





There are a lot of things that can go wrong when we exert an outside influence on the cell such as a toxin. Our bodies are capable of withstanding low levels of toxins, but if those levels get too high, a chain of events take place that can compromise the integrity of the cell. The integrity of the cell can be affected from both the outside and the inside and the toxins that can cause the problem do not need to come from an external source because the cell itself produces a waste product (nucleic acid) that could be considered a toxin.

Some toxins remain in the extracellular fluid surrounding the cell and can become attached to the cell membrane when cell energy is low or the cell becomes stressed.

There are two main ways toxins could become a problem in your body.

1. **Toxin build-up of natural waste from the cell itself.**
2. **Toxin build-up by low level artificial toxins eg. man-made compounds.**

**1. Toxin build-up by natural waste product.**

Toxin build-up by natural waste product is where the body accumulates a build-up of the natural waste product from the cell, nucleic waste. This can occur when Liver and Kidney function are low and are not extract-



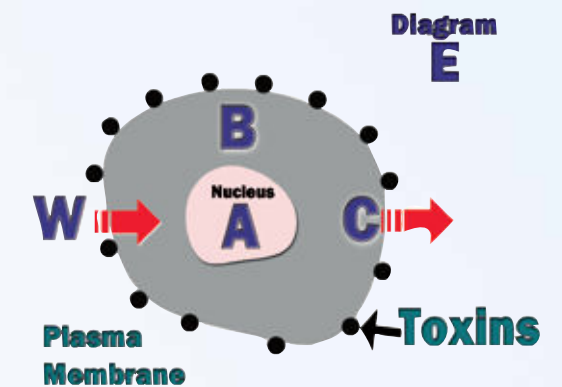
ing all of the waste out of the extracellular fluid (blood). In diagram C the basic function of the cell is illustrated. It goes like this, water which we have termed W enters the cell via passive transport, W then reacts with the internal structure B and the Nucleus A. The product of the reaction between W and A + B is Nucleic waste C. The cell is very efficient when functioning fully and reacts all the W (water) on a 1:1 basis meaning all of the Water is used with an equal amount of Nucleic waste C being produced.

When liver and kidney function is low the extracellular fluid becomes contaminated with waste product. What happens then is instead of just W entering the cell, the W becomes Wc meaning a combination of W and any remaining C. This causes changes in the reaction inside the cell. Now there is a Wc, Ac, Bc reaction which is not how the cell is supposed to work (Diagram D). The cell is no longer operating efficiently and the metabolic energy being used is wasteful. When metabolic energy is being wasted you experience fatigue.

**2. Toxin build-up by low level artificial toxins**

**External Toxin Build-Up**

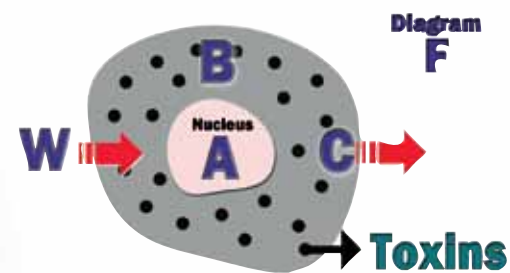
External toxin build up is when toxins begin to accumulate on the outside of the cell (Diagram E). One of the causes of this is when the membrane potential is incorrect the toxins can stick to the membrane. This deprives the cell of the natural flow of W (water) into it and also restricts the exit of the nucleic waste. Once again cell function is compromised so the cell is unable function correctly. The process is cyclic, the more the toxins build up the less efficient the cell becomes and the longer this goes on the harder it is to reverse the process. There are two processes the body uses to solve this problem. Firstly receiving energy to raise the membrane potential and secondly the white blood cells.



**Internal toxin build-up**

Internal Toxin build-up by low level artificial toxins is where a toxin has managed to penetrate the cell membrane and enter into the internal structure. Toxins can achieve this in times of low cell integrity.

White blood cells play a part in this operation. One of the things white blood cells do is clean the toxins off of the plasma membrane of the cells. White blood cells damage the membrane during the process of removal leaving it temporarily vulnerable. If the cell cannot repair in time toxins can enter into the cell. Once a toxin has entered into the internal structure of the cell it causes problems. To eject the toxin the cell requires metabolic energy to perform active transport which requires the cell to use its own energy to eject the invader. If the cell does not have the spare energy to do this, a build-up starts.

