial.<sup>1</sup> Stress is a key factor in the impairment of the Lymphatic System, as is not being adequately hydrated. Changing the position of your feet in the water is fine

<u>Flexing the muscles in your feet and ankles during the session is beneficial</u>. Stretching sore muscles or problem areas in your body before and after a session will help increase blood flow to those areas and assist in the detox process.<sup>2</sup> The detox will continue for 24 hours after a session.

### How Does This Energy Get Into My Body?

Reflexology is the study and practice of massage and physical manipulation of a series of points on the soles of the feet, and the palms of the hands. The reflexology points correspond to different parts of the body via Energy Meridians that run throughout the body.<sup>3</sup> The Reflexology Points on the bottom of the feet and palms of the hands are where the body's Energy Meridians terminate.<sup>4</sup> The Meridians are similar to power lines that flow to the major organs and tissues all over the body. The negatively charged energy

(also known as negative lons) in the spa water is pulled in by the body via the Energy Meridians. The energy travels along them. Think of them as the power lines of the body. Our machine uses Analog energy which is what the body produces. Our bodies are electrical devices and the Meridians are critical to its function. The energy from the water makes the body function more efficiently and energize the body at the cellular level. This is why most people feel more energetic the day after a session. The body will pull in Analog energy because it recognizes it as beneficial. It does not do so with Digital energy, which is why our machines get so much more energy into the body yielding a better detox. **If a machine has an LED read out on it, it produces Digital energy, NOT Analog energy.** 

Because our machine is Analog, the body will freely pull in the energy that it can use, because the human body runs on Analog energy. We do not need wrist straps or waist bands to "ground" you to the machine, thereby forcing electrical current into the body. (We feel that this practice is inherently dangerous!) Your body will pull in this ionic energy through the Energy Meridians' terminal points in the soles of your feet and palms of your hands and will distribute that energy through your body of its own accord. This is why you can use either hands OR feet in the spa water. Placing your hands in the water will help deliver the energy quicker to your upper body. This energy is an assist to your body's inherent healing abilities. <u>Our machine simply helps the body heal itself!</u>

This technology is a "cousin" of Acupuncture and Reflexology. Reflexology stimulates the Meridians by manipulating their terminus point is the hands and feet. Acupuncture works similarly using needles and warmth. The Energy Meridians connect different parts of the body carrying energy along them.

The level of power our system uses energizes them to balance the body's energy field. You will find that you have a better sense of well being after using the machine a few times; sometimes after the first session.

# How Does This Energy Detox The Body?

Toxins, Heavy Metals, Free Radicals, attach themselves to the tissues of the body using a positive ionic (electrical) bond.<sup>5</sup> The energy from the lonic Body Balancer<sup>™</sup> is negatively charged and stronger than that positive charge. This allows the lonic energy from the lonic Body Balancer<sup>™</sup> to break the toxins' bonds and be carried away by the Lymphatic System, which dumps into the bloodstream, eventually being cleansed by the Liver and Kidneys. The Liver and Kidney wastes are then dumped into the excretory system. It does NOT exit the body vis the feet. As your body heals itself, your pH may become slightly more alkaline (where it should be), which will help protect you from future infectious agents (bacteria, viruses, etc.), as well as cancer, according to many Naturopathic physicians.<sup>6</sup> In other words, we are convinced this technology strengthens to Immune System by first freeing the toxins from the tissues and helps the Lymph System flush them out. You MUST hydrate for the Lymph System to work correctly. At least 6 bottles of cold water (eight is better) a day in addition to any soft drinks, coffee and tea you may drink, because these are diuretics which make you lose hydration.

# What is Bio Electric Field Enhancement (BEFE)?

The body has a natural energy field in and around it. Many factors, including illness, toxicity, abnormal brain chemistry, etc., can cause the body's energy field to shift out of balance. You may know someone who has said that one of their 'Chakras' is out of balance. This is caused by an imbalance or blockage in the body's energy field.<sup>7</sup> Given enough power, this technology will rebalance the body's energy field, which <u>promotes</u> healing of countless illnesses. Remember, the body is an electrical device. Our machine has the power to do this.

