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What an Ionic Foot Bath Does

1. *The basic concept of the ionic foot bath is cellular cleansing. As with the internal bath, some people believe that our bodies have a lot of toxins in them that keep us from being healthy. These toxins are a result of eating processed foods, being bombarded with pollutants in the*

air, and even lack of exercise. It is believed that with the right equipment the toxins can be drawn down the body and then released through the feet.

The Science Behind the Ionic Foot Bath

2. *Electrolysis is the idea behind how the ionic foot bath actually works. Electrolysis is responsible for a process called ionization. The equipment which consists of a tub, salt water, and an energizing cartridge that creates a flow of electrons, changes the water molecules by breaking them down into ions. After this, the ions are broken down and this process causes a chemical reaction between anions and cations. Then by virtue of osmosis the anions move into the body where they will activate and even strengthen cells that might otherwise have been weakened by toxins.*

These anions activate enzymes needed for us to be healthy, and help our metabolism function better. At this point the toxins in the body are drawn downwards to the feet and then released into the saline water in the foot tub. This happens again by the process of osmosis, where the skin acts as a membrane through which things such as anions and toxins can pass.

The Concept of Positive and Negative in the Ionic Foot Bath

3. *The concept of positive and negative as it relates to the ionic foot bath is referencing an electrical rather than a chemical process. The ionic foot bath can actually be set to negative or positive depending upon the health of the individual and what that person needs improve their body's systems. The ionic foot bath when set to positive actually produces negative ions, and when it is set to negative it produces positive ions.*

Positive ions can lower blood pH from the alkaline end to the acidic end. A body that is in an acidic state has an overabundance of hydrogen ions in the body. It is felt that people with this condition can benefit from exposure to a lot of negatively charged ions. However, most people that do ionic foot baths prefer a mixture of positive and negative ions to feel more healthy.