

### Number of visits

It is recommended that an adult have 10 sessions, each session being from twenty minutes to half an hour.

Children up to 5 years old—3 sessions

Children over 5 years old— 5—10 sessions.

On the first visit we will do a urine sample which will indicate the presence of heavy metals—mercury, lead, copper, cadmium, cobalt, or zinc. If any metals are present we will re-do the test at the end of the recommended sessions.

If patients wish to have a full blood test before the sessions this can be organized through Med Tech Services in Wallsend.

### Costings

\$30.00 for each session if paid in full

\$35.00 if sessions paid individually.

#### Special Detox Offer includes:

One 15 minute consult with Sharon Lindner, our medical herbalist and specific detox capsules and powder.

We also include 6 one half hour foot bath detox sessions each week for six weeks. The total package ie \$300.00. (One payment up front.) Normally \$370.00

Please book at reception.



## The Wellness Centre

65 Orchardtown Rd

New Lambton, NSW 2305

Ph: 02 49561193

[www.thewellnesscentre.net.au](http://www.thewellnesscentre.net.au)

*“Inspiring Optimal Wellness....Naturally!”*

## Ionic Detox Footbath



The revolutionary way to  
re-balance your body.

*“The exposure to chemicals is a large source of toxic buildups throughout the body. After years of exposure to these substances, often the body can no longer keep eliminating them and they get recirculated into the bloodstream and organs, creating disorder throughout the body.”*

## How can foot detox help me?

Our hectic and fast pace lifestyles today create a new set of challenges for our body. Due to the large amount of toxins that our body absorbs on a regular basis we need to find new ways to help rid them from our system.

Where do these toxins come from:

- Chemicals & additives in our food
- Drinking water
- Cleaning products
- Electromagnetic radiation
- Excessive adrenaline due to stress
- Environmental toxins
- Fertilisers in our food and many more

It is no longer enough just to eat “healthy” foods and exercise on a regular basis. We need to rid our body of these toxins or they begin to hinder and slow down the normal functions of our cells and ultimately our systems and organs

The principle reason to use the detox unit is that it is a fast and effective way of stimulating and balancing the bio-energetic fields of the body which helps increase oxygen levels in the blood, better organ function and auto-detoxification.

Remember if you are 30,40 or 50 years old then you have spent as many years getting to your present state of health and toxicity.

### What happens when I place my feet in the foot detox unit?

The water, due to its content of ionic salts, becomes magnetized and because the magnetic field is picked up by body fluids, it extends through the body.

The soles of our feet are rich in pores, sebaceous glands, nerve endings and reflex points. The sebaceous glands are closely connected to the fine capillary network. It has long been known that points on the soles of the feet correspond to organs and systems in the body. This connection links these points and the specific organs which can be stimulated by the electromagnetic energy generated, and the stimuli are conveyed to the different organs and systems.

The result is the mobilization of residues and waste products together with a natural stimulation of the organ responsible for drainage and elimination of harmful substances from our body.

### Why does the water change colour?

As the unit starts to work, the toxins are drawn from the body and the deposits either sink or float in the water, causing the water to change colour. These colours can be black, green, brown, white or yellow. Some of the discolouration can also be from the chemicals in the water.

### Micro– Circulation

The main function of micro-circulation is to carry oxygen and nutritional matter into the tissues and waste products are passed out of the tissue (i.e. carbon dioxide, lactic acid and metabolic production).

The better the micro-circulation, the more the oxygen and nutrients are provided to the body and the self healing mechanism can be accelerated. Poor micro circulation can trigger lots of illnesses especially chronic conditions. The damage begins at the molecular level where cells are unable to properly flush out normal by-products and toxic pollutants.

Therefore, this poor micro circulation can be responsible for causing or contributing to the following health conditions:-

- Arthritis
- Circulation problems
- Skin problems
- Digestive disorders
- Chronic fatigue & fibromyalgia
- Some behavioural problems
- Constipation
- Cramps
- Immune problems
- Urinary problems
- Headaches
- Fatigue and tiredness
- Depression and nervous conditions.
- and numerous others