

**Pictures taken of an actual Ion Detox Foot Spa session**



**Beginning**



**After 10 Min**



**After 20 Min**



**After 30 Min**

**Dark-field studies have shown that Ion Detox Foot Spa machine improves oxygen levels.**

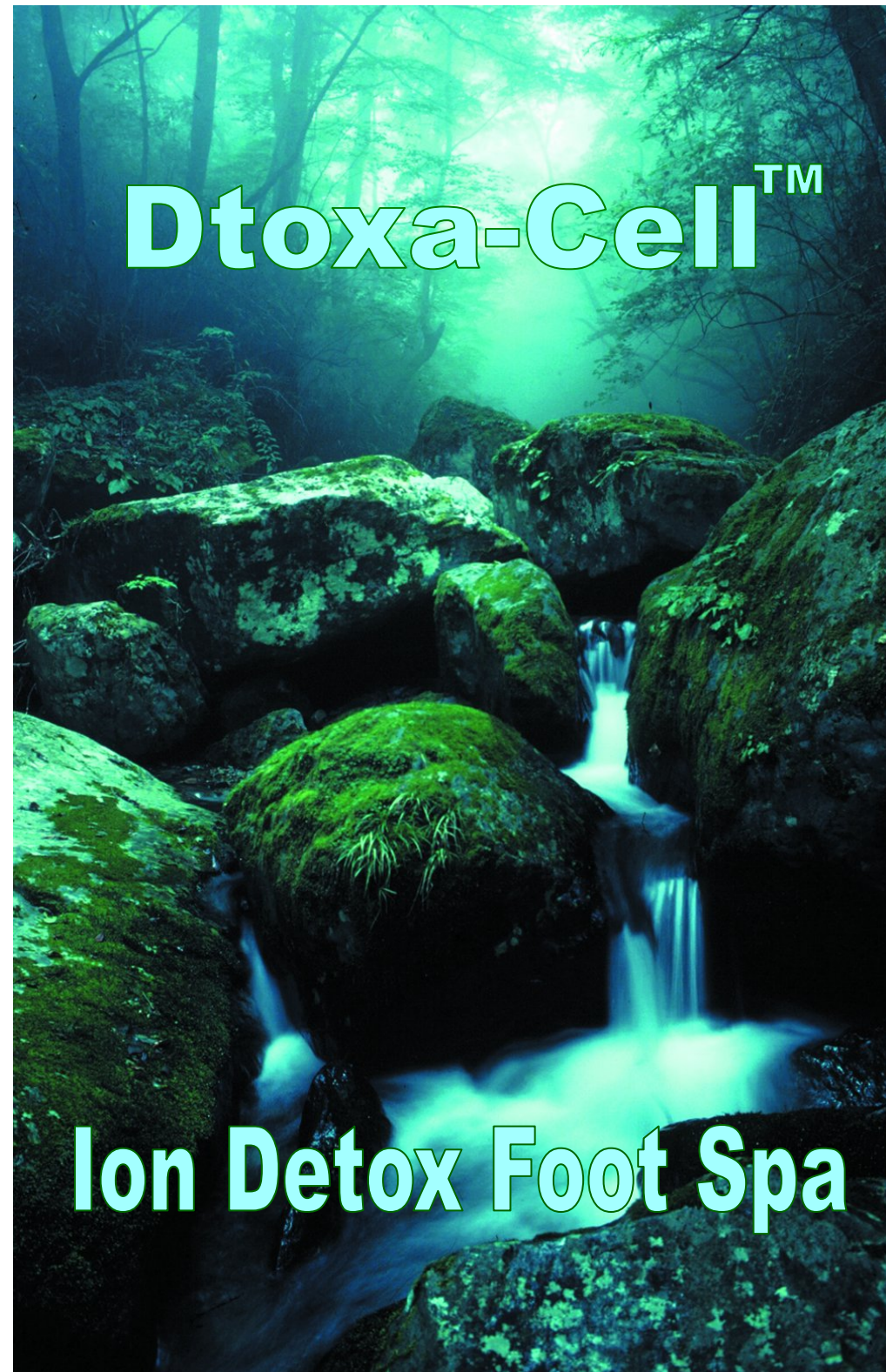
The following live blood cell analysis picture on the left is photo of the blood cell before a thirty minute Ion Detox Foot Spa Session. Amazingly, the photo on the right is the blood cell 30 minutes later.