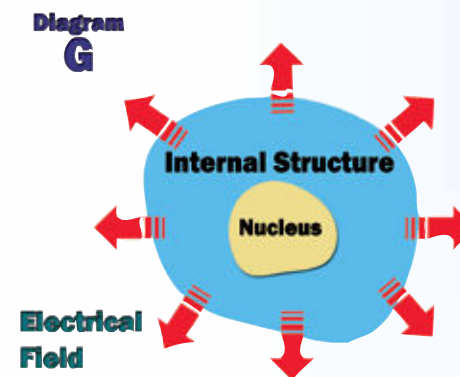


**What the footbath does to your cells.**

The first thing the footbath does is to increase the potential on the plasma membrane surrounding the cell (diagram G). This applies to all cells throughout the body. This also has an effect on the internal structure of the cell because the energy being supplied to the cell is compatible with the metabolic energy of the cell. This effectively increases the

available metabolic energy the cell can function with. Once this is achieved a number of things start to happen.

By increasing the energy value of the cell membrane we also increase the value of the electrical field that results from the electrical potential on the cell membrane itself. Boosting and extending this field to the proper parameters effects the toxins that have attached themselves to the cell membrane. It also helps restore integrity to the actual membrane itself so that the function of being selectively permeable is restored to proper operation. Restoring proper cell function increases the body's ability to start to process the toxins properly again.



Once the toxins are detached from the cell membrane they are once again free to be moved by the extracellular fluid. The liver and kidney can now remove more of the toxins reducing the load on the rest of the systems. The rest of the body's natural processes with the extra energy also aid with removal the toxins as there are more systems other than the liver and kidney that are responsible for doing this.



This also has the effect of once again letting clean W (extracellular Fluid) flow correctly through the membrane. With the clean W now flowing through the system the cells can start to re-balance the internal levels of W and C. The clean intercellular fluid begins to restore the action of the nucleus (A) and the internal structure (B). The effect on A and B that is causing the cell to function as Ac and Bc balances so that the Ac + Bc return to the proper AB function. In effect the cell has become cleansed with the added benefit of the extra metabolic energy.

The Cell and the Intercellular fluid are now restored to normal function except the metabolic energy now available to the cell is greater.

With the cell in a much healthier state and with the increased metabolic energy it can begin to function properly and do any repairs that may be required. Toxins that have entered the cell during its poor health have been purged or actively transported from the internal structure. And all this is made possible because of the energy input to the cell from the footbath unit.

**No “Magic Vacuum Cleaner” just science!**

# Energy Drinks

vs

# Footbaths

**E**nergy and the lack of it is a growing industry with energy drinks dominating the market place, but what alternatives do we have? The energetic footbath could be the solution you're looking for.

Energy drinks are canned or bottled beverages sold in convenience and grocery stores. Most energy drinks are carbonated drinks that contain large amounts of caffeine and sugar with additional ingredients, such as B vitamins, amino acids (e.g. taurine), and herbal stimulants such as guarana. These contents with the emphasis on sugar and caffeine represent most of the commercially available drinks because caffeine is a powerful stimulant and sugar is a quick source of energy (although sugar-free energy drinks are now available).

Energy drinks may contain as much as 80 mg of caffeine, the equivalent of a cup of coffee (some top the scale at up to 200 mg). Compared to the 37 mg. of caffeine in a Mountain Dew, or the 23 mg. in a Coca-Cola Classic, that's a considerable amount of caffeine. Some energy drinks also contain guarana, a South American herb that is an additional source of caffeine.

One of the biggest concerns is that caffeine in energy drinks acts as a diuretic and promotes dehydration.

