

## How the IonFootSpa Works?

Simply place your feet in a Lenson IonFootSpa with warm salt water. This specially designed spa stimulates the 2000+ sweat glands located in each foot, providing a channel for toxins to be pulled from the body and deposited into the water.

The array, which is placed in the water of the spa creates an electromagnetic field in the spa and allows for a process called "osmosis" to occur. The array, once placed in the water, creates a high concentration of charged ions, allowing the body to re-activate and re-charge the positively charged (unbalanced) cells in the body. Individuals will feel lighter and experience a greater sense of well being from each IonFootSpa treatment.

The IonFootSpa is designed for Clinic or In Home Use. With our simple computer automated design, everyone can be enjoying the soothing benefits of the Lenson IonFootSpa with the push of a button.

## Benefits

- Purge Heavy Metals
- Balance Body pH Levels
- Boost Metabolism & Memory
- Enhance Immune System
- Increase Energy and Reduce Stress
- Provide Significant Pain Relief
- Improve Sexual Health
- Sleep Better
- Help Prevent Acne & Other Skin Conditions
- Liver, Kidney and Parasite Cleanse

## Why Detoxify?

In today's toxic environment we are exposed to pollutants, chemicals and other toxins on a daily basis. These toxins build up in the body faster than ever before, resulting in a larger occurrence of allergies, physical and mental incapacitation.

Today we are exposed to the greatest toxic load ever seen in history. Periodic detoxification is essential to maintain a healthy body and avoid diseases. The Lenson IonFootSpa, combined with a healthy, low-stress lifestyle, provides a thorough, safe and efficient way to maintain high energy levels and long term wellness.

The Lenson IonFootSpa will help to purify the body more effectively, because of its stress reducing and relaxing effects.

## **How Many Treatments Do I Need?**

Normally, a treatment takes 30 minutes and 6-12 treatments are recommended to purge the body of a life time of toxins. Your energy levels and feeling of well being will determine the appropriate number of treatments required. A maintenance program of 1-2 treatments per month will help to keep the toxin levels down and body pH in balance.

## **Your pH Balance is Critical for Good Health**

pH is the acronym for "potential hydrogen - the standard scientific measure for levels of acidity in organic material. For example, gardeners and farmers often need to know the pH of soil. Aquarium owners continually check the pH of water. And, in human health and medicine, the pH of our bodily fluids is a key indicator of our general state of health.

The pH range is from 0 to 14 - with pH of 7.0 being neutral. Any measurement of 7.0 or above is alkaline. Anything below 7.0 is acidic. A healthy body has a pH balance of 7.35 - 7.5.

As with most living organisms, the human body does not function correctly without balanced pH. Research has established that disease and illness have difficulty thriving/surviving in an alkaline environment - yet they seem to thrive in an acidic environment.

Acidic pH balance decreases your body's ability to absorb vitamins, minerals, food supplements and other nutrients... decreases cellular energy production... hinders the natural process for repairing damaged cells... decreases your ability to detoxify heavy metals... allows tumor cells to thrive... and makes you more susceptible to fatigue and illness.

You can become acidic from an acid-rich diet, from toxic overload, from emotional stress, from immune reactions and/or any process that starves your body cells of oxygen and other nutrients.

The Lenson IonFootSpa is designed to help balance the body's pH level. Some studies have shown that after just one 30 minute treatment, pH balance can be restored from 6 (acidic) to 7.5 pH (alkaline) making it a very effective method of not only detoxifying but balancing the body pH.

## Signs of a Toxic Body

- Do you worry all the time?
- Low energy?
- Do you tire easily?
- Do you find it difficult to wake up in the morning?
- Have difficulty concentrating?
- Have dry skin?
- Are you over-weight or under weight?
- Suffer from insomnia, or disturbed sleep?
- Have difficulty digesting food?
- Do you Smoke?
- Are you sensitive to chemical odors?
- Suffer from depression, or forgetfulness?
- Suffer from headaches, or migraines?
- Drink alcohol, coffee or tea regularly?
- Live near a major road, highway or in a city?
- Have heartburn?
- Eat sugar, chocolate and sweet bakery treats?
- Do you have cancer?
- Is your life stressful?
- Are you often irritable, impatient, or tense?
- Drink lots of soda drinks?
- Slow to recover when you are sick?
- Do you have poor circulation • cold hands or feet?