**Blood Cell before**



**Blood Cell after**



# COLOR CHART

During the course of your ion Detox foot spa session, the unit's water will most likely change color and bits of foreign matter may appear as sediment (toxins being released with the foot bath). This is to be expected. The water color change in the foot spa is caused by a reaction between the toxins being released from a user's body and particles in the water, salt added to the water, the metals in the ionizer and the acidity or alkalinity of the user. Please note that the color produced by the aforementioned reactions will depend, to a certain extent, on the user's food & lifestyle, chemical impurities of the water in your geographic area and existing health condition.

The following color chart is based on what we believe to be represented by the water colors (the colors used in the chart below are not representative of the actual color of the water).

Color or Particle	Material or Area of the Body Being Detoxified	Possible Symptoms
Black	Accumulation of heavy metal	Diabetes, CVD, Liver
Brown	Liver, Tobacco, Cellular Debris	Smoking, obesity, cholesterol, fatty build up
Dark Green	Gall Bladder, digestive system	Weak Immune system
Orange	Joints	Arthritis, Rheumatism, Gout etc
Red Flecks	Blood Clot Material	Thrombus, Hypertension, Cold hand & feet
White Cheese-Like Particles	Most Likely Yeast	Constipation, insomnia and dreamful sleep, flatulence, hemi-crania
White Foam	Mucous from Lymph System	Skin allergy, irregular menstruation
Yellow-Green	Kidney, Bladder, Urinary Tract, Female/Prostate Area	Gynecological diseases, proctitis, UTI

## 12. Why does the water change color?

The water changes colors because of electrolysis of the plates in the array combined with a break down of the salt and minerals in the water and an individual's contribution (this is what causes variances from one person to the next). Please see color chart on page 2 For an analysis of colors and material in water.

## 13. Why is warm water recommended?

Cooler water can be used, but warm water is generally more comfortable and it opens the pores of the feet which speeds up the ion activity in order to produce more effective results.

## 14. How do I dispose of the water after a detox session?

You can pour the water in your toilet or down the drain. Most people use their toilets for disposal.

## 15. When will my water be clear?

Unfortunately, we live in a toxic world and you are still taking in new toxins each day. After an initial 10-day cleanse, it is important to have maintenance sessions to ward off the build-up of more toxins.

## 16. Can the Ion Detox Foot Spa be used while taking prescribed drugs?

This is a difficult question to answer due to many different forms of medication on today's market. In general, prescribed drugs consumed on a daily basis with the purpose of stimulating the body's defense mechanism, the regulation of a deficient system or to stimulate detoxification, are considered compatible with the Ion Detox Foot Spa Foot Spa. As explained previously, high risk patients consuming life saving medication should first complete the entire prescription. If in doubt always consult your health care professional. Also e-mail us with details of your medication for a specific answer.

## 17. Why do I feel tired after the treatment?

Everyone has their own cycle of activity and rest, although generally they follow the same pattern there can be variations. In some cases the bio-electrical stimulation can produce a sensation of tiredness due to release of certain energies and the change in others. In others there could be stimulation, "recharging the batteries", hence they feel more energetic and awake. Our bodies normally regenerate during sleep. If you feel tired after the treatment then we recommend that you use the Ion Detox Foot Spa during the afternoon or evening, that way you will be able to give your body the rest required. If on the other hand you feel full of energy then we recommend you have Ion Detox Foot Spa session during the morning or early afternoon.

## Disclaimer

Thank you for incorporating The Ion Detox Foot Spa into your health maintenance program. As you were advised when you purchased this unit, the Ion Detox Foot Spa is not intended for the treatment or prevention of any disease or health condition. The unit does not include any therapies or techniques that are regulated by the Authority

None of the information provided is intended to act as a substitute for medical counseling, nor does it involve the diagnosis, prognosis, or prescription of remedies for the treatment or prevention of any illness, disease or health condition. Before using this or any other alternative health device, you are advised to consult a physician.

Please read this manual carefully before you start an Ion Detox Foot Spa session. The information within will help you understand the science behind the unit and answer most questions. Everyone is different and The Ion Detox Foot Spa can be adjusted to accommodate 99.5% of the population. Please follow the instructions carefully to derive optimum results.

