

A Detoxifying Footbath can help the following health challenges:

- Chronic fatigue
- Fibromyalgia
- Headaches
- Pain
- Sensitivity to smells and perfumes
- Arthritis
- Pesticide and herbicide poisoning
- Edema
- Gout
- Constipation
- Insomnia
- Circulation
- Liver function
- Kidney function
- Acidosis
- Lyme disease

*What I dream of is an art of balance, of purity and serenity devoid of troubling or depressing subject matter—a soothing, calming influence on the mind, rather like a good armchair which provides relaxation from physical fatigue.*

*Henri Matisse*



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*Remedies* LLC

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**Detoxifying Footbath**



*Restore the body's energy balance and facilitate its natural detoxification process*

## What is a Detoxifying Footbath?



*The detoxifying footbath is designed to restore the body's energy balance and facilitate its natural detoxification process.*

*To explain: the human body functions off of electromagnetic signals. The brain sends these signals to each part of the body. The body, in turn, sends out signals back to the brain. When cells have enough energy, they are able to execute this process effortlessly.*

*Since our bodies often don't work at their peak potentials, the detoxifying footbath assists as an aid in recharging the body. This allows the body to absorb vital energy on a cellular level, creating cell balance.*

## How does the Detoxifying Footbath work?

*Do your feet sweat? GOOD!*

*This is nature's detoxifying system. But even nature needs help at times. Without assistance, many toxins can remain in the body!*

*Each foot is actually a conduit, or channel, through which your body attempts to get rid of toxic wastes that are building up.*

*The detoxifying footbath charges the water with positive ions, which in turn travel through the body and attach themselves to many toxic substances. The toxic particles are then pulled from the body into the water via osmosis.*



## WASTE COLOR CHART

*This chart is simply a guideline, not a diagnosis. Each color **may** represent the item or items listed.*

**Black** = liver

**Black flecks** = heavy metals

**Brown** = liver, tobacco, cellular debris

**Dark Green** = gall bladder/bile

**Orange** = joints

**Red flecks** = blood clot material

**White foam** = lymphatic system mucus

**Yellow-green** = kidneys, bladder

**White cheese-like particles** = yeast (Candida)

**Rounded particulates** = parasites

### Frequently Asked Questions

How does the body detoxify normally?

Detoxification occurs through the urinary system, bowels and skin (including the lymphatic system)—skin is the second largest detoxifying organ in the body, after the lungs.

Why does the water color vary from footbath to footbath?

Variations occur because of each individual's energy state and toxicity levels, as toxins in the body are re-ionized at the molecular level and react with the array of elements present in the body.

Why do some people feel tired after a footbath?

Some may experience fatigue as the body's detoxification process accelerates. This will balance itself as the body expels the toxins. Be sure to drink plenty of water to assist in the flushing of toxins.