

## Foot Detox



### Symptoms that may be supported using the AO Infinity Foot Detox

- People with weakened immune systems.
- People who desire weight loss or anti-aging effects
- It may be used for the following symptoms in conjunction with a physician:
  - Neurological conditions
  - Kidney deficiency, tinnitus, forgetfulness, insomnia, migraine, headache, dizziness, and neurasthenia.
  - Shock, heel pain, arrhythmia, loss of appetite, and frequent urination.
  - Common symptoms: colds, stuffy nose, tonsillitis, diarrhea, and hemorrhoids.
  - Diabetes, gout, hypertension, hypotension, motion sickness, nephritis, renal cysts, hepatobiliary stones, bronchitis and asthma.
  - Gastrointestinal disorders: duodenal ulcer, stomach pain, gastritis, hyperacidity, and gastrointestinal dysfunction.
  - Inflammation: periarteritis, arthritis, chronic pelvic inflammation, pelvic abscesses, colitis, and phlebitis.
  - Acute and chronic inflammations include prostatitis, rhinitis, pharyngitis, and otitis media.
  - Pain: neck, shoulder, waist, and leg pain, sciatica, abdominal pain, peri-arthritis, cervical spondylosis, and intercostal nerve.
  - Pain symptoms include trigeminal, neuralgia, sciatica, low back pain, and back pain.
  - Gynecological diseases: mastitis, lobular hyperplasia, pelvic inflammatory disease, appendicitis, and pelvic infusion.

- Fallopian tube inflammatory obstruction infertility, vulvar eczema, vaginitis, irregular menstruation, dysmenorrhea, and palace cold.
- Symptoms such as menopausal syndrome.
- Eye diseases: symptoms of eye disease such as senile cataract, glaucoma, and presbyopia.
- Skin conditions: shingles, skin eczema, chronic erysipelas, acute soft tissue, and chronic inflammation.
- Tenosynovitis, synovitis, arthritis, joint fluid, disc herniation, lumbar muscle strain, and trauma.
- Wet lung, urethritis, bedsores, refractory skin ulcers, and other symptoms
- Symptoms caused by immunocompromised diseases.

### **How it Works**

The AO Infinity Foot Detox is a thermal shock wave depth conditioning instrument that circulates energy through the soles of the feet, moving up to the rest of the body. When you place your bare feet on the plates of the device, it will generate a frequency of one megahertz. The device pulses the frequency into the body in 10 millisecond bursts. This delivery mechanism causes the body to go into a low-grade fever, so viruses, bacteria, parasites and oncogenic/pathologic cells die. This is also a lymphatic stimulator.

### **Benefits of Heat**

Blood circulation slows when the body is cold, and the cell metabolism weakens. Every time the body temperature drops one degree, the metabolism is reduced by about 12%, and immunity is reduced by more than 30%.

When an individual's temperature is at 95.9° Fahrenheit, cells multiply. Other viruses and bacteria may invade, and various functional disorders may occur.

On the other hand, when an individual's temperature is at 103.2° Fahrenheit, cells begin to die, and many viruses and bacteria cannot survive.

### **Benefits of Sweating**

- Eliminating toxins
- Controls blood pressure
- Promotes digestion
- Prevents osteoporosis
- Restores metabolism
- Swelling drainage
- Improves immunity

- Weight loss

#### **Recommended Use:**

Use once a day, twice at most, but the interval between should be more than three hours.

The initial use should be 30 minutes at maximum. Each consecutive use can be 30 minutes long. The intensity should be adjusted to the user's comfort level every time.

For your personal use in a treatment cycle or a clinic, use once a day for ten days, adjusting settings every other session according to the user's comfort.

