

Dr. Stacy J. Haynes, P.C.
Haynes Medi-Spa

Detox Foot Spa

Can you recall the way your body felt the last time you stood next to a waterfall or walked along a beach with the waves breaking at your feet? You breathed deeper into your lungs and abdomen, your brain cleared and the pains in your joints subsided. You felt relaxed and at peace with the world.



These invigorating reactions were caused by the ionization of trillions of water molecules. Discover the latest technology that can promote optimum health, increase energy, enhance vitality and induce a sense of heightened well being by eliminating impurities from the body safely and easily.

Eliminating toxins is the first step in giving the body a chance to heal itself. Detoxification is fundamental to any health building program and detoxifying through the feet is ideal.

Today our toxic exposure is at an all time high and toxins are one of the primary causes of degenerative diseases in people today like Fibromyalgia, Rheumatoid Arthritis, Kidney Problems, Autism and Muscular Dystrophy.

Toxins come from: Our foods are sprayed with pesticides, our water has chlorine and fluoride, the air we breathe is polluted, our cleaning supplies, soaps, shampoos and detergents are loaded with chemicals and many have sodium laurel sulfate which is know to cause cancer. We have our household adhesives, paints and other home products like plastic used in the microwave, tobacco, drugs and more all contribute to more toxins in our bodies that lead to disease, allergies, mental incapacitation with side effects like swelling, rashes, insomnia, headaches, fatigue and pain.

The Detox Foot Spa creates precisely the same environment as a walk along the beach, only more powerfully because your feet are in direct contact with the ions being manufactured in the water. Place your feet in the water, turn on the unit and within seconds, millions of ions enter your body and begin to neutralize these tissue acid wastes.

A water molecule is composed of two hydrogen atoms and one oxygen atom. When the molecule loses a hydrogen atom, the remaining OH molecule takes on a negative charge. As you walk along the beach, your body absorbs millions of these negatively charged ions, which alkalize the blood and tissue. The particles, fat, and mucous residues found in the water after bathing reflect the wastes that have left the body during the 20 to 30 minute session. Your body will feel lighter after the first session. You will think more clearly, have more energy and enjoy a greater sense of well-being.

Toxins that enter the body turn to acid which leads to acidosis and disease.