

In a January 2009 survey, 126 HEALTHandMED.com customers were asked what specific health benefits that they or their clients received from using HEALTHandMED ionic detox foot bath systems. Here are their answers, many mentioned more than once:

### **Pain Relief (42)**

- Less joint stiffness (11)
- Headaches reduced (9)
  - Headaches (7)
  - Migraine eliminated
  - Sinus problems relieved
- Decrease in knee pain (5)
- Less foot pain (4)
- Decreased muscle pain (3)
- Less leg pain (2)
- Arthritis pain relieved (2)
- Shoulder (2)
  - Shoulder soreness and tightness relieved
  - Shoulder pain (arthritis and bone spur) relieved
- Wrist joint pain relieved
- Lower back pain relieved
- Pulled muscle pain decreased
- Less pain from degenerative disc disease

### **Increased Energy (29)**

- Increased energy (28)
- “Sluggish” feeling disappeared

### **Improved Sleep (23)**

- Sleep quality improved (22)
- Insomnia improved

### **Improved Digestion (10)**

- Improved digestion (2)
- Lighter, less bloated feeling (2)
- Flatulence reduced (2)
- Stimulated elimination
- Improved colon efficiency
- Constipation relieved
- Acidity and heartburn reduced

## **Toxin Reduction (9)**

### **Decreased Swelling (9)**

- Swelling in legs decreased (2)
  - Swelling in legs decreased
  - Leg edema reduced
- Eye pressure (2)
  - Lowered the pressure in my eyes to avoid surgery
  - Puffiness under eyes reduced
- Swelling in feet decreased
- Swelling in ankles decreased
- Swelling in hands decreased
- Nail inflammations heal better and faster
- Water retention reduced

### **Circulatory (9)**

- Circulation Improved (6)
  - Circulation improved (4)
  - Circulation in feet and legs improved (2)
- Blood clots passed (2)
- Lowered blood pressure (from too high)

### **Reduced Weight (8)**

- Weight loss (5)
- Metabolism increased (2)
- Reduced carbohydrate food cravings

### **Skin (7)**

- Skin suppleness improved
- Complexion improved remarkably
- Skin condition improved
- Calluses and corns reduced
- Eczema relieved
- Body odor disappeared
- Cleared up Athlete's Foot

### **Emotional (5)**

- Improvement in attitude
- Mood improved
- Alleviation of depression

- Feeling of less stress
- Better outlook on life

### **Respiratory (3)**

- Shortened time and reduced severity of respiratory illnesses (2)
- Allergy symptoms relieved

### **Sensory Improvement (3)**

- Vision improved (2)
- Sense of smell improved

### **Immune System (2)**

- Immune system improved
- Infections cleared up

### **Diabetes (2)**

- Sugar level dropped
- Improvement of blood sugar levels in type 2 diabetes

### **Reduced Yeast (2)**

- Excess yeast reduced
- Treatment for Candida

### **Other (5)**

- Feeling of rejuvenation
- pH level increased – less acidic
- Bone problems lessened
- Swollen lymph nodes relieved
- Increased mental clarity

### **Quotations**

“We love our system! When we go too long in-between uses, I can feel it.”

“The majority of our clients are seniors and the benefits are profound for them with the amount of toxins they have been exposed to in their life time. It is really satisfying to see and hear the positive results .”

"I have been using detox foot bath because i wanted to get rid of foot pains, which was a complete success. I even got a bonus and that is better sleeping habits as well as more energy."

"I was receiving foot bath detoxes at my chiropractor's office for treatment of fibromyalgia and it is nice that I can now do them at home."

"Clients say they usually get a cold this time of year but haven't. They also say that with each treatment the soreness they have in feet and legs is gone."

"As a registered nurse...I believe that there is a benefit to these machines as a lot of folks don't want to consume something to get a detox effect. With this, it is non-invasive...non-disruptive to any body system...which can be uncomfortable taking colonics...this is a way to get the same effect without taking a pill or drinking a drink."

