

ION FOOT SPA - manual

The life span and health of a man is determined by the amount of electrons that they carry in the body. A healthy person is supposed to contain 80% of negative electron (i.e. Anion) and 20% of positive electron (i.e. Cation) in the body, which is more commonly known as Yin & Yang (+ & -) balancing. If fact we are living in a world with overloaded harmful substances in the air, contaminated water from the sea, lakes and rivers, great descent in forests, soil erosion, farming reduction, ozone layer depletion, global warming, electromagnetism, radiation, rapid growth of cities and roads etc, these factors threaten our health by affecting the existing magnetic field in our body, (which is a crucial element in a human body).

A water molecule is composed of two hydrogen atoms and one oxygen atom. When the molecule loses a hydrogen atom, the remaining OH molecule takes on a negative charge. It happens in the same way when our body is exposed to environmental pollution, pressure, imbalanced living and fatigue; our body tends to get tired because we are losing large amounts of Anions and keep large amounts of Cation in the body. The accumulation of excessive Cation brings about toxins in our bodies.

What Are Toxins?

Any substances that are harmful to the cells of the body tissues and organs are called toxins. Toxins mainly consist of chemicals, bacteria, excess of proteins and wastes that are not expelled from the body. Normally, the human body absorbs energy through the process of respiration and nutrition. During this process of metabolism, energy is released and waste products are produced to be expelled.

Internal and External Toxins

External Toxins

- Polluted air, water, chemicals, insecticides, metals and pathogenic bacteria get into our bodies through respiration and diet.

Internal Toxins

- Excessive fats and proteins which are generated during the process of metabolism will turn into harmful toxins if they accumulate within the body. Stress is also a kind of internal toxin. Stress causes physiological disorders and constipation. Improper diet, excessive high fat, oily fried food causes liver, spleen and stomach disorders, and this will affect the process of detoxification. In addition, unhealthy lifestyles also contribute to the delay of detoxification. Both internal and external toxins will cause physiological disorders, and also may damage the human organs and immune system. If we are not properly detoxified, then our bodies may face serious problems.

The Disadvantages of Toxins within the Body

- The attack of toxins towards the human body starts from the cell membrane. Cell membranes are elastic and soft, and thus they will easily lose their electrons. Therefore cell membranes are easily attacked by toxins. Once they lose their electrons to the toxins, then cell membranes will simply lose their elasticity and other functions as well. Cell membranes serve as a prevention of foreign substance from entering the cell freely. They stabilize the internal environment of the cells, and ensure bio-chemical reactions taking place. However the cells must exchange messages, substances and energy with the surrounding environment in order to implement the specific physiological functions.
- In other words, human organs like heart, liver, gall bladder, lungs, kidneys, spleen are like electrical appliances, and the cells are the batteries. If the batteries are damaged or the power is low, the appliances may not operate properly. So we must keep cells at their peak level all the time.

Importance of Energised Cells

- The human body consist of countless cells (billions) which need energy to keep them active and alive.
- If the cells are inactive then the immune system will be low. When the immune system is low we are likely to get ill. When the immune system is high then natural detoxification will be at its peak. We will feel refreshed and energised.

Feeling Light and Easy Without Toxins

Human body possesses the ability to detoxify.

- Medication, injection, surgery and other therapies are external interventions toward our body. The recovery of health largely depends on the ability of the immune system and self-healing of the body.
- Fever, runny nose, vomiting and aches are signals that show that the body is struggling with diseases. Taking medicine can only solve the problem temporarily, and very often it is accompanied by side effects and may incur other new diseases.
- Many people now choose organic food to improve nutrition but few ever consider whether the food is properly absorbed by our body or if the waste is being expelled.
- There are two types of human detoxification, decomposition and discharging. The liver and kidneys possess the function of decomposition of toxins. For example, the intestine will generate toxins which the liver will decompose. Our body can also discharge toxins by urination, vomiting, perspiration, exhalation and secretion of saliva etc.

Enhancing Natural Healing Power, Changing the Nature of the Blood

Some chemical facts about the anions; there are cations and anions found in the air. Among these only anions are good for human health. In our surrounding environment vehicles and factory air pollution and electrical appliances generating of electromagnetic waves are harmful to human health.

Fresh air in places like forests, seaside, mountains and waterfalls contains plenty of anions. Why are anions good for our health? They help to promote our natural healing ability and at the same time improve the quality of our blood and enhance blood circulation. Natural healing is inborn and capable of maintaining our health.

For instance: We will take medicine when suffering from common cold, but in fact it is our natural healing ability that cures it. Medicine only speeds up the recovery.

Our natural healing ability is decreasing despite our modern lifestyle we easily fall sick. Most people resort to western medicine for relief from illness and this gradually causes our natural healing ability to decline.

Anions can make blood flow smoothly, help acidic blood resume to normal alkalinity range (pH value 7.3-7.4). Metabolism becomes vigorous after the blood has been purified energising the cells and expelling body waste. Internal organs function easier and the blood pressure is stabilized

Ion Spa detox foot bath may enhance natural healing and boost the immune system.

What Is Ion?

Ions are atoms carrying electric charges. There are two types of Ions; those carrying positive charges are called cations, whereas those carrying negative charges are called Anions. The size of an ion is about 1 micron, or equivalent to 1/1000 millimetre. Eg.- The hydrogen (H) atomic nucleus possesses 1 positive charge proton, and is surrounded by 1 negative electron.