#### **How to Use the AO Infinity Foot Detox**

1. Connect the power cord firmly into the power port of the AO Infinity Foot Detox device and the other end to a 100-200 volt outlet. Switch the power to 'on' on the back of the device. (If the power cord is stiff, ensure it is fully inserted).
2. Position the unit so that the electrode plates are at a comfortable angle for the feet. You may use the stand to position the device at your preferred incline level.
3. Place bare feet firmly on the electrode plates.
4. Adjust the desired time of the screen display located on the device. The default is 30 minutes.
5. Adjust the intensity of the energy output from low to more intense based on the user's comfort.
6. Press the start button. (Troubleshooting if not powering on: check the fuse).

#### **Ready to Use the Foot Detox?**



Whether using the Foot Detox at home or in a clinic, follow these precautions before using the device.

- Before beginning treatment, remove metal objects such as rings, necklaces, watches, and other things from your body.
- Drink warm water when using the instrument. Be sure to drink up to 7 to 10 oz before, during, and after using the device. The warmth of the water promotes blood circulation, accelerates metabolism, and gives full ability to the warming of the body.

- Users should adjust the instrument according to their physical conditioning and tolerance level.
- Adjust the energy intensity, starting low and moving to a higher setting. Be careful to increase and adjust carefully, keeping your or the patient's comfort in mind.
- Bathing is not recommended within one hour after use.
- The conditioning time is 30 minutes each time of use, including 30 minutes for first-time users.
- If you or a patient have hypoglycemia, pay close attention to the physical conditions of yours or the patient during use. A blood pressure and blood glucose meter may be helpful in these conditions.
- Abnormal reactions from a patient should be recorded when using at a clinic. Countermeasures should be taken in time for abnormal conditions.
- Turn off and cool the device 3-5 minutes after each use and before the subsequent use.
- Users should wait half an hour after a meal, use on an empty stomach, or wait half an hour after exercise or feeling fatigued.
- Electrode plates must be disinfected with medical-grade alcohol between each use to avoid cross-contamination.

### **Frequent Asked Questions**

- **Are there any side effects on the body?**

Hyperthermia treatment is an effective means of health care and disease prevention with a history of thousands of years.

Common side effects:

- Knee and calf soreness, which is a typical symptom as a result of the radio frequency vibrational frequencies
- Drowsiness, irritability, and difficulty falling asleep are also common if done too late in the evening.
- Supplement with the proper nutrition and hydration to relieve these symptoms.

### **How hot do the plates get when the device is on?**

The plates will be at room temperature, so you can touch them without getting burned. The heat is being generated in our body, not on the device.

### **What happens at a patient's first visit?**

The AO Foot Detox process begins with the patient sitting on a chair or recliner where they can comfortably sit for 30 minutes.

The initial visit should be scheduled for 30 minutes. Subsequent visits should also be scheduled for 30 minutes. The intensity should be adjusted to the comfort level of the patient.

### **What precautions should be taken before using this instrument?**

Create appropriate individualized patient files when using the AO Foot Detox at a clinic. Before using the instrument, ask the patient about their health history to ensure no contraindications can prevent them from using this device.

A list of contraindications can be found at the bottom section of this blog.

If a symptom or condition is not listed on the contraindications list, consult their physician before treatment.

### **What should be done when a patient feels panic or discomfort?**

If this happens, stopping the device immediately.

Provide the user with a sugary substance and warm water.

Allow them to take proper rest.

Measure their blood pressure before allowing them to leave.

### **Contraindications**

- High fever
- Pregnant women
- People with heart problems
- Metal implants
- Within one year of lactation
- Internal bleeding
- People with severe cardiopulmonary insufficiency
- If the individual's wounds have not healed after surgery.
- People with weak hearts and or kidney failure must consult their physician first.
- People with implanted electronic devices such as pacemakers or cochlear implants in vivo must consult their physician first.
- Individuals with extremely low blood sugar.
- People with high blood pressure (systolic blood pressure  $\geq 160$  or diastolic blood pressure  $\geq 110$ ).
- People with cerebral hemorrhage.
- Minors under the age of 12.
- People with myocardial infarction, cerebral infarction, and people with cerebral hemorrhage and strokes within the last six months.