

Dual Mp3 Unit Instructions

Contents List

Your Detox Foot Bath set includes everything you need for immediate use. Replacement products can be ordered at www.mydetoxfootbath.com

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4. Wrist Strap
5. 11 Ionic Arrays (with set)
6. Sea Salt (with set)
7. 20 Liner Bags (with set)
8. Plastic Tub (with set)

Connecting the Detox Foot Bath

Connect your unit in the following order.

- a) Connect the power supply cable to the rear of the unit.
- b) Connect the ionic array cable to the front panel.
- c) Make sure the power switch on the back of the unit is Off.
- d) Plug into a surge protected 110/220V outlet.
- e) Place a liner in the plastic tub.
- f) Place the ionic array in the tub. Water must cover the entire array.
- g) Dampen your forearm with water or gel
- h) Place wrist strap over water or gel with metal touching liquid.



Recommended Usage and Settings

The recommended time and frequency will vary from person to person, session to session. As a general rule, individuals should not do more than one session every two days for the first month. The recommended maximum time per session is thirty minutes. Users should never do two sessions in one day. We highly advise to not exceed the recommendations. If you restart the unit during a session, always reset the time remaining to the remaining time in prior session before restarting, so not to exceed the desired session length. How well you nourish your body is most important while using a detox machine. We recommend nourishment should come from a whole food source such as fresh vegetables and fruit juice.

Using your Detox Foot Bath

- 1) Ten minutes before every session, the user should drink 8 oz. of an electrolyte-mix to ensure a proper electrolyte balance. Not doing so may hasten electrolyte depletion, possible resulting in an uncomfortable session, dizziness, and/or nausea. While many quality “sport drinks” can be used as good replacements for electrolytes and mineral, we recommend replacement using natural foods.
- 2) After the Foot Bath has been connected as described on the previous page; place the plastic liner in the tub before filling with warm water; fill the tub enough to completely cover the ionic array. (The array can be laid flat or stood up as long as it is completely covered with water.) It is okay for part of the array cord to be in the water; then place feet in the water.
- 3) To select mode, (selecting a mode varies from unit to unit, check manual for details)
- 4) Press “A” or “B” to adjust the mode for the session. The default time is set to the maximum 30 minutes; press “on” to adjust to desired time from the original. No adjustment is needed to set a 30 minute session. Just turn on and press on twice.
- 5) Put your feet in the water after choosing the mode and setting the time, then press “On” to start your session.
- 6) Adding Sea Salt: If the Detox Foot Spa display shows less than 1.5 amps, you can add sea salt to the water in the tub, in 1/8 to ¼ teaspoon increments, until the desired optimal conductivity is obtained. The normal operating voltage and amperage range for each unit is between 12 and 15 volts and between 1.5 amps and 2.3 amps in

intensity. Voltage setting is automatically set by the machine and cannot be adjusted; however you can adjust the intensity of ion production (the amperage). Acceptable operating range of this Detox Foot Bath is between 1.5 and 2.3 amps. You decide how high or low in this range you want to operate the unit for each user by how much sea salt you add. For healthy people you may raise the amperage to as high as 2.0 amps by adding more sea salt. For children or people feeling weak, tired, or ill prior to a session, you can add less sea salt to use a lower amperage setting (as low as 1.5 amps.) Lower than 1.5 amps decreases the effectiveness of the detox.

Always make sure all the previously added sea salt is dissolved before adding more! Stir the water with your feet to allow sea salt to dissolve and AMP reading to stabilize (10-20 seconds) before adding more sea salt. **DO NOT ADD MORE SEA SALT DURING THE SESSION** once the desired amperage energy level is initially reached. It is normal for the amperage to drop throughout the session, therefore do not continually add more sea salt to keep it up. Sea salt increases water's corrosive properties; add as little sea salt as possible to the water in order to maximize the life of the ionic array. The amperage energy intensity reading is visible on the unit's display during the entirety of the session. If you have a constant reading over 2.3 Amps water should not be added to reduce the amperage to normal (1.5 – 2.0 amps). Operating the unit above 2.5 Amps may cause the unit to shut off and beep. Some tap water may interfere with the amperage reading.

Caution: When adding sea salt never add more sea salt until all the previously added amount has dissolved. Remember: Any un-dissolved sea salt crystals in the water will continue to cause the Amps to increase as they dissolve; even if you stop adding sea salt when the amperage has reached the desired value for the mode you are using, if there is still un-dissolved sea salt crystals in the water, the amperage will continue to increase as the sea salt dissolves; this may cause the unit to shut down, malfunction and possibly sustain damage should it increase above 2.0 Amps. (The machine will start peeping if it goes above 2.3 Amps and should be turned off or more water should be added.)

Adjusting intensity during the beginning of a session: Optimum operating range of your Detox Foot Bath is between 1.5 amps and 2.0 amps depending on the machine and model. You decide how high or low in this range the unit will operate by how much sea salt you add. For healthy people you may raise the amperage to as high as 2.0 Amps by adding more sea salt.