The Ion Detox Foot Spa is intended to support herbal, homeopathic and vitamin detoxification protocols and procedures. Used properly, the Ion Detox Foot Spa provides a comfortable and relaxing way to rid the body of toxins safely and without harmful side effects.

## Frequently Asked Questions

### 1. Who should not use the Ion Detox Foot Spa?

Pregnant women, breast feeding mothers, or organ transplant recipients. Also any individuals with a pacemaker or metal implants (non-titanium). Individuals with congestive heart failure or any other medical condition should consult their physician first.

### 2. Why should I use the Ion Detox Foot Spa?

There are lots of reasons why you should use the Ion Detox Foot Spa. The principle reason is that Ion Detox Foot Spa is a fast effective and inoffensive way of stimulating and balancing the bio-energetic field of the body, facilitating better organ function and auto-detoxification. Remember that if you are 30, 40 or 50 years old then you have spent as many years getting to your present state of health and toxicity. We strongly recommend that you follow a regular and continuous Ion Detox Foot Spa stimulation and detoxification program

### 3. Why is there no amperage reading?

If the wrist strap is not properly connected, the machine will not function properly. Make sure the wrist strap is on the wrist and securely attached. Make sure the cord is not being pulled too tightly and severing the connection. If necessary, use a slightly damp piece of paper towel between the wrist and wrist strap. This will safely enhance the connection.

### 4. Do I have to adjust the voltage? No—the voltage never needs adjustment.

### 5. What does the Ion Detox Foot Spa cure?

The Ion Detox Foot Spa does not cure or heal disease or ailments. It helps release toxins from the body to allow the body to rebalance bio-energetic fields, which stimulates and promotes self-detoxification. Organs with lower build-up of toxins can restore themselves to optimum functioning.

### 6. Can people who have had hormone therapy use the Ion Detox Foot Spa?

Yes, it helps to lessen and even eliminate the side effects and the toxic leftovers, if any, of the medicine and treatment.

### 7. Will I suffer any side effects from the treatment?

Although everyone is unique and their response to treatment will vary, generally speaking you will not suffer any harmful side effects. Some people may experience mild headaches or dizziness and others will experience tiredness after the first few treatments. These symptoms are evidence that toxins are being released. Increase your consumption of water, get plenty of rest and do not exert yourself while participating in a detoxification regimen.

### 8. Is long term use harmful?

No. Since we are constantly exposed to toxins in the Air, Food, Water and Environment, there is always a need to detoxify our body

### 9. Can I drink water in the foot bath? NO! Never drink water during the session

### 10. Should I remove jewelry or electrical appliances, such as mobile phone etc?

These could interfere with the bio-electromagnetic field that is being created and stimulated due to the magnetic or radio frequencies being emitted. The purer the bio-electrical field the better.

### 11. Why do I feel pins and needles or a slight pain?

The explanation could be due to the bio-electrical field that is being generated by the Ion Detox Foot Spa which is being absorbed and utilized by the body's organs and tissues. There is a freeing of bio-electrical blockages. Once again demonstrating the affectivity of the process. If the sensation becomes uncomfortable, you may wish to stop the session and renew it in two or three days, increasing treatment time gradually until you can enjoy a full session comfortably. We recommend that water is drunk before the Ion Foot session.





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## EMS—Electrical Muscle Stimulator

### What Is EMS?

**Electro-Muscle Stimulation, Electro Myostimulation** or **EMS** for short, is a technique to elicit muscle contraction by delivering electric impulse to the muscles. EMS is predominately used by doctors and physical therapists to prevent or reduce muscle atrophy, or improve muscle recovery. Doctors also see EMS as a means of increasing blood flow to muscles, increasing range of motion, increasing muscle strength, as well as enhancing muscle endurance.

### Benefits of EMS

A rhythmic pumping of the muscles, produced by the EMS unit, helps deliver nutrients and oxygen to the muscles. Concurrently, waste products such as lactic acid are pumped out of the muscles. This increased blood flow to the muscles cuts down on recovery time and promotes healthy muscle activity. EMS can also increase body temperature, heart rate and metabolism (promoting energy and fat absorption from the body).

