

Do I Need a Detox Foot Cleanse Treatment?

The detox foot cleanse is effective in treating:

**Toxemia • Back Pain • Migraines • Edema • Neck Pain • Sports and Work Injuries
Whiplash • Fatigue • Swelling • Headaches • many other conditions**

In a study led by Mount Sinai School of Medicine in New York, in collaboration with the Environmental Working Group and Commonwealth, researchers at two major laboratories found an average of 91 industrial compounds, pollutants, and other chemicals in the blood and urine of nine volunteers, with a total of 167 chemicals found in the group. Like most of us, the people tested did not work with these chemicals on their jobs nor do they live near an industrial facility.

Accumulative Toxins

Trauma, stress, and modern-day diets disturb your body's natural ability to detoxify. Toxins enter the body in three ways – through the skin, the digestive system, or the lungs.

When the levels of toxins exceed your body's ability to rid itself of them, they accumulate. When toxins cannot get out, your body tends to become even more stressed according to the level of toxicity in your system.

There are many ways to detoxify your body. What easier way than to place your feet in a foot spa of warm, ionized water in a quiet and pleasant environment.

There are more sweat glands in your feet than anywhere else on your body. Foot spas assist you to naturally expel accumulated toxins from your body.

A foot spa accentuates your body's natural detox functions quickly, easily, and with no discomfort. Once the session begins, you may see the results almost instantaneously. Gas bubbles may appear and alterations in the colour of the water may soon begin, demonstrating that changes are occurring.

Healthy individuals can expect to feel lighter and experience a greater sense of well being from each session. Many people with pain, edema, gout and swollen or deteriorating joints report immediate symptomatic relief from foot spa sessions.



Water before treatment is clear



Toxic water after treatment

For additional information, or to schedule a 30 minute session, contact:

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905-791-8320 or 416-271-6874

Sessions are held at the **Toronto Healing Arts Centre** (Bloor & Christie)
and at our **Brampton** and **North York** locations