For people feeling weak, tired, or ill prior to a session, you can add less sea salt for lower amperage setting (as low as 1.5 amps). Should there be tingling felt in the feet that is uncomfortable; the intensity of the detox amperage can be lowered by adding water to reduce the amperage to a lower operating value. Not everyone feels tingling in the feet during a session. Should you restart the unit during a session, always restart the time remaining to the value prior to restarting, so not to exceed the desired session length.

- 7) The unit will beep at the end of the session, the unit may be turned off and the user may remove their feet from the water. Then it is ready for a new session.
- 8) Infrared ray belts (with select units): Enjoy the healing heat of the belt anytime you like. The remote far infrared belt can also be used together with the footbath while feet are dipped in the water. To do so, fasten the belt to any area of the body desired, press the power button and then the "mode" button (on the top of the unit) to adjust the intensity to Low, Medium, or High.

Mode Choices

- 1) If using side A use the A button to adjust mode, if using B side use B button to adjust mode.**
- 2) There are 5 Modes to choose from, Mode A is the recommended setting for most users.**
- 3) A Mode is 70+/30- this is the most popular setting.**
- 4) Mode B is 15+/10-/5+**
- 5) Mode C is 10-/15+/5-**
- 6) Mode D is all Positive (used for clinical testing only)**
- 7) Mode E is all Negative (used for clinical testing only)**
- 8) If Mode D, E are over used you can induce and unbalance between PH of acid and alkali.**

Trouble Shooting, Error or Alarm Codes

- 1) If over 2.5 amp, panel displays a warning and an alarm will sound and the machine may automatically shut off. You probably added too much sea salt resulting in a high output. Just add more water to dilute the sea salt. You may have to start over with a fresh tub of water if there is not enough room in the tub.
- 2) There is normally always something displayed on the screen when the device is on, for example; Voltage, Amperage, and Time. If the power is turned on, but here is no information displayed on the panel for more than 30 seconds, it could be caused by one of the following reasons; the power adapter is not functional, wire connections are loose, or there is no power in the electrical receptacle, or the fuse is blown.
- 3) If the device is not responding; for example; if a key pressed is invalid, but the device is not responsive, then turn off the unit for ten seconds and restart.
- 4) If the ionic array is connected with the main machine, submerged in the water, and the power is not but there is no bubbling activity from the array then:
 - a. Sea salt has not been added, or electrode array may not be completely covered with water, or the electrical conductivity of the water is not enough (if using distilled water we suggest adding a little more salt and mixing the feet to dissolve –Recall normal Work Electricity Intensity (amperage), should be between 1.5 and 2.0 amps, and the Work Pressure (Voltage) between 12 and 15V.
 - b. If sea salt has been added and the ionizer array is completely covered with water and the wire of the electrode is not connected with the main machine or there is damage with the wire of the plates in the ionic array, plug or connecting jacks. Inspect the cables for breaks, loose or corroded connections, or metal objects touching the metal plates inside the ionic array. If the plates inside the array or any cable is corroded or frayed you may order a replacement at: www.mydetoxfootbath.com
 - c. The main machine is damaged or defective. Call for technical support.
- 5) If screen reads current error, there is a faulty connection with the wrist strap. Try unplugging strap, then plug in securely. Also, it helps with connection if you put one drop of water on the inside of wrist strap on metal. Then put the strap on your forearm, there is a much better connection there.

Please contact My Detox Foot Bath for any other machine troubles or questions:

Telephone: 1-262-446-3124

www.mydetoxfootbath.com

E-Mail: info@mydetoxfootbath.com

Operation Tips

If the Detox Foot Bath display shows less than 1.5 amps, you can add sea salt to the water in the tub, in 1/8 to ¼ teaspoon increments, until desired optimal conductivity is obtained. Optimum operating range of the Detox Foot Bath is between 1.5 to 2.0 amps depending on the machine and model. The amperage reading is visible on the unit's display during the entirety of the Detox Session.

Never add more than ½ teaspoon in total and always make sure all the previously added sea salt is dissolved before adding more! Remember any un-dissolved sea salt crystals in the water will cause the amperage to continue to increase as it dissolves; therefore, even though you stop adding sea salt when the amperage is below 2.0 amps, if there are still un-dissolved salt crystals in the water, the amperage may increase well above 2.0 amps as the sea salt dissolves. Such an increase will cause the unit to shut down, malfunction, and possibly sustain damage not covered by the warrantee.

Once the ion density (amperage) is above 1 amp, always add sea salt slower and more cautiously, in much less quantities (tiny sprinkles); to help the salt dissolve before adding more, it is especially important to agitate your feet for 1 to 2 minutes. As a precaution to unsure that the ion density will not exceed 2.0 amps, you may stop adding more salt once the minimum optimal density reading of 1.5 amps is reached. This will allow room for the possible increase due to the continuation of the dissolving and diffusing process of the salt.

Once you initially reached your desired optimal amperage reading (1.5 to 2.0 amps), Do Not Add More Salt During Your Session. It is normal for the ion density reading to drop during the session; you must not constantly continue adding salt to keep up the reading.