Using a footbath to increase energy means no caffeine, no sugar, no chemical stimulants with no dehydration and can deliver not just hours of energy but up to 48 hours worth, and of course no crash when the effect

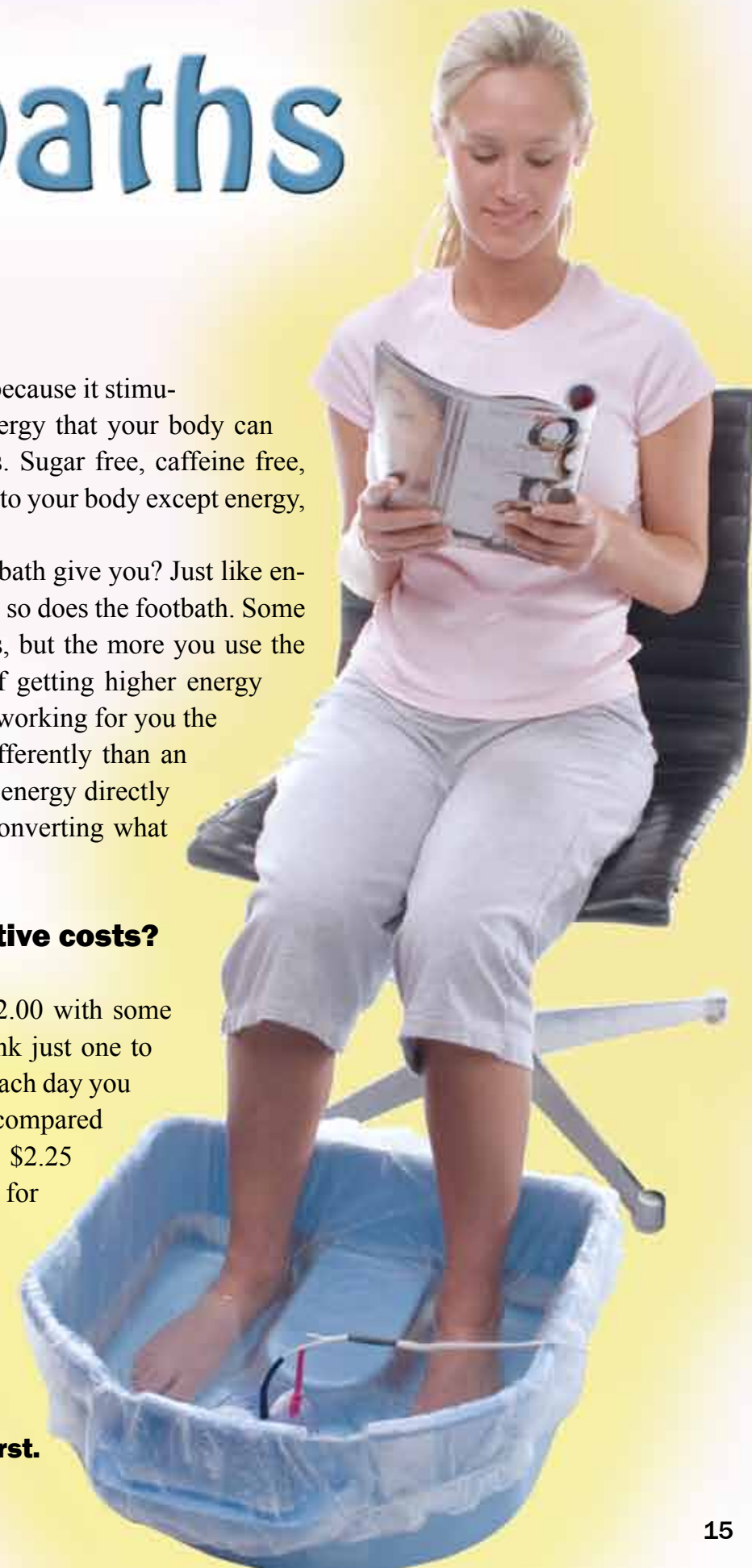
wears off. The footbath can do this because it stimulates water to produce a natural energy that your body can absorb and use without side effects. Sugar free, caffeine free, stimulant free, with nothing going into your body except energy, it's the perfect solution.

So just how much energy can a footbath give you? Just like energy drinks effect people differently, so does the footbath. Some will get more energy and some less, but the more you use the footbath the greater your chance of getting higher energy levels. Even if energy drinks aren't working for you the footbath could because it works differently than an energy drink. The footbath delivers energy directly to the body and is not relying on converting what you eat or drink into energy.