The result of this re-balancing of the energy field results in people feeling calmer and having an overall feeling of well being. We have had countless anecdotal reports from users of our machine that their mood swings have been reduced, cravings for cigarettes and drugs lessen by using this technology from our system. Some people have reported weight loss. We believe this is because the toxins have been encapsulated in fat by the body to protect itself and when they break free the fat goes with them.

## What is Cellular Cleanse?

The negatively charged energy from the spa water is carried all over the body via Energy Meridians. That energy works at the cellular level. Courtesy of work by American doctors and scientists Roderick MacKinnon and Peter Agre, who proved, respectively, that every cell has "... structural and mechanistic studies of ion channels," and "for the discovery of water channels" within cell membranes. These two doctors won the Nobel Prize in Chemistry in 2003 for those findings<sup>8</sup>, which corrects the old explanation that cells get nutrients and expel waste through osmosis.

The energy from the foot spa water cleanses the cells and charges them up like tiny batteries, which is why most people who use the lonic Body

Balancer<sup>™</sup> will feel more energy over time. Some will feel more energy immediately. Everyone responds differently to this technology. We do not understand why some people, mostly males, do not feel the added energy or detox as quickly. If your body starts detoxing quickly, most of the energy from our machine is being used for detox. If you feel tired it is because the detox process requires a lot of energy. That will change after a few treatments and you will more energy and a sense of well being.

# What About Pain Management?

We do not completely understand why, but we have had countless reports from users of our machine that Endo-Skeletal Pain has either been substantially diminished or eliminated. This would include arthritis, back pain, joint pain, fibromyalgia and other pain disorders in which muscles or connective tissue has some involvement in pain pathways.

## **Can it Eliminate Parasites?**

Yes! Here is how, listed by types of parasites.

**Flukes.** Certain frequencies will kill (or literally blow apart) various parasites in the body. Other frequencies will kill Liver Flukes, which abound in people with various liver diseases. Other frequencies will kill Pancreatic Flukes, which abound in the pancreas of diabetics. (Flukes are flatworms that eat their way through the organs they inhabit.) A certain amount of them are normal and not a problem, especially in the liver as it regenerates itself faster than any other organ in the body. However, out of control, they compromise liver and pancreatic function, causing illness in these organs.

**Worms.** Our machine kills these tiny worms using various frequencies. Don't even ask – those frequencies are our intellectual property which we will not disclose. Some worms will not be killed by a session but have been known to crawl out of users' feet alive. Unpleasant thought, but we have had many such reports.

**Candida.** We have had reports that Candida problems (and/or yeast) have been resolved by using this therapy. You can further reduce Candida by taking CAPRYLIC ACID capsules available at any vitamin shop.

**Mold and other agents.** Unfortunately, many of us are exposed to "sick building syndrome," on a frequent basis. The sensitivities that we may develop from this phenomenon can result from exposure to molds, mildew, or other unpleasant fungi that may not always be cleansed from the body by our immune or lymphatic systems<sup>9</sup>.

Lucky for us, the lonic Body Balancer<sup>™</sup> assists our bodies in getting rid of these deadbeat tenants, who may inhabit our lungs, sinuses, and/or ear canals (to name a few commonly affected places). Molds and fungi can cause acute, short-lived infections, or they may take up permanent residency and cause chronic systemic infections, especially in the lungs. The frequencies at which energy travels from the foot spa water can kill these unwanted guests, and assist your body in healing itself.

### Does Anyone Ever Have Any Adverse Reactions? Yes.

**Mild Acid Irritation/Rashes:** Some people will experience an itching or burning sensation after their foot spa session. At the conclusion of the session, you might find red patches where the itching/burning sensations occurred. This is from the acid that came from your body! Our bodies should be slightly alkaline; if acid is leaching from your feet, it is actually a good thing. Rarely, we have had clients who have been unable to complete a 30-40 minute session due to the discomfort associated with this phenomenon. It is very uncommon for this discomfort to last more than two hours. **Calamine Lotion will reduce or stop the irritation and itching.** 

At the completion of the session, you will want to wash your feet thoroughly with mild soap (shampoo is great) and warm water. Rinse the affected areas with water until the sensation decreases, and the skin becomes more pink than red. You can apply a paste of baking soda and water, calamine lotion