The proton must be positively charged in order to attract the electron from hydrogen atom, in other words, it is in the state of ionization of hydrogen (H). There are 8 positive protons in the oxygen atomic nucleus surrounded by 6 electrons, Due to lacking 2 electrons it tends to absorb other electrons. In other words, oxygen atoms can easily capture electrons from other places. This process is called oxidation. $(O)^+ + \text{Hydrogen (H)} + \text{electron } (-) = \text{OH}$.

In fact, oxyhydrogen ions cannot exist in the form of monomer instead they must exist in the form of 1 anion in the water. $(\text{H}_2\text{O} + \text{OH} = \text{H}_2\text{O}^-)$

When there is an excessive electron for an anion, it will tend to give it to other electrons, (This process is called "restoration")

1. Electrolysis pool will generate anions (positive reaction) $2 \text{H}_2\text{O} - \text{O}_2 + 4 \text{H}^+ + 4 \text{e}^-$

2. The skin adsorbs anions (negative reaction) $4 \text{H}_2\text{O} + 4 \text{e}^- - 4 \text{H}_2 + 4 \text{OH}^-$

The above mentioned ions keep on interacting and circulating until they are expelled by the body.

The Function of Anion and Cation On Human Body

Item	function of anion	function of cation
Blood vessel	expansion	contraction
Blood pressure	stable	elevated
Blood (pH value)	alkaline	acidic
Blood flow	thin and smooth	thick
Cell	energised	sluggish
Metabolism	vigorous	slow
Immune system	active	reduced
Tiredness	enlivened	tired
Nerve	calm	agitated

What are body toxins? Body toxins are the excessive cations in the body.

When there are excessive of cations the human body will become acidic, the cause of many diseases.

How Can We Know That the Human Body Contains Excessive Cations?

Examples of external reactions toward excessive cations in the body are pimples, patchy skin, obesity, rough skin, loose skin and lack of elasticity. Internal reactions toward excessive cations in the body may be fatigue, indigestion, poor appetite, headaches and dizziness, nervousness, weak resistance, colds, constipation, intestines and stomach malaise, abdominal distension, abdominal pain and muscular aches.

Osmosis

When a nucleus achieves a saturated status, it sets up a magnetic field under the process of electrolysis and either it losses or gains electrons. The magnetic field helps to generate neutral particles (i.e. Anion). Through osmosis around the body the movement of particles runs through a membrane from a lower concentration to a higher concentration. The Ion Spa may generate a higher concentration (Le. large amount of Anion) in the water through the electrodes.

Putting the electrodes, hands/feet or body in the water, the control panel on the display board transmits the electricity to the electrodes, to stimulate chemical reaction between the alloy, water and salt, thus producing lots of ions until the body is regulated to the equilibrium of 80% Anion and 20% Cation, or we call it as Yin Yang Balancing.

Usually our body will feel lighter after the treatment.

Working Theory of Ion Spa

Ion Spa works on the theory of electrolysis by conducting a process called "ionization", the process breaks the water molecules into thousand of ions. With these ions, the chemical reaction between Anion and Cation react vigorously with each other. Through osmosis, it will strengthen the cells activation in the body. In addition it raises the rate of metabolism and activates various kinds of enzymes making the excretory organs speed their function of waste removal, particularly the liver. The built -in micro computer system will generate negative potential field in the water. Human fluids are electrolyte solution and our tissues conductors of electrolyte; they are capable of conducting current. When the legs get into contact with the water, they will experience same interaction with the water (perhaps tingling). When the circuit is formed by the rise of negative ions in the water, same thing will happen to the body. This will cause the sodium and potassium ions outside the cell membrane to rearrange and this will effectively stimulate both the sodium and potassium pumps on the membrane, enhancing the ion storage formed by them. This enhances cells restoring and maintaining to a normal negative balance, and at the same time enhances the ability of cell membranes conversion of anions.

The Advantage of Using Ion Spa

Today we are exposed to a great toxic load. Ongoing periodic detoxification is essential to maintain health and avoid diseases. The device, along with a healthy, low-stress lifestyle, provides a thorough and efficient way to maintain high energy levels and long term wellness.

Generally, toxin kept in the body for a period of time would result in chronic disease. By using the Ion Spa detox foot bath it may help to manage your health and improve your quality of life. After each Ion Spa session, inflammation and arthritis has been reported to be greatly improved (refer testimonials).

Recommended Schedule and Functions

5 – 17 year olds use 20 mins only each session, every 2/3 days, total 14 sessions.

Before repeating the course, rest for 1 month.

18 – 50 year olds:

Session 1	2	3	4	5	6	7	8	9	10	11	12	13	14
Function 3	3	3	4	4	4	4	5	5	5	5	5	5	5

Once every 2/3 days, total 14 sessions. Before repeating the course, rest for 3 weeks.

50 year olds and above:

Session 1	2	3	4	5	6	7	8	9	10	11	12	13	14
Function 3	3	3	3	4	4	4	4	5	5	5	5	5	5

Once every 3/4 days, total 14 sessions. Before repeating the course, rest for 2 weeks.

It is recommended that a mineral supplement be included in your detox program.