## What about the comparative costs?

A typical energy drink is around \$2.00 with some priced as high as \$3.50. If you drank just one to get energy for just part of your day each day you could pay up to \$24.50 per week compared to the footbath which costs around \$2.25 per week to use. Using a footbath for almost just the cost of one drink is clearly great value for your money.

**Using a footbath can be the difference between all day stamina vs. a short energy burst.**



# Buying a Footbath



**B**uying a footbath has become a difficult decision with so many brand names and so much conflicting information about what a footbath is and what a footbath should do. Then, to top it off throw in a whole lot of marketing hype and what do you get? Confusion. While the consumer really needs to get value for money, the consumer should be able to shop with confidence that the marketing pitch and claims being made by a manufacturer are actually true! Footbath Magazine put its research team on the job to cut through all the marketing hype and help consumers make informed decisions and ultimately the right choice.

Making a decision solely based on price may at first seem the way to go. There's a big price difference between the cheapest and the most expensive footbath units on the market. Some units retail for up to \$3000 dollars (mostly locally made) with the low end price in the market being around \$150 dollars (imported from China).

But what are the real differences between footbath units, if any?

Finding out what the differences actually were wasn't easy at first because most of the people we interviewed understood their marketing but nothing about the footbath they were actually trying to sell us. Some manufactures claimed that their unit was different while others were prepared to say that theirs was just like all the others.

There were so many variations of footbaths we had to initially look at them as if they were all different. Lucky for us this was not the case, even though they all had their individual claims.

Studying all the manufactures claims, and all the verifiable research we could dig up, the units appeared clearly separated into two different types. The most common type utilized the process of electrolysis/ionization to produce the effect in their footbath, while the other utilized a type of magnetic/resonance effect.

**Does it make any difference what brand you buy?**

We were able to find verifiable tests that demonstrate the differences between the 2 types of footbath units. The magnetic/resonance effect clearly produces a different result in the water in comparison to the Electrolysis/ionization type units.



One of the tests we found was done by adding food coloring to regular city water and then running one type of footbath unit in one jar and the other type footbath unit in the second jar.

The magnetic/resonance unit separates the food coloring from the water and allows the observer to see a form of magnetic wave pulsing in the water while the electrolysis/ionization unit ionizes the water depositing iron from the breakdown of the steel plates causing discoloration.

This demonstration is even more impressive when you see it happening on video and we recommend that you watch it. You can view it by going to [www.youtube.com](http://www.youtube.com) on the internet and typing in dye separation.

Many manufactures are also claiming that the technology of their footbath is in the special designs of their power supplies, which is the power source for the array that goes in the water of the footbath. However independent research made available to us demonstrated that the power supply is clearly not what influences how effective the units are. Claims about power supplies appear to be just marketing hype.

The research we did clearly proved scientifically that the array (the unit placed in the water) is what makes all the difference. The different designs of the different arrays tested all produced different effects. The power supply design was found to be not so important in comparison but the array design was critical.

We asked some of the manufacturers to prove their design claims however most declined. Only one company provided us with independent research demonstrating the claims they make about their product

## Forget the Marketing Hype

**After all our research, we were able to determine the most important thing you need to know before you purchase a footbath.**

*A Footbath manufacturer must be able to provide and document research results, preferably independent, that demonstrate their unit is safe for use on living cells, that is, it cannot harm you in any way (See Cell-Safe Article this issue).*

A footbath must have a GFCI plug for safety. GFCI stands for GROUND FAULT CIRCUIT INTERRUPT. The purpose of the plug is to shut off the power to the footbath should the power unit fall into the water. The GFCI is a mandatory electrical safety device required for all portable spa's as specified in the *National Electrical Code Article 680*. Not only is this required by law, it's just common sense. Very few footbaths have a GFCI.

In conclusion, there really are differences between the different brands of footbaths on the market. In many cases the differences between

the units were not what the manufacturers were claiming them to be. Even though most of the manufacturers claims turned out to be simply marketing hype, or just plain false, we would also like to say that we did find a lot of genuine research and trial results that show two of the footbaths really do work and are safe to use.



