



BEGINNING INSTRUCTIONS

You want to set the dial on the back to where it is between the 6 and 7 (using straight up like high noon like on a clock as your marker). Also, put your salt in before you fill the basin with water, start with an 1/8 tsp of FINE GRAIN Pink Himalayan Sea Salt to start with. It all depends on the levels in your tap water so you kind of have to find your sweet spot through trial. Once you've added the salt and filled the basin with water as warm as you can comfortably tolerate, plug your unit in and with your unit a good distance away from the basin on the floor in a safe location flip in the power switch. Once you turn it on then plug in your array and then slowly lower the array in. Once you lower the array into the water it should begin bubbling and you should see the digital display begin to register the volts and amps. You want the Amps to preferably be between 2.0-2.10, going higher than that will cause your arrays to wear out quicker. The amount of salt you use determines your amps, give it a bit to stabilize as the numbers climb. If you are in the 2.0-2.10 range you're all set, if it's lower just add tiny pinches more of the salt to get in the preferred amp range. Once your amps are in the preferred range just put your feet in and relax, being relaxed as possible helps the body detox better.

The first week or two it is encouraged to just do the foot baths for 15 minutes every 2-3 days to prevent detoxing too rapidly and causing a herx reaction. For some who are very toxic and/or very sensitive this will be too long and you may have to start with less time by dropping 5 min until you find the place where you don't see negative reactions post fb, just follow the same gradual schedule we'll be discussing using that as your starting point. After doing the foot baths on that schedule for a week or two with no issues you can increase to every other day for 15 minutes. Once you are at a place of seeing no negative behaviors for a week or so you can then gradually build up to 30 minutes by building up 5 min as you see fit. Next you can begin to build up to doing a fb every other day, then build up to 2 days on and 1 day off and then ultimately up to the 3 days on and 1 day off schedule. Don't feel rushed and let your body lead you, this isn't a race and every foot bath is providing relief.