

Questions and Answers

The Detoxifying Foot Patch Far Infrared Radiation

1) What is in the Detoxifying Foot Patch?

Each patch weights 5 grams and contains 50% double distilled wood vinegar, tourmaline and germanium, and an absorbing product that binds with the wood vinegar to "solidify" an otherwise liquid product. Since a lot of wood vinegar is lost in the processing, it is important to note that, unlike some of our competing products, the percentage given (50%) is after processing and not before.

2) Some products contain Chitosan, and some do not. Why?

Chitosan, which is an animal product from shellfish, is used in products as an anti-bacterial agent. It was discovered that because the patches have such a high percentage of wood vinegar, which itself has strong anti-bacterial effects, they did not need to include this product after all. Many vegetarians, animal rights activists, certain religious groups and people with allergies to shellfish were very pleased with this change.

3) Can I put the patches on any part of my body?

It is recommended that for the first week or so, you just wear them on your feet. After that you can place them over any part of your body where you are experiencing pain, swelling or discomfort. While the instructions on the box say not to use the pouches on your face, this is due to concerns over sensitivity to the adhesive on the sheet that holds the patches in place. It is never recommended to place the patches over your eyes. Do not place them directly over any open wounds.

4) How long should I wear the patches?

That can depend on a few factors. One of the functions of the patches is to absorb any excess fluid from parts of the body. Therefore, if this function takes place and the patches become saturated, they are no longer of any use and should be removed immediately upon saturation. If the patches remain dry, you can wear them as long as you like and they will continue to work. Sometimes they will have a small amount of moisture in them and, for hygienic reasons, you will want to use fresh pouches even if they have not become fully saturated. Because of the larger contents and greater absorb-ability of these patches, you might be able to wear them for longer periods of time before they become wet and useless. You will want to wear them for at least 7 to 8 hours at a time. If you do not sleep 8 hours at night, you might want to put them a while before you go to bed. You can wear them in the daytime, if your lifestyle permits.

5) Sometimes my patches remain dry. Does this mean they are not working?

No, it does not mean they are not working. The patch has two primary purposes. The most important one is in relationship to its emission of Far Infrared Energy (see excerpt below on Far InfraRed – please note this is not the same radiation emitted from nuclear bombs or used for cancer therapy). This energy stimulates circulation, healing and therefore expulsion of toxins from various parts of your body. This will,

and should, stimulate your excretory organs to step up their activity. Those organs include the skin, lungs, kidneys, liver, bowels and bladder. Much of the detoxification that occurs is through the regular channels, in a stepped up fashion. When the patches do not get completely wet, it does not mean the product is not working, it just means that your body is not excreting any excess fluid from the part of the body on which you are wearing them. In creating the patches, one of the goals of the manufacturer is to allow the patches to stay dry as long as possible because once they are wet, they cannot emit the Far Infrared energy. To keep the patches dry longer, they have done three things: 1) refrained from using any material that does not "breathe" to contain the contents 2) utilize a "binder" for the wood vinegar that has greater absorb-ability. 3) put more of the product into the pouches (40% more than competing products).

6) My patches seem to stay dryer longer than other similar products I have used. Does this mean they are less effective?

No. It means they are absorbing more moisture than other products before becoming saturated, or that the body does not have any excess fluid to release into the pouches. Please see answer to Question 5.

7) My patches, and previous products I have used, become sticky when they are wet. What is the cause of this stickiness?

When footpads get sticky (in all brands), it is a result of the starches used in the patches or pads to absorb the moisture. Some people mistakenly believe that toxins create the stickiness.

8) My patches have a smoky scent to them. Is this okay?

Yes, it is to be expected as the wood vinegar, the main product in the patch is made from wood ash. Since this product has 40% more than most competing products, the scent may be a little stronger.

9) Who can use the Detoxifying Foot Patches?

Everybody can use them. As an extra precaution, it is best to avoid the product in the first 3 months of pregnancy. Otherwise the patches have been found to be very beneficial to pregnant women.

10) I have experienced unusual bladder and bowel activity with this product. I did not have this experience with another similar product I used. Is this something to be concerned about?

No. Perhaps because of the higher percentage of wood vinegar and the larger quantity of product in each patch, many have "deeper" results from the use of the foot patch. The additional excretion is a natural part of the cleansing process your body is going through when the meridians are stimulated by the FIR. Please see Question 5.