### How to Operate EMS pads:

1. Turn the power on (back of machine).
2. EMS can be used alone or in conjunction with the Ion Detox Foot Spa.
3. The buttons on top right of the Ion Detox Foot Spa control the EMS pads.
4. Remove plastic protector from impulse pad and place on desired muscle (we recommend testing on calf muscle)
5. Press the ON/OFF button only AFTER you have placed the EMS pads on muscles.
6. Pressing the IMPULSE button will select the strength—there are four strength levels. **ALWAYS START IN THE LOWEST STRENGTH MODE before increasing it.** The fleshier the muscle (calf, quad, etc), the higher the strength you can use. Less fleshy areas (shoulder, arms, etc) should only be set on the first or second level.
7. When you are finished using the EMS function, press ON/OFF once before removing the pads. **ALWAYS TURN OFF PADS BEFORE TOUCHING THEM.**

## Far Infrared Charcoal Bamboo Belt

The Far Infrared Charcoal Bamboo belt can be operated in conjunction with the Ion Detox Foot Spa, or on by itself. This accessory increases internal warming of major organs and increases the body's natural ability to detoxify itself. The far infrared energy effects the body on its natural cellular level, and accelerates the metabolism and blood circulation in the area of the body where it is placed. User can expect to experience relief in muscle spasms, increased blood flow, and decreased stiffness in joints in the area the belt is used. It also enhances weight loss in the area it is placed due to additional ionization which dislodges the toxins from fat cells.

### How to Operate the Far Infrared Belt:

1. Turn the power on (back of machine).
2. Far Infrared Belt can be used alone or in conjunction with the Ion Detox Foot Spa.
3. The buttons on top left of the Ion Detox Foot Spa controls the Far Infrared Charcoal Bamboo belt.
4. The buttons that read L, M, and H correspond to Low, Medium and High and can be selected by pressing the MODE button on top of the unit. (The MODE button on the front of the machine corresponds to detox treatment modes 1, 2, 3, 4, and 5, so please do not get confused).
5. The ON/OFF button on top of the unit operates the accessories (belt and impulse pads).
6. Place the far infrared belt on the area which you want to treat. Most people wrap it around their lower back. Athletes like to wrap their upper leg to work on their quadriceps and hamstring muscles—especially after an athletic event. People wishing to lose weight will place around their mid section.
7. Turn the accessories on by pushing the ON/OFF button once.
8. Select desired mode—high, medium or low.
9. The far infrared belt is now working. Be sure to hit the ON/OFF button again at the end of the session to turn the belt off.

## ENJOY A LONGER, HEALTHIER LIFE



It is our great pleasure to present you The Ion Detox Foot Spa—the most advanced ionic cleanse machine.

The Ion Detox Foot Spa is a scientific advancement in complementary and alternative health care...and thousands of people are benefiting from it.

As a natural health care practitioner, products/service provider, Chiropractor, spa owner or a home user, The Ion Detox Foot Spa will help you achieve optimum health and quality of life for yourself and your clients. Users have noticed significant improvement in ailments and conditions such as high blood pressure, pain and inflammation, sleep disorders and digestive issues, just to name a few. For healthy people who do not suffer from any ailment or disease, they report even more robust health with elevated energy levels, clarity of thought and general enhanced well-being.

We **strongly** advise to read the user's manual thoroughly before starting to use The Ion Detox Foot Spa. It is very important to use it properly.

Please do not hesitate to contact us if you have any questions.

Best Wishes in Good Health

## Why Detox?

We are exposed to toxins every day: the air we breathe, the food we eat and the water we drink. Many people also engage in harmful behaviors such as smoking and excessive alcohol consumption that put them at further risk of toxin build-up.

These toxins hamper our bodies' ability to heal itself and leave us prone to illness and diseases. Through proper detoxification, we can significantly reduce the load of toxins on our system, slow down the aging process and prevent illnesses and diseases.

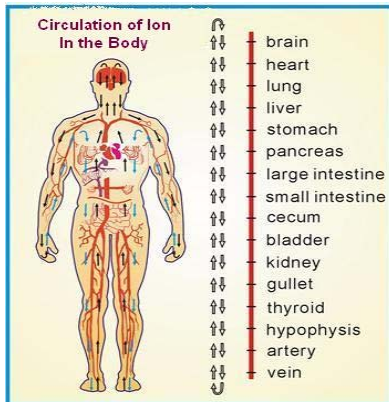
### The Ion Detox Foot Spa

The Ion Detox Foot Spa creates a naturally stimulating and relaxing detoxification session. The process of water ionization and osmosis of energy ions helps the body release toxins.