If you have a constant reading over 2.0 amps: Water should be added to reduce the amperage to between 1.5 amps and 2.0 amps. Operating the unit above 2.0 amps may cause the unit to shut off and beep. Some tap water interferes with the amperage reading. Again, never add more than ½ teaspoon or operate the unit above 2.0 amps. Salt increases the water's corrosive properties; so add as little salt as possible to the water to maximize the life of your ionic array.

Important

www.mydetoxfootbath.com

Using warm water is important for the Detox Foot Bath sessions. Warm water is, not only more comfortable and relaxing, but also far more energetic; thus, the pores of the human body will open wider, speed up and intensify the diffusion/osmosis cleansing process. Warm water will also dissolve the sea salt faster. Having the sea salt dissolve faster and more readily is very helpful during the manual process of adjusting amperage to the desired 1.5 to 2.0 Amps. We highly recommend (and include with the sets) using sea salt in the powdered or fine granulated form so that it is able to dissolve faster.

Increasing Conductivity

Conductivity relates to the water's ability to transmit electricity. This is important because it determines the amount of ionization potential – which determines the effectiveness of the Detox Foot Bath session. With the exception of water that is distilled or processed through a reverse osmosis system, all types of water possess some degree of conductivity. We do not believe it is necessary to use distilled water, except as stated on the "Ionization Potential" section. In general, using distilled water will require more salt to be added.

Ionization Potential

Pure water such as distilled or reverse osmosis water cannot conduct electricity. Adding a little sea salt promotes the water's ability to conduct electricity. This capability of water to conduct electricity impacts on the ability of the arrays to generate ions through ionization and thus the Detox Foot Bath's detoxification and health benefit function. If the Detox Foot Bath panel shows less than 1.5 ampere, you should enhance the ionization capability of the array by adding a little sea salt into the water for better conductivity. However for maintaining the machine's life, please avoid adding too much sea salt.

With a greater concentration of active minerals in the water there is a greater ionization potential of the water. Chlorine, fluorine and new chlorine neutralizers used by water authorities to mask chlorine greatly reduce the ionization potential of water because the bond with the ions produced by your Detox Foot Bath and neutralize them.

A growing number of municipal water systems appear to be using highly chlorinated water with a masking agent that neutralizes the taste and smell of the chlorine. When such tap water is used with the Detox Foot Bath, it will only turn pale yellow-green and emit a strong chlorine odor. This odor is the result of ions being generated by the unit attempting to neutralize the highly toxic water. Furthermore, the combination of chlorine and neutralizing agents also neutralizes ion exchange activity. This type of treated municipal water is incapable of producing benefits for the user and cannot be used. Distilled or reverse osmosis water can be used as a substitute in this case.

Due to the cumulative detoxification benefits of your Detox Foot Bath, a different spectrum of color and debris in the water should appear after each session. If a consistent pale yellow-green color appears after several sessions, try switching to distilled water, adding sea salt in 1/8 teaspoon or less increments to increase the water's conductivity to the desired level, or chlorine free spring water. More salt will generally be needed if distilled or reverse osmosis water is used.

Caring for Your Detox Foot Bath Unit

- ❖ Do not drop or impact device with hard object
- ❖ Avoid using chemical agents for cleaning the surface of device
- ❖ Press keys gently to ensure a long lifespan
- ❖ Do not submerge your Detox Foot Bath in water as this will cause the electrical components to be damaged

Array Cleaning and Storage

Important

The Ionic Array is a depleting material that has a varied life span, depending on the local water and the acidity of the user(s). Please note that it cannot be fully immersed into water for washing. Keep plug prong dry. Please keep the electrode in a dry area when it is not in use. An ionic array should be replaced when the edges of the metal plates inside become rough and the surfaces become pitted, or when bubbles are not forming and the spa water does not change color. These disposable arrays are not covered under any warranty as they are consumable. The cost of replacement arrays is available on our Web Site at www.mydetoxfootbath.com.

The array is the part that goes in the water and creates ions. The process of putting electricity through the metal plates causes oxidation of the plates inside the array. This is a natural process that deteriorates the metal plates. The residue deposits on the plates, the array acrylic frame case and in the water. To keep your foot bath sanitary as well as functioning properly, there are a few things that must be done:

- ✓ Array Cleaning/Disinfection: Let the array soak for 15 minutes or longer in ascorbic acid solution (described below) and rinse with clean hot water.
- ✓ Additional Disinfection Step: Clean the array between sessions with hot soapy water/soak with an anti-bacterial disinfectant. We recommend a hospital or food service grade disinfectant, (for example Vikron solution will ensure a thorough disinfection). Do not forget to rinse the array and plates before their next use!
- ✓ Every 5 to 15 sessions the array should be scrubbed with a hand brush or rag to remove the residue buildup, and then soaked overnight in an acid solution composed of about 100ml of water and a tea spoon of white ascorbic acid powder. (You can purchase the ascorbic acid powder from any drug store.)

Please Contact Us with Any Additional Questions

info@mydetoxfootbath.com

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