11) I felt a little more fatigued when I started using the foot patches, and, also, felt twinges of pain in areas of my body that I have had problems with in the past. Why did this not happen when I used another similar product? Is this something to be concerned about?

No. It can be expected. When the body first begins to detoxify, fatigue can be a natural by-product. And when the body's own healing process is triggered, it can cause "movement" in areas of the body where there are blockages created by previous weaknesses. These can create a temporary resurgence of pain and discomfort. It is a sign that the product is working. Because this product may work at a deeper level, it may produce more of these side-effects of the healing process than other similar products.

Far Infrared Therapy Technology Comes of Age

An Excerpt from: www.ElectricalBody.com

What exactly is infrared, or radiant heat? No need to worry - it has nothing to do with either ultraviolet radiation (which gives you a sunburn and damages your skin) or atomic radiation (the kind from a nuclear bomb). Radiant heat is simply a form of energy that heats objects directly through a process called conversion, without having to heat the air in between. Radiant heat is also called infrared energy (IR). Our sun is the principal source of radiant energy that we enjoy daily (some more so than others). Have you ever been outside on a partly cloudy spring day of about 50 degrees F. and felt quite comfortable until the sun was suddenly obscured by a cloud? Although the air temperature had not had time to drop, you felt chilled, as the cloud would not let the warming infrared rays through to reach you.

Infrared light is an important energy force that promotes healing - a raising of the white blood cell count. Why is that good? Because more white blood cells mean greater immunity. Greater immunity means greater health and a better quality of life.

Today we're seeing new technologies employing far-infrared energy in health care products and in clinical protocols, such as hyperthermic therapies for detoxification and cancer treatment.

Energy medicine is an ancient practice and Chinese health practitioners would use healing touch therapies for improved cell growth, DNA synthesis and protein synthesis in cells. Although these ancient practitioners did not know the technical terms as to why their therapy improved health, they were sure their patients got better. The human heat from their touch increased immune defense response in which white blood cells surround and ingest small living things (like bacteria) and cell wastes.

Far-infrared heat follows the same principle: warm the injury site to speed healing. Why is infrared heat better than, say, a heating pad? Because the vibrational energy of far-infrared light is unlike that of the heat energy we use for everyday functions, like cooking. Boiling water could actually damage our skin but it doesn't heat internal organs. Sunlight heats us in a profound way, because it contains penetrating far-infrared rays as well as the full range of energy in the electromagnetic spectrum.

I know what you must be thinking – *“How can I benefit from the sun's infrared rays? I thought the sun's rays were damaging to my skin.”* While it's true the sun's rays should be used judiciously, especially by fair-skinned people, the fact remains that infrared radiation promotes health, and it includes: relief from all forms of arthritis, increase in the extensibility of collagen tissues, relieves muscle spasms and joint stiffness, increases blood flow, assists in resolution of inflammatory infiltrates, edema and exudates, weight control, hypertension, arteriosclerosis, coronary artery disease, blood circulation, ear, nose and throat conditions, skin conditions (including cellulite), and all-around beauty treatment.

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What Is Far Infrared?

Far Infrared is that part of the electromagnetic spectrum from 5.6 to 1,000 micron wave lengths. The Far Infrared segment of the electromagnetic spectrum occurs just below, or infra to, red light as the next, lowest energy band. This band of light is not visible to human eyes, but can be seen by special cameras that translate infrared into visible colors. The sun produces most of its energy in the infrared segment of the spectrum. Our atmosphere has a 'window' in it that allows infrared rays, in the 7 to 14 micron ranges to safely reach the earth's surface. When warmed, the earth radiates infrared rays in the 7 to 14 micron bands with a peak output at 10 microns.

Our tissues normally produce infrared energy for warmth and tissue repair. Tissue production of infrared energy is associated with a variety of healing responses. At times, the infrared energy in our tissues may require a boost to a higher level to ensure the fullest healing possible for tissue repair. Body tissues that need an infrared boost selectively absorb infrared rays. After boosting a tissue's infrared energy, the remaining rays pass onward harmlessly. This phenomenon is called *'resonant absorption.'* Our bodies radiate infrared energy through the skin at 3 to 50 microns, with most output being at 9.4 microns. The palms of our hands emit energy too, from 8 to 14 microns.