### How It Works

An ion is a charged atom that has gained or lost an electron which creates a magnetic field capable of neutralizing oppositely charged particles. These neutralized particles are released from the body through a process called osmosis.

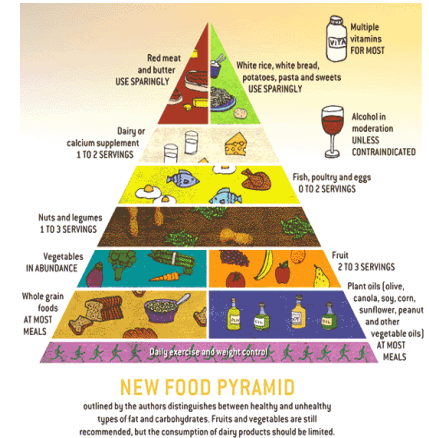
Osmosis is a scientific term that is used to describe the movement of particles through a membrane from an area of lower concentration to an area of higher concentration. In this case, the area of higher concentration refers to the ion field that is created in the foot spa through the array.



### How to get most benefit from

**Dtoxa-Cell™**

**Ion Detox Foot Spa:  
Ion Detoxification**



Drink 2.5 liters of pure water daily  
(preferably pH 8.0 to 10.0)

Eat plenty of fresh vegetables, fruits  
(limit sweet fruits, wash thoroughly) and fibers.

Take a digestive enzyme, fish Oil-Omega 3 (*should be of Pharmaceutical Grade and molecularly distilled*), with meal 2-3 times daily and a good quality fiber supplement with probiotics, 15 minutes before breakfast and dinner with a large glass of water, which will accelerate the elimination of toxins from the body.

It is important to take at least five sessions of Foot Spa as after first 1-2 sessions, dislodged toxins circulate in the body. After 2-3 sessions it starts moving large amounts. For best result, you should take 10 sessions.

If you have specific health condition like, **Diabetes, High Blood Pressure, Heart Disease, High Cholesterol, Arthritis** or any other health condition which needs special attention, please contact a Health Care Professional / Naturopathic Doctor.

It is also important to take a Liquid Trace Mineral and a Multi Mineral supplement to balance minerals in your body. Please choose a better quality mineral complex.

Do not eat or drink anything during the session. After the session, do not move rapidly, take 3-5 minutes rest and get up slowly. If you are hungry or thirsty, eat or drink after 15-20 minutes

## RECOMMENDED TREATMENT SCHEDULE

### Age 10-17 (20 minute sessions)

Sessions 1 2 3 4 5 6 7 8 9 10

Mode 1 2 2 2 2 2 2 2 2 2

Frequency—once every week wait 4 weeks before repeating.

After First Cycle, 1 session every 10-15 days

### Age 18-50 (30 minute sessions)

Sessions 1 2 3 4 5 6 7 8 9 10

Mode 1 2 2 2 2 2 2 2 2 2

Frequency—once every 5-7 days, wait 4 weeks before repeating.

After First Cycle, 1 session every 7-10 days

### Age 50+ (30 minute sessions)

Sessions 1 2 3 4 5 6 7 8 9 10

Mode 1 1 2 2 2 2 2 2 2 2

Frequency—once every week; wait 4 weeks before repeating

**MODES 4 & 5 are professional use only**

### Array Cleaning and Storage

*Dtoxa-Cell™* Array is one of the most advanced, simplified, economical and easy to use Array, **made with Food Grade Stainless Steel**. Cleaning the Array properly will ensure long life 80 to 100 sessions. Clean the Array immediately after the session; Use any natural soap or detergent to clean the Array surface, scrub with a dish washing sponge, run under warm water, and then soak it for 15-30 minutes in water mixed with a tablespoon of vinegar / natural lime remover etc. You may also mix few drops of Tea Tree oil.

