



Ionic Footbath-Detox Waiver

What Is Ionic Foot Detox Therapy? Your feet contain an average of 2,000 pores, and those pores are some of the largest in the body. There are more than 360 acupuncture points on the body, and more than 60 of them are located on the soles of the feet. Each acupuncture point correlates or connects to an organ and a specific area of the body, making the feet an ideal pathway for revitalizing well-being. The ionic footbath takes advantage of these “healing” points by stimulating them through immersing the feet in water that is ionized (hence, the name “ionic” footbath). There are many claims on the Internet and by manufacturers about the detoxification effects of ionic footbaths. Some researchers and footbath manufacturers claim that the weak electrical current that 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 argue that ionizing footbaths over time create a healthier pH balance in the body. We at MonroeWellness cannot make any claim that these detoxification effects actually occur during an ionizing footbath. We can say that alternative medicine, through the practices of acupressure, acupuncture, reflexology, and other techniques, has shown that the feet can be a pathway to healing. We also can say that some people, our clients included, claim their health is improved through using ionizing footbaths over time and on a regular basis.

Name: _____ Date of Birth: _____

Business Name (if applicable): _____

Street Address: _____

City/State/ZIP: _____

Home Phone : (____) _____ Business or Cell Phone (____) _____

Email: _____

Emergency Contact Name _____ Phone (____) _____



In combination with a healthy lifestyle, ionic footbaths can help you to reduce stress and help maintain long term wellness, but they are not for everyone.

People who should **not** use ionic footbath therapy include:

- Women who are pregnant or nursing
- Anyone with a pacemaker or who takes heart-regulating medicines
- Anyone with a weak heart
- Anyone who has had an organ transplant who is taking medication 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

An ionic footbath cannot cure, prevent or treat any disease or health condition. Ionic Footbath therapy is not a substitute for medical treatment. If you have any health problems, issues or questions, consult your qualified primary healthcare provider.

I certify that I have read and understand the information contained in this form and that I will not hold MonroeWellness,LLC or its subsidiaries, suppliers, agents or employees, liable for any physical or mental issues, problems or complications that may result from, or that I may correlate to, the ionic footbath session.

Name Printed: _____

Signature: _____

Today's Date: _____