Infrared energy penetrates tissues to the depth of over one inch. Its energy output is tuned to correspond closely to the body's own radiant energy so that body tissues absorb close to 93% of the Infrared waves that reach the skin.

Our Detoxifying Foot Patch has been lab tested to demonstrate that the concentration of wood vinegar powder used has, indeed, a Far Infrared emission of 40 degrees centigrade. Many materials have to be heated up before demonstrating this behavior. In the case of tourmaline, for example, it has to be heated to a 70 or 80 degrees centigrade to exhibit this property. Interestingly enough, this is not the case with the wood vinegar in our Detoxifying Foot Patch.

2. How Does the Foot Patch Work?

The Foot Patch does not ease aches and pains by means of heat. This is not like a *'chill plaster'*, nor a *'deep heat'* treatment. It uses Far Infrared to stimulate the reflex points on the soles of the feet. By doing so, the product can affect the entire body's circulation. To understand this requires an acceptance of the concept of Reflexology. Another way to put this idea across is by referencing *"Empirical Testing"*. Empirical in this instance means that by using a Thermal Imaging Camera, we can observe changes in the body related to the presence of The Patch on the soles of the feet. It is also referred to as **Thermographic Imaging.**

What the Patch is doing is to encourage *'self-healing'* by promoting improved circulation. We do not treat or cure anything by putting an active ingredient into the body. When you cut yourself and the doctor puts stitches in, the stitch does not heal the wound. Your body closes the wound with its own healing process, and the stitches simply allow your body the time to get that done. Similarly, when using the foot patch, muscular aches and pains that result from poor circulation can ease up. If the problem does not have a circulation component to it, the Patch may not help.

3. How does The Detoxifying Patch assist the body in detoxification?

Improved circulation should mean better overall detoxification through all of the channels of your body including perspiration. In Chinese Medicine, the acupuncture points are considered to be good detoxification points.

4. Why is the Patch sometimes wet, and sometimes not?

The powder material in the foot patch is “*hygroscopic*” (i.e., it attracts water). This being true, you have effectively put a ‘drain’ against your skin when you use the Patch. If there is excess fluid accumulation at the point of the body where the Patch is applied, or, if used at the bottom of the feet, then the Patch will most likely be wet after some hours of use. If the Patch is applied to a joint where there is no excess fluid retention, then the powder will remain relatively dry, even after a number of hours. This does not mean that the Patch has had no effect, because the Far Infrared effect is still present when the powder remains dry. The Patch turns brown when it is wet; however, you get different shades of brown depending on the user.

5. Have the toxins in the patch been tested?

We have NOT tested the chemical composition of the fluids that are absorbed into the ‘Patch.’ Thus far, the testing for the ‘effect’ of the Detoxifying Foot Patch has concentrated on the use of the Thermographic System (see attached information on Medical Thermography) to observe ‘whole body’ changes in circulation due to the use of ‘The Patch’ on the soles of the feet.

While the composition of the fluids in ‘The Patch’, have not been tested, it is interesting again to note the difference in the results between users - as described in question 4 above, as well as the differences in outcomes in the same user at different times, according to their condition. **For example:** Take a case where an individual does not have any particular discomfort in the shoulder joint at a specific point in time. If he/she develops some form of discomfort, for whatever reason, what they have found is that ‘The Patch’ will tend to become wet, or partly wet, if applied to that joint. This is an illustration of the “*localized effect*” of ‘The Patch’ in the area of application from the “*humidity drain*” effect.

6. If the Patch is dry may I reuse it?

No, once your Patch has been used it will be slightly moist (even though you may not detect it visually or by touch). Therefore, for hygienic purposes, this is not recommended.

7. How long is a Detoxifying Patch cure, and how long should a person use the product? Additionally, how can a person determine when to stop using The Patch?

The Detoxifying Foot Patch **does not ‘cure’!** It facilitates your own body’s self-healing system. In general, users will start to feel the effect of the product within 3 to 4 days of use on the soles of the feet (2 pouches each night, one on the sole of each foot). The question of ‘how long’ is then a matter of the users own conditions or complaints.