Remove the Array from water wash again with warm water and keep it in a dry place or in a plastic container. You can use a hair dryer. Never leave the Array in water more than 30 minutes. Always keep the Array in a dry area. The ionizer Array is a depleting material that has a varied life span, depending on the local water and the acidity of the user. Keep plug prong dry. Please keep the Array in a dry area when it is not in use. The Array is the part that goes in the water and creates ions. The process of putting electricity through the metal causes oxidation inside the array. This is a natural process that eats away the metal. The residue deposits on the metal coils, the array acryl frame case and in the water. To keep your foot bath sanitary as well as functioning properly, please follow all the instructions properly.

## The Ionization Principle

The water in the foot bath is broken down into energy ions- both positive and negative. Ions are charged atoms that have gained or lost an atom, which causes them to establish an electrostatic field that attracts and neutralizes opposite charged particles and pulls them out of the body via osmosis.

Approximately 95% of people experience a state of acidity; that is, their bodies contain an excess of hydrogen ions and their blood pH is lower than 7.45. These people will greatly benefit from exposure to high concentrations of negatively charged ions. However, we find that most people benefit from, and enjoy, a mixture of positive and negative ions in their initial sessions.



## Color of the Water

Many colors and some objects appear in the water during a detoxification session. There is a reaction between the toxins and particles in the water, salt added to the water, metal in the array, and the acidity or alkalinity of the person being detoxed. The color change will vary in accordance with the toxin released and chemical components of the water. However, water-based toxins will not stick to the side of the foot basin or the array; whereas toxins released from the body will form a sticky ring that must be removed with detergent (if you do not use a foot basin liner).

# Benefits from Ion Detoxification

## Immediate Benefits

After just few sessions with the Ion Detox Foot Spa, you will notice increased levels of energy, a better quality of sleep (and increased quantity if you suffer from insomnia) and improved mental clarity and alertness.

## Ongoing Benefits

As you progress through a series of Ion Detox Foot Spa sessions you will experience many health benefits, such as:

- Improved blood circulation
- Decreased joint stiffness
- Firmer, tighter skin
- Improved digestion
- Increased recovery time from injury or surgery
- Bolstered immune system
- Enhanced liver and kidney functions
- Increased metabolism

## Weight Loss

Do you feel like no matter how hard you try, that it is difficult to lose weight? This is not uncommon since toxins tend to lodge in fat cells. The process of detoxification promotes weight loss when combined with healthy eating habits and active lifestyle.

By removing these toxins, the fat cells lose their hold on the body and can be more easily eliminated through proper diet and exercise.

**Lose weight safely & Naturally  
with**



# Operating Instructions

1. **Make sure the user has feet in the water and is comfortably seated.**
2. **Connect the wrist strap—make sure it is secure, but firmly attached. You may use a slightly damp paper towel placed between the wrist and wrist strap to enhance conduction.**
3. **Connect array—use input marked “ARRAY” on front of machine.**
  1. **Place array in the foot basin. Make sure the level of warm water goes just over the top of the array.**
  2. **Select treatment mode by pressing MODE button. The Ion Detox Foot Spa will default to Mode 1. We recommend everyone start their detoxification regimen in Mode 1 or 2.**
  3. **Select treatment time. The Detox Foot Spa will default to a 30 minute session time. To adjust this, use the + and - buttons to increase and decrease the time.**
  4. **To begin the treatment—press START.**
  5. **The unit is functioning when the display screen flashes arrows around the body picture and they move in downward direction.**
  6. **The primary treatment modality—either positive or negative— will also blink. When POS blinks, positive ions are being emitted; when NEG blinks, negative ions are being emitted. This will alternate in Modes 1, 2 and 3 as the treatment alternates between POS and NEG ions.**
  7. **When treatment is complete, the machine will beep. Remove the wrist strap FIRST and then turn off the machine.**
  8. **Remove the user’s feet from water and rinse with warm, natural soapy water to remove residue.**
  9. **Dispose of bath water—we recommend flushing down the toilet.**
  10. **Thoroughly rinse the array. SEE SPECIAL INSTRUCTIONS FOR CLEANING, DISINFECTING AND STORING THE ARRAY**
  11. **Disconnect array, wrist strap and any accessories before replacing the Ion Detox Foot Spa back in protective carrying case.**

**Warranty Certificate**

Full Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Province & Postal Code \_\_\_\_\_

