

Gregory's Healthy Alternatives FAQ's

Aqua Chi Ionic Foot Bath & Spa

Q What happens during the Ionic Foot Bath & Spa?

A All Ionized Detox Foot Bath & Spas operate through a process called electrolysis. This is done by generating the proper amount of current in the foot bath & spa water causing the molecules of H₂O to divide producing negative ions. A negative ion is an atom that has lost or gained one or more electrons causing it to become negatively charged. This negative ion is smaller than a molecule which allows it to be easily absorbed by the body through the process of osmosis. The negative ions produced by the ion field are set up by placing an array into the water. Once the negative ions are present in the water, the body absorbs these ions through osmosis.

The ionic foot bath & spa generates millions of these negative ions during the foot spa session. This causes the body to absorb as many negative ions as possible. You can compare this to a fully charged battery. All foreign matter such as harmful chemicals, heavy metals, parasites, and others are all positively charged. The negative ion seeks out a positive molecule to attach to. Once attached to these foreign substances the body can readily eliminate them naturally through its own natural processes. This is the reason why a person should only do a foot bath & spa session 2 or 3 times a week.

Some of the impurities from the foot bath & spa are transferred through the feet during the detox session. When experiencing the ionized detox foot bath & spa, you will see the water change color as the electrical current; water and magnetic field interact with your feet.

Q What are the service limitations for the Ionic Foot Bath & Spa?

A Overweight or elderly individuals will be started at a slower pace on their first treatment, and then resume a normal treatment on their next visit. Young children may benefit from one of these treatments. Children 13-17 years old will have a 20-30 minute session, depending on their size and physical condition. It is beneficial for people of all ages.

Q What are the cautions and recommendations?

A The Aqua Chi Ionic Foot Bath & Spa may not be for everyone. You should NOT use this procedure if you have a pacemaker (or other electrical planted device), are pregnant or breast feeding or have a transplanted organ.

Q How often can I have this treatment?

A A person should only do a foot bath session 2 or 3 times a week.

Q What is the Aqua Chi Ionic Foot Bath & Spa session like?

A An ionic foot bath & spa session is very easy. During the session you are comfortably seated and you simply place your feet in the warm footbath and relax while Aqua Chi does its work. It doesn't take a lot of time either, just 30 minutes once a week. Most people find it relaxing. During the session you will notice the water changing colors as the toxins are released. These colors can range from light yellow to black. The detoxification process is different for everyone that uses the Aqua Chi Foot Bath & Spa.

Following a series of treatments, the client generally has an extraordinary release of toxic materials and develops a sense of heightened well-being with more energy. The feeling can be maintained by following a sensible, healthy diet and lifestyle which includes a periodic detoxification process. The Ionic Foot Bath & Spa is beneficial to everyone.

Q What is the Aqua Chi Foot Ionic Foot Bath & Spa?

A The Aqua Chi is a noninvasive, water based energy system designed to increase energy levels in living things. The Aqua Chi works through the medium of water by making available EXTRA ENERGY that the living cell can utilize. There are many water sources around the world that are reported as having invigorating effects on the body when bathed in. These waters are naturally charged and give up some of their charge to the body on contact. This is the fundamental process utilized by the Aqua Chi; the transference of energy through water.

The Aqua Chi gives you the power to energize the water and then use it to dramatically increase energy and help detoxify the body. It is a holistic treatment (no pills, no drugs and no pain). It's a treatment that uses an energy form so natural that it doesn't cause any side effects. It is a treatment that uses a living energy, life force energy, an energy described by the ancient Chinese as Chi. The Aqua Chi should give you the energy of a natural hot spring. You will experience natural healing, a balancing of the electrical body and a deep sense of relaxation.

Q I have arthritis in my legs and hands. How often can I use this treatment?

A Getting directly to the affected area is great! The manufacturer recommends doing Aqua Chi sessions no more than once every 48 hours. If you did it more frequently, it would not hurt you, but could over stimulate your body for a short time. Allowing your body to adjust in between sessions is good practice and allows for more natural progression to improved wellness.

Q What are some of the benefits?

A Aqua Chi Ionic Foot Bath & Spa benefits for your body. It can assist with treatment processes of all healing modalities. It can make a world of difference in your health, in your energy level, and in your life.

- The body absorbs the energy it needs from the foot bath
- Reduced inflammation
- Improved sleeping patterns; arthritis, cramps, headaches, muscle pain

- Balances energy pathways within the body
- Enhances the body's ability to detoxify and heal
- Like having your own hot spring.

Some of the individuals who would notice the most improvement and change in their health status are:

- Those afflicted with heavy metal or chemical toxicity
- Person in pain
- Anyone suffering from fatigue and burnout
- Those afflicted with allergies
- Individuals under severe stress
- Anyone recovering from an accident
- Athletes needing to eliminate lactic acid quickly
- Individuals with low energy
- Children needing to conquer ADD/ADHD
- Youngsters with autism

Q What should I take in conjunction with the Aqua Chi Ionic Foot Bath & Spa session?

A The most important thing you can do is make sure that you are drinking plenty of water before, during and after an Aqua Chi session. Hydration is an extremely important assist to making sure that your cells have the raw materials to assimilate nutrients and carry toxins out of the body. The addition of electrolytes will make your hydration efforts even more effective. Click the link below for a natural electrolyte drink you can make at home. This drink will make your hydration efforts even more effective.

DISCLAIMER

Gregory's Healthy Alternatives, LLC (GHA) is a health and wellness facility providing wellness therapy. GHA is not a medical facility nor medical doctors. GHA does not diagnose or cure medical conditions. GHA recommends the client consult with their physician and that the client understands that GHA cannot guarantee a specific outcome or result for the services provided.