(like Benadryl), or a hydrocortisone cream if the itching sensation continues. Aloe Vera can also provide a gentle, cooling sensation that will lessen the intensity of any itch and promote healing. This, however is a rare "healing reaction." If you get a rash, let it heal before starting another session. These rashes usually clear up within several hours without any lingering effects. We have rarely heard from anyone who has had this rash longer than 2-3 hours after a session, if the above protocol is followed. **If the rash lasts longer it may a sign that your body is dangerously acidic.** 

You can Google search that condition to learn how to raise your body's pH to a slightly Alkaline state. Remember, studies indicate that cancer cannot thrive in an alkaline environment, but it does thrive in an acidic environment. **If a rash lasts longer than a couple of days it may a sign that your body is dangerously acidic.** 

The reason the detox material sticks to your feet and ankles is because it has maintained its positive electrical charge. If you run the machine without feet in the water, all the material in the water (minerals, chlorine, fluoride, salt) will be pulled out of suspension and broken to their base elements. That material will NOT stick to your finger. However all those elements in the spa water do naturally have colors.

**Parasite Die-Off:** When parasites, bacteria and other pathogens die inside the body, they typically release neurotoxins/chemicals as they decompose until they are flushed from the body. If you have ever experienced headaches or felt light-headed while on antibiotics, this is why this happens. The

toxins given off by these pathogens as they decompose inside us can make us feel nauseated, light-headed, headachy, achy all over, bloated, or even feverish. You might experience Brain Fog as well. Your doctor mitigates your reaction to the dying pathogen by stretching out the antibiotics treatment which also ensures that several generations of bacteria are killed effectively.<sup>10</sup> NEVER fail to take the full course of anti-biotics prescribed by your doctor, when you start feeling better. Follow your doctor's instructions.

Thus, these symptoms may not be an adverse reaction to the lonic Body Balancer<sup>™</sup> and instead are an adverse reaction to decomposing parasites that have not yet left our bodies, but have been killed by our machine. A slow GI tract will delay them getting out of your body. IF YOU ARE NOT HAVING AT LEAST TWO BOWEL MOVEMENTS A DAY, YOU ARE BEING POISONED BY TOXINS SITTING YOUR COLON. A very old Holistic Health saying is that "death starts in the colon." DRINK WATER, eat fiber and you might consider taking Dr. Schulze's Formula #1 capsules. He is THE guru for GI tract health. His web site is www.herbdoc.com

Localized pain or discomfort: Some people will develop localized pain or discomfort while using the lonic Body Balancer<sup>™</sup>. In many cases, this discomfort will occur in a particular joint or muscle that has been prone to be the source of past pain and/or discomfort. This is likely to be the site of past injury or surgery, arthritis, gout, metallic implant, etc. This rarely lasts for more than a few hours in the small percentage of people affected.

Typically, this discomfort results from your body's attempts at breaking up the uric acid or lactate that may be present (such as Gout or anaerobic respiration in the muscles)<sup>11</sup>, or your body's attempt to resolve inflammation in the area to break down scar tissue. If you can continue with sessions, this is your best bet for reduced pain in the future. If the discomfort becomes too much to handle, you should stop sessions for several days. This will give your body a chance to rest before resuming sessions.

**Itchy Feet:** This is most likely caused by acids being pulled out of the body and settling in the spa water where it will irritate the skin on the feet. This is a good sign, although a little irritating. This can also be caused by the death of a mold some people have on their feet where by the body signals the skin to itch to slough off the layer of dead skin to which the mold was attached.

Sharp pains on heel or toes near toenail: Due to the salt and current in the water any open wound, such as recent toenail clipping and cracks in the heel will cause a pain when the power is turned on the unit. This will pass in around 10 minutes as the current and salt kill the bacteria on the exposed skin. Sessions will heal all such wounds very quickly. This can also be due to improper placement of the array near the toes. It should be back beside the instep of your feet.

Treating yourself to a pedicure periodically will help prevent this from happening. (That means YOU, guys.)

**Euphoria:** A normal reaction to energy crossing the blood brain barrier and due to endorphins being released, which are natural pain killers. Again, this is normal.

