



Hayden Holistic Health

Anna Strong R.N C.C.H
Integrative Wellness Center
579 West Hayden Ave
Hayden, ID 83835
208 518 8411

Ionic Detox Foot Bath Disclaimer Form

There are many claims on the internet and by manufacturers about the detoxification effects of ionic foot-baths. Some researchers and manufacturers claim that a weak electrical current runs through the water, to which salt is added, creates a balance of negative and positive ions that “neutralize” charged ions in the body. Then those neutralized particles are pulled out of the body, drawing toxins along with them. Some of these claimants also cannot make any claim that these detoxification effects actually occur during an ionizing foot bath. However, many people claim that their health improves using ionizing foot baths on a regular basis.

In combination with a healthy lifestyle, ionic foot baths can help you to reduce stress and so help maintain long term wellness, but they are not for everyone. People who should not use ionic foot bath therapy include:

- Women who are pregnant or nursing
- Anyone with a pacemaker or who takes heart regulating medicine
- Anyone with a weak heart
- Anyone who has had an organ transplant who is taking medications to prevent rejection
- Anyone with open foot wounds, or broken or irritated skin on the feet
- Anyone taking any type of medication which if purged or excreted would incapacitate them mentally or physically

By signing this form I acknowledge that I am using the Ionic Detox Foot Bath as a general wellness practice and not to treat/cure any diseases.

Print Name: _____

Signature: _____

Date: _____