

Foot Detox: How Does it Work?

Description

Foot detoxes are popular alternative health treatments that may help relax a person, soften the skin, and treat minor foot complaints. It's important to note that children, pregnant women; people with pacemakers or electrical implants, diabetics and anyone who has open sores on their feet should avoid foot detoxes (or at least talk to a doctor first).

There are many reasons that people will look to having a foot detox. The main one, is that advocates claim that a foot detox can help remove toxins and heavy metals from people's body through their feet. They can also help by balancing the body's pH, reducing swelling; boosting a person's mood, relieving stress; aiding weight loss and can help improve heart health. So, it's no wonder that this is fast becoming a popular treatment.

How is an Ionic Foot Detox Supposed to Work?

The easiest way to explain it, is that a [foot detox machine](#) works by pulling the toxins out of your body through your feet. This is a safe and relaxing way to clear out the body of any harmful toxins that you might have. You are meant to soak your feet in an ionic foot bath before you go to sleep. The reason behind this is because this will help draw out toxins and heavy metals that you accumulate in the body whilst you're busy living your life.

They make use of an electrically powered device that is said to produce positive and negative ions. Supposedly, the ions stimulate cells in the body. As a result, people claim that toxins are excreted from the body via pores in your feet. This can help relieve all manner of physical complaints, from arthritis and joint pain; to headaches, fatigue; poor digestion, liver and kidney disorders. A foot detox is meant to be used for people with these ailments over a period of time (it is not just a one-off treatment).

What Does the Different Colors Mean?

Some people claim that the changing water color, shows that the foot detox machine is working. They say that this shows that the [toxins](#) are coming out of your body. However, this isn't true. The foot detox is still working even if the water color doesn't change. There are many reasons why the water might change color. However, the most common one is due to tap water being used, as there are (sometimes) impurities in tap water.

Not only that, but most foot detox machines will use special salts in the water, and this can interact causing the water to change colour. It is not something that people need to worry about, it is simply just a simple effect of the machine working and is not something that people should panic about. If there is discoloration in the water, it might be because some of the metal in the foot bath has corroded, or that tap water was used. It's not something that you need to worry yourself about.

Who Should Consider a Foot Detox?

Pretty much everyone should consider getting a foot detox, unless you have open sores, an infection on your foot or have been told not to by your doctors (e.g. you are still a child or could be pregnant etc). Many people can benefit from the relaxation that occurs due to the warm foot soak. It can be incredibly beneficial for people, particularly those who are on their feet all day and can't seem to relax properly at the end of it.

Many people will use foot detox machines to help them relax (and not just to remove toxins from the body). Some people struggle to relax after a hard day's work, whilst others might just be interested in reviving circulation in their feet. When we live a very busy life, it can be tough to find the time to get the time off that you need. However, it is a lot easier than people realize, just check out this article here about [how to make the most of your days off](#).

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