

### **3 IN 1 FIT SYSTEM RELEASE FORM**

Three therapies in one system allow you to eliminate toxins while stimulating circulation and relieving pain. Specific to your needs, one or all therapies may be used:

**Far Infrared Belt** to provide a gently, radiant heat therapy to stimulate circulation and improve metabolism. FIR has been shown to help treat arthritis, muscle pain, backaches, and PMS.

**Ion Detox** to accelerate the removal of toxins from the body through the process of osmosis.

**TENS** to help relieve joint and muscle pain.

1. Do you wear a pace maker or any other battery operated or electrical implant?	YES/NO
2. Are you on heartbeat regulating medication?	YES/NO
3. Are you taking – blood pressure medication, seizure medication, depression medication?	YES/NO
4. Are you an organ transplant recipient or donor?	YES/NO
5. Have you had any organs removed? YES/NO	If yes, which ones?
6. Are you on medication that blood sugar levels need to be maintained?	YES/NO
7. Do you have low blood sugar levels? YES/NO	If so, please eat before the session
8. Have you eaten? YES/NO	How long ago?
9. Are you pregnant?	YES/NO
10. Are you lactating and/or nursing?	YES/NO

#### **Far Infrared Heat**

The Far Infrared Heat belt relieves muscle and joint pains, eases joint stiffness, relieves back pain, provides lumbar support, increases overall blood flow, improves metabolism by increasing fluid circulation and reduces stress and fatigue. Using the FIH in combination with the ion detox foot bath makes the 3 in 1 FIT system the most effective system for safe and easy complete body detoxification.

#### **ION DETOX THERAPY**

The Ion Detox Therapy helps your body to start a detoxification process and during that process you need to give your body a chance to re-calibrate from the shift in toxic load.

“Healthy individuals can expect to feel lighter and experience a greater feeling of well-being from each Ion Detox Therapy session. Some people with pain, edema and swollen or deteriorating joints have reported symptomatic relief from Ion Detox Therapy sessions.”

**AFTER** the session you may experience: thirst, light-headedness, light headache, hunger and/or a need to rest right after the session. Also, you may experience loose stool for a couple of days. These are all typical responses to detoxification. Many people may not experience the above effects; it depends on the individual and the toxic load.

REST, NUTRITION, WATER CONSUMPTION and the ABILITY of the body to eliminate toxic load is important in healing!

As well, after the session you may need to replace the following:

- ELECTROLYTES – calcium, potassium, sodium and magnesium.
- MINERALS and/or VITAMIN/MINERAL COMBINATION.
- FATTY ACIDS (Omega 3 and 6 fatty acids found in fish oils, flax seed oil).
- ANTIOXIDANTS (Vitamin C, E, A)

It is also IMPORTANT that you are eating a balanced, nutritional diet, fresh food, drinking plenty of fluids, and taking the appropriate supplements to support your unique physical/psychological needs. Remember detoxification accelerates changes in the body and healthy lifestyle choices will support this process.

### Transcutaneous Electrical Nerve Stimulator (TENS)

The following are some conditions that have responded positively to the use of TENS:

➤ Arthritis	➤ Radiculopathy
➤ Osteoarthritis	➤ Peripheral nerve injuries
➤ Cervical spondylosis	➤ Phantom limb pain
➤ Low back pain	➤ Post-operative pain
➤ Fibrosis / Myofascial pain syndromes	➤ Spinal cord disorders
➤ Acute sprains / strains, sports injuries	➤ Pain in the terminally ill
➤ Tendinitis / Bursitis	➤ Labor pain
➤ Carpal Tunnel syndrome	

1. Would you like to use the TENS Therapy along with the Ion Detox Foot Bath?	YES/NO
2. If so, on what area(s) of the body would you like the TENS applied?	

I understand that I take full responsibility for my own health and well-being. I take responsibility and am fully aware of any risks involved in an Ion Detox Therapy session.

Name \_\_\_\_\_ Age \_\_\_\_\_ Sex \_\_\_\_\_ Phone # \_\_\_\_\_  
 Address \_\_\_\_\_ Date \_\_\_\_\_  
 E-mail: \_\_\_\_\_

Signature \_\_\_\_\_