Tel No. (H) \_\_\_\_\_ (W) \_\_\_\_\_

Purchased At: \_\_\_\_\_

Address \_\_\_\_\_

Tel No. \_\_\_\_\_ Sales Person \_\_\_\_\_

Date \_\_\_\_\_ Paid By \_\_\_\_\_

.....  
**Warranty Certificate**

Full Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Province & Postal Code \_\_\_\_\_

Tel No. (H) \_\_\_\_\_ (W) \_\_\_\_\_

Purchased At: \_\_\_\_\_

Address \_\_\_\_\_

Tel No. \_\_\_\_\_ Sales Person \_\_\_\_\_

Date \_\_\_\_\_ Paid By \_\_\_\_\_

Customer's copy

# Unpacking Your Ion Detox Foot Spa

Your Ion Detox Foot Spa includes the following parts and accessories:

**ARRAY**



**WRIST STRAP**



**FAR INFRARED BELT**



**EMS PADS**



**CARRYING CASE**



**POWER CORD**



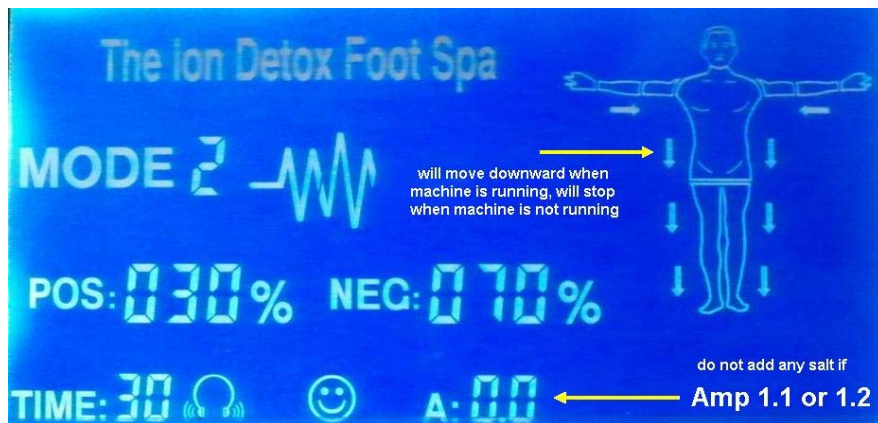
# How to Operate your Ion Detox Foot Spa

PLEASE READ THOROUGHLY BEFORE USING

- Take device out of the package; remove all plastic covering from the device and accessories.
- Please read instructions carefully before use. For more information, or if you have any questions, please contact us.
- Place the device in a proper setting with adequate light and ventilation. You will also need access to water, drainage and electricity.
- Please make sure to set the Voltage selector , 110V or 220V, as per your country's requirement.
- Put the device in a dry and stable place. Place it at a certain height so that it is easy to operate and to prevent water contact.
- Use a foot basin and pour enough warm water to submerge your feet. The water level should completely submerge the array.

**Important Note:** It may be necessary to add sea salt to the bath water to enhance ionic conduction. Place your feet in the foot basin, connect Array, attach the wrist band select Mode and start your session before adding any salt. If the amp level is 1.1/1.2 then there is no need to add salt. Only use enough salt to reach this amp level. Start with 1/8 teaspoon of salt and add salt 1/8 teaspoon at a time, stir it and wait 10-20 seconds until amp level is above 1.1.

In case you have added too much salt, the machine will make beep sound and stop. Watch the human body shape diagram, it will show the arrow moving downward if the machine is running, it will stop if the machine is not running. In such situation, change the water and start the whole process again. Please do not add any more salt if the Amp is 1.1.



# Warranty Information

The Ion Detox Foot Spa comes with a 1-year warranty. The warranty covers defects in material and workmanship for One years from original date of delivery. We will replace any part which in our opinion is defective; if the housing has not been subjected to tampering, alteration, or improper use after delivery and has not been repaired by anyone except us. Our obligation does not include or cover the cost of shipping. At our sole discretion we will repair or replace the unit.

To make a warranty claim, an email must be sent to us describing the problem/defect. We will issue a Repair Authorization Number (RAN) on all returns/repairs. The unit must be packed in the original shipping container and shipped, with insurance, to us. No units will be accepted without an RAN.

**Warranty is for original purchaser only and is non-transferable.**

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Please Cut Here and mail to: