

## IONIC FOOT BATHS

Detoxification foot baths, also known as foot detox, ionic cleansing, ionic foot bath and aqua/water detox are pseudoscientific and alternative medical devices marketed as being able to remove toxins from the human body. They work by providing an electric current to an electrode array immersed in a salt water solution. When switched on, the electrodes rapidly rust in a chemical process called electrolysis which quickly turns the water brown. This reaction happens regardless of whether or not a person's feet are immersed in the water and no toxins from the human body have ever been detected in the water after use.



## Description

Detoxification foot baths first became popular with consumers in the early 2000s and quickly became popular in spas due to the theatre of the visible brown water and sludge produced by the devices. One manufacturer of the device, known as Aqua Detox, states that the concept is based on research from the 1920s to 1930s by Royal Rife, an inventor who claimed his Rife Devices could "devitalize disease organisms" by vibrating them at certain frequencies.



Detoxification foot baths consist of two major components, a simple container in which to place the feet and an electrode array. Usually a fragrant, warm salted water is used as the electrolyte and the customer's feet, along with the array are

immersed in this water. Inside the array are two metal electrodes, between which a current flows, causing the electrodes to rust rapidly due to electrolysis. This reaction quickly turns the salt water solution brown, and flakes of rust may also be visible in the water. Electrode arrays used in this application degrade quickly, and usually need to be replaced after roughly 16 hours of use.



# **SIGNS OF TOXIC BUILD UP IN THE FEET**

- Poor memory
- Skin problems
- Insomnia
- Headaches
- Constipation
- Weak immune system
- Irritability
- Muscle Aches
- Imbalanced Hormones