"My husband has these brown veins or stripes around his ankles and when he does the detox they go away. He has had these marks on his ankles for years, no doctor knows what they are or why. When we started doing the detox we noticed that they start to disappear."

"I used the detox on a friend who was a metallurgist for 30 years. At first the smell of sulfur from all of the metals inside of him smelled like rotten eggs. I had to air out the room after he left. After 4 times, his detox didn't do that anymore and you could tell that he was getting lots of metals out of him and that he was feeling better."

"Having started a detox clinic for drugs and smoking, the need to rid the body of toxins is paramount for this clinic. People who were so toxic that I could not recommend a detoxification diet because they would become too ill have done just fine with the footbath. They decrease their toxic burden by up to 30% in only a few sessions and are thrilled by the physical improvements in their health and the rise in their energy and interest in life. They also find that they sleep better after an ionic cleanse footbath! When we use the footbath, an amazing amount of heavy metals and dark brown toxins are removed. I am amazed at the amount of crud that we store in our bodies, even when we eat well and drink large amounts of water!"

"My husband will be having knee replacement in both knees. He has a lot of swelling and pain but when using the machine, it pulls inflammation out and makes a world of difference. We both just feel better and can tell that our body is getting rid of toxins."

"The system helps them with swelling while they soak their feet in the warm water!!! They absolutely love it."

"Detoxification from working at Savannah River Site in a Nuclear Power Plant Environment as well as Military exposed to anything under the sun."

“At first I was skeptical that the detox foot bath would work, but believe me, after your first session a believer I am, it's a great product, everyone should own one of these ionic detox foot bath system.”

“I like the visual effect of seeing the toxins and other debris that are removed from my body. It has an effect of making me feel lighter and also makes me more conscious of what I put into my body in the first place.”

“We are using it on 3 of us in the family. We feel like we have much more energy after using the foot detox. We are using it to rid our body of toxins. We live in a very polluted area of the world. And our daughter has hepatitis B so we are trying to detox her liver.”

I have had Lyme disease, and have read that many patients have benefited from detox treatments as they heal, and afterwards as well. I can also tell a difference in my joints (!) after a treatment, as they are not as stiff...this is the biggest "help" to my body...also, if my lymph nodes are at all swollen, a treatment usually helps there as well.”

“It helps my feet for circulation and makes me feel good.”

“Feeling of well being, greater energy, body connectedness.”

“I have never felt better. I use mine at least once a week and my skin looks better and my PH is going alkaline even more. I am 67 and perfect health. I use zero drugs. I do it all, eat only organic, do colonics occasionally. Never eat red meat. Only organic chicken and fish. No fried foods. The foot bath is working to clear all the junk I built up before my health mission. I look about 50 years old or less. “

“A feeling of general well being and more energy. “

“Takes away the aches & pains”

“Feeling of increased well being, getting over illness more quickly. Improved energy.”

“Every time I start to get a cold, I do a foot bath and the symptoms are gone. I have not had a cold in over a year now.”

“Since I bought the system there is no doubt that I have been feeling very much better. I was diagnosed as an alcoholic and now I can really control my urges including my tobacco consumption.”

“I encourage everyone considering purchasing an ionic foot bath system a great investment in creating a healthier lifestyle for you and your family. From detoxing the nicotine and alcohol from your body so you might consider quitting smoking to making your arthritis more manageable and creating a great

wellness while you sleep more soundly to regain more energy to complete more of your goals and accomplishments the next day. This is a device that every house hold should have to CREATE A HEALTHIER LIFESTYLE EVEN IF YOU DON'T LIVE ONE.”

“You need to be careful and know what you are doing but they are tremendous help in a program designed to keep your body healthy.”

“A lady friend of my wife and I said that she found relief in going asleep at night and staying asleep thru the early morning hours until she gets up at 6-7 AM. We also find that the best benefit of all is that it continually detoxes the major organs in our bodies. It is just amazing that these are released thru the bottoms of our feet.”

“One of my clients deferred her pancreatic surgery because of the detox bath.”