**This photo shows the difference created by the magnetic units vs. the ionization units. The magnetic unit separates the food coloring from the water and the ionizer does not.**

For addition information and test results contact  
**Footbath Magazine.**

**Ph. 1 877 278 2244**

# Setting New Standards

For The Footbath Industry

# Cell Safe



Cell Safe

**The new Cell-Safe logo represents the next level of safety for consumers by setting higher standards for biological safety.**

The development of new testing procedures and more stringent standards for the interaction of a footbath on a living cell has long been overdue. Cell-Safe is here and set to lead the way. Studies showing how footbaths affect living cells at the cellular level are not common, but will be soon. Current testing procedures are archaic and are too reliant on “how do you feel”, although feeling good should be a part of whether or not a footbath can be effective. Cell-Safe is about the safety to your cells. Any effects the footbath has on living tissue is measured both simply and scientifically to establish cell safety. If it is found to have little or no ill effect it can be certified as Cell-Safe. Cell-Safe is not about proving

that a footbath is beneficial to a cell, but rather if the footbath is detrimental or harmful in any way.

*Testing for Cell-Safe doesn't have to be complicated, in some cases it can be just plain obvious.*



## Is your Footbath Cell-Safe?

### Cell-Safe in Action

A footbath requires you to place your feet in a tub of water, the water is then “charged”. The concept of Cell-Safe in the footbath industry is to determine what effect that “charged” water will have on cells and whether or not it is safe for use.

Cell-Safe compared a tested Cell-Safe footbath with an untested unit to demonstrate the difference between something that is Cell-Safe vs. not being Cell-Safe. Two footbaths of water were charged, one with each unit. Water was then taken and placed into a Petri dish separated

in the center by a divider to keep each of the samples separate. Equal numbers of seeds were placed in each water sample to see if they would grow. If they grow then the water supports life as it should, if they die the water does not promote life and is not what it should be.

**Alive and Healthy**



**Extinguished Life of seeds**

**Ask yourself, why would you put your feet in water that has the ability to extinguish LIFE?**

**How can doing that possibly be Healthy? Make sure its Cell-Safe Tested.**

**Just how much life is extinguished each time you use this type of footbath has not yet been fully determined. The only safe conclusion is do not use an untested footbath.**

Contact Footbath Magazine for more test results.

# Bath - Busters

Our regular feature where we investigate claims being made in the footbath industry to either confirm the claim as true or simply **Bath-Bust** it.



Color or Particle	Material or Area of the Body
Yellow-Green	Purifying the kidney, bladder, urinary tract, female/prostate area
Orange	Purifying the joints
Brown	Purifying the liver; tobacco, cellular debris
Black	Purifying the liver
Dark Green	Purifying the gallbladder
White Foam	Purifying from the lymphatic system
Black Flecks	Heavy metals
Red Flecks	Blood clot material

ionCleanse

This issue Footbath Magazine looks at one of the most circulated pieces of information out there.

## The Color Chart

The color chart is used to tell the user/operator what is being “sucked out of the body through the feet”. Each of the colors and objects in the water are represented by a corresponding color on the chart. To find out more about the color chart we decided to track down its source to find out who made it and how they determined the colors to represent specific conditions and different types of detoxification. It turns out the chart was created by the company A Major Difference® (the manufacturer of the loncleanse® product).

Unable to find any research relating to the chart, it seemed the only way we were going to find out anything was to purchase an loncleanse® and do some testing ourselves, so we did. Three days of testing using the manufactures instructions and \$2,895 dollars later we had what we needed.

The first test we did was to run the loncleanse® unit in the water without the feet.

What we immediately saw was white foam coming from the water which A Major Difference® claims represents drainage from the lymphatic system.

After that, the water turned yellow, representing purifying the kidney.

Later during the test, the water turned brown (for tobacco) and then orange (for the joints).



**After the completion of a series of tests we also found that varying the temperature of the water altered the color. We tried different sources of water and that too produced a different color set. Varying the amount of salt added to the water caused different color changes again.**

*One interesting point about the chart was that the colors seemed almost identical to their corresponding body part or object. Example: The kidney produces urine and urine is yellow, tobacco is the color brown and blood is red. Is it just coincidence?*

*Based on all the tests without feet in the water, it's clear that altering the water conditions alters the color. Because of these variations in the water it is not possible to scientifically equate a color to a body function.*

*If you have one of these charts, throw it in the TRASH.*

**This one is Definitely BATH-BUSTED**