The experience thus far in Asia has been for the users to actively apply the product daily for 3 to 30 days and then to experience very positive results. Thereafter, many of our users go into a maintenance mode. We have many cases of people reporting benefits after just one use, but as mentioned, it would be more realistic to expect the average person to require 3 to 4 days to feel it. This is assuming that there are specific needs to be addressed. Users should continue use for as long as they feel the benefits of the product. If there is no obvious condition, or problem, then use The Foot Patch as a health maintenance product once a week.

Your body is continually generating and disposing of waste products. Therefore users will notice that when used on the soles of the feet, the pouches tend to be wet even after regular use over a period of time. This is quite normal and simply reflects the need of your body to dispose of waste continually. As part of an overall health program, the Detoxifying Foot Patches may assist in this natural, on-going process.

8. Is it safe to use?

The Detoxifying Foot Patch does not deliver any chemicals into your body, rather it moves toxins out. It merely supports your own body's functions. It is therefore very safe. The powder is acidic, but not much more so than the natural acidity of your skin. The Detoxifying Foot Patch has been independently lab tested to ensure that it does not contain any harmful heavy metals such as lead, mercury, etc.

9. I am using the Patch and my joints hurt even more! Why is that?

Everyone's response to the healing and detoxification process is different. Some may experience a 'healing crisis', but most do not. Users who experience this will most likely be those whose problems are chronic, or 'old', complaints. This stimulation of reflex points and associated circulation will act to assist the body in its recovery process. It is most likely that such users will find that the discomfort is tolerable, and will disappear in a day or two with continued use of the pouch. An excellent example is to relate to the experience of those who have tried acupuncture on the feet. It may hurt a lot during the massage, but afterwards recovery is promoted.

10. What do the Tourmaline and the Germanium do?

The information below has been extracted from abstracts of patents that utilize Tourmaline and Germanium for certain functions and are intended as brief representations of the current knowledge about these crystals. These crystal powders (particularly Tourmaline) enhance the overall effect of the pouch, and contribute to the product's effectiveness.

Tourmaline:

Tourmaline is a complex borosilicate mineral with a variety of unusual pyro-electric and piezo-electric properties. It is probably best known for its use as a gemstone. However in recent years, it has begun to find a number of other uses that are in one way or another connected to its unique electrical activity which results from the presence of permanent electrodes within its crystalline structure. In particular, Tourmaline in water produces an electrical charge which dissociates the water molecule into hydrogen and hydroxyl ions which in turn produce hydronium ions (H_3O^+) and hydrated hydroxyl ion (OH^-) by their reactions with H_2O molecules. Both of these ions are reported to have surface activating properties.

These observations have resulted in the use of Tourmaline in a variety of different industrial products and processes such as a system for water treatment in which Tourmaline is used in an ion generator to generate hydronium and hydroxyl ions in the water. With a resultant 'high surface activity' in the water, it is then recommended for use in detergent-free washing in washing machines and in cleaning oil contaminated machinery. In a similar vein, U.S. Patent No. 5,309,739 describes a Tourmaline coating applied to a surface of a washing machine with the intent of forming hydroxyl ions in the waste water to aid in cleansing. It has also been described (Japanese Patent JP 7024444) as being used in powder form in a shower apparatus to treat chlorinated water, so as to alter the chlorine structure, allowing it to retain its water-purifying activity while reducing the possible negative effects of chlorine.

Tourmaline has, in connection with its electrical properties, been suggested as being useful in promoting physical well-being. For example, JP 6173162, describes fabric coated with a film containing Tourmaline, which is made into clothing, and is said to provide an electrical stimulus to the wearer's skin, to improve the wearer's health. Likewise, JP 8057060, describes a 'health therapeutic tool' based on a substrate incorporating powdered Tourmaline and a diode, which is applied to the skin to achieve a therapeutic effect.

Germanium:

Germanium (in external application) manifests anti-inflammatory therapeutic effects when used on stiff shoulders, lumbago, and muscular aches. However, the mechanism for delivering such benefits has not been clarified.

There is an opinion that when Germanium is applied to a diseased part, it removes an abnormal electric potential of the human body by electron interchange, which brings the body back to the normal electric potential because:

- a) Germanium is apt to be positively charged due to the escape of the peripheral electron, (i.e., Germanium has strong electrophilic properties) and,
- b) A diseased part or a body part with stiffness or pain has an increased electron potential.