

## IONIC FOOT BATH DETOX

Ionic foot bath is a process where an attachment is placed in the warm salted water solution. The attachment is connected to an amplifier creating an ionic or bioenergetic positive charge to the water. There is no electrical charge in the water whatsoever and it is very safe to do.

This process, where an attachment is placed in the water and our feet are soaking in the water for an allocated time, creates an environment of a positive charge of an ionic or bioenergetic charge that encompasses the body. While our feet are soaking it gives rise, for short period of time, a stimulation to our cellular energetic field to slightly transform its current. Causing a temporary ionic shift were toxin or heavy metal release their present natural bond and attempt to bond towards the new charge. This result in a shifting of toxins and heavy metal in the body that was bonded to our internal cellular terrain. This shift dumps the toxins into the lymphatic and blood system to be eliminated through our elimination system: our bowels, kidney, skin, etc. This process is safe and non-invasive.

There is a claim during an ionic foot bath detox that the water changes color during a session and it has a meaning of various types and physical detox. Unfortunately, L'Auberge des Herbes doesn't substantiate this claim for the water being used comes from the tap and not necessarily toxification from your feet. Most of the clients attending L'Auberge des Herbes understand this concept but when they collectively have this service, they notice a change in their texture of the color of the water and an improvement in overall health. When having an ionic food bath detox some clients have experience a feeling of nausea or dizziness afterwards but that does pass.

Today we are exposed from over 200 to 400 environmental toxins daily from the air we breath, the water drink, and the food we eat. Because of our environment it would be wonderful to have regular ionic foot bath detox to help enhance our body's ability to cleanse itself internally and naturally.

Ionic Foot Bath Detox – supports some of the following:

- Allergies and sensitivities
- Inflammation in muscles and joints
- Helps improve the range of motion of joints
- Migraine headaches
- General detoxification
- General improvement in overall health