**Tired Feeling:** This is an indication that your body is detoxing at a very rapid rate. Rapid detoxing of the body can also cause tiredness immediately after a session, often followed by higher levels of energy the following day.

**Tingling on Ankles at the Water Line:** If you feel tingling around your ankles at the water line, **there is too much salt in your water**. Some people do seem to be more sensitive to this than others and it may be necessary to use less salt in the water. However, this tingling will **NOT** harm you because the system uses DC current which the type used in a flashlight. It is just annoying and will eventually go away. As long as there is fizzing coming off the array, you have enough salt in the water

# **Following the Session**

When your session is over, turn off the power unit, take your feet out of the water and dry them off. **Note, the material in the water MAY stain towels/ carpet.** We suggest you also wash your feet well or a hot shower is good. The material in the foot tub is bodily waste. Flush it down the toilet! After your session, drink a lot of water and take a nap or rest. Feel free to stretch or finish with gentle yoga or a short walk. If your body detoxes too quickly, you may experience a Healing (Herxheimer) Reaction such as feet swelling or feeling tired. This is harmless. For swelling, elevate the feet for an hour or so.

# Caveats, Cautions and Common Sense

People with Pacemakers, Transplant Recipients, Electronic Implants, or who are Pregnant should NOT use these units! Exercise EXTREME caution setting up the power unit so it cannot be knocked into the tub water where your feet are resting or the 120 volt household AC will cause electrocution.

Do NOT take the array apart for Cleaning.

#### **Footnotes**

- <sup>1</sup> Endorphins 101: A guide to natural euphoria. (n.d.). Retrieved from <u>http://www.fitday.com/fitness-articles/fitness/exercises/endorphins-101-a-guide-tonatural-euphoria.html</u>
- <sup>2</sup> Usigan, Y. SHAPE Magazine. (n.d.). 6 good reasons you need to stretch. Retrieved from <u>http://www.shape.com/fitness/workouts/6-good-reasons-you-needstretch</u>
- <sup>3</sup> Issel, C. (2003, May). *Report: Definitions of reflexology*. Retrieved from <u>http://www.reflexology-usa.org/articles/definitions\_of\_reflexology.html</u>
- <sup>4</sup> *Meridian chart & map of meridians*. (2003, January 4). Retrieved from <u>http://theamt.com/meridian chart and map of meridians meridian</u>
- <sup>5</sup> Nies, D. H. (1999). Microbial heavy-metal resistance. Appl Microbiol Biotechnol, 51, 730-750.
- <sup>6</sup> Colclough, S. (n.d.). Acid bodies increase cancer risk. Retrieved from <u>http://www.canceractive.com/canceractive.com/canceractive.page-link.aspx?n=1025</u>
- <sup>7</sup> Introduction. (n.d.). Retrieved from <u>http://www.chakraenergy.com/intro.html</u>
- <sup>8</sup> The nobel prize in chemistry 2003. (n.d.). Retrieved from <u>http://www.nobelprize.org/nobel\_prizes/chemistry/laureates/2003/</u>
- <sup>9</sup> U.S, E.P.A. (1991, February). *Indoor air facts no. 4 (revised) sick building syndrome*. Retrieved from <u>http://www.epa.gov/iaq/pdfs/sick\_building\_factsheet.pdf</u>
- <sup>10</sup> *What are antibiotics? how do antibiotics work?*. (2009, April 20). Retrieved from <u>http://www.medicalnewstoday.com/articles/10278.php</u>
- <sup>11</sup> Roth, S. (2006, January 23). *Why does lactic acid build up in muscles? and why does it cause soreness?*. Retrieved from

http://www.scientificamerican.com/article.cfm?id=why-does-lactic-acid-buil

In the last 10 years, we have sold over 15,000 of our machines, mostly by word of mouth. They work better than the others on the market! We appreciate your purchase as well as your decision to support American small business. If there is anything we can do to enhance your experience, please let us know.

Disclaimer: This product is not intended to treat or cure any illness or disease. This is not a medical device. If you experience any discomfort or pain during your Detox Foot Bath session, you should stop immediately. Some individuals do not experience benefits from the Detox Foot Baths until after 2-3 sessions.