

## Detox Foot Patches — FAQs

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### **Who should use the Better Living Detox Patch™?**

Everybody can use the Better Living Detox Patch™! A toxic body, with an overburdened liver and a sluggish and congested lymphatic system, simply cannot maintain the normal cleansing performance required to advance optimal health. The patch is designed to cleanse the body internally while wearing the patch externally. People who are experiencing any of the following symptoms may benefit from this product:

- Fatigue
- Chronic pain
- Lack of energy
- Insomnia
- Swelling
- Weak immune system
- Depression

### **What can I expect after using the Better Living Detox Patch™?**

- Removal of toxins naturally with no side effects
- Overall feeling of improved health and well-being
- Better sleep quality
- Invigorated energy
- Better blood circulation
- Improvement from high blood pressure, diabetes and arthritis
- Pain relief

### **What is in the Better Living Detox Patch™?**

*Tourmaline* – a natural mineral that produces anions and far infrared rays. The energy produced by this mineral has been shown to increase circulation and metabolism on a molecular level in the body, allowing for expansion of the cell walls and the transfer of toxins and waste across these membranes into the surrounding blood and lymph systems. It is also known to be helpful for improving circulation, relieving stress, increasing mental alertness and strengthening the immune system function.

*Bamboo vinegar* – is a by-product of bamboo carbonization. The composition of bamboo vinegar is rich in minerals and trace elements, and has the ability to assist in the discharge of undesired waste matter from the human body through the skin.

*Detox herbs* – proprietary blend of herbs that help the detoxification process

### ***How does the Better Living Detox Patch™ work?***

In general, the human body excretes the waste materials through sweats, urines, and stools. However, the wastes are not completely excreted and remain in the body. Toxins are stored furthest from the heart to accumulate in extremities of feet and hands. Eastern medicine has held the view that toxins go downwards in the body and accumulate from the tips of the toes to the ankles. Toxins tend to sink to the lower part of the body during the day and accumulate around the feet. The Better Living Detox Patch stimulates the nerve endings on the bottom of your feet which in turn stimulate the secretion of lymph fluid and extracting toxins while you sleep.

### ***What toxins are removed?***

*Excessive amounts of:*

- Aluminum
- Arsenic
- Barium
- Cadmium
- Cobalt
- Fluoride
- Gold
- Lead
- Methyl Alcohol
- Nickel
- PCBs
- Radioactive Materials
- Thallium
- Uranium
- Antimony
- Asbestos
- Benzene
- Chlorine
- Copper
- Formaldehyde
- Isopropyl Alcohol
- Mercury
- Mold
- Parasites
- Platinum
- Stainless Steel
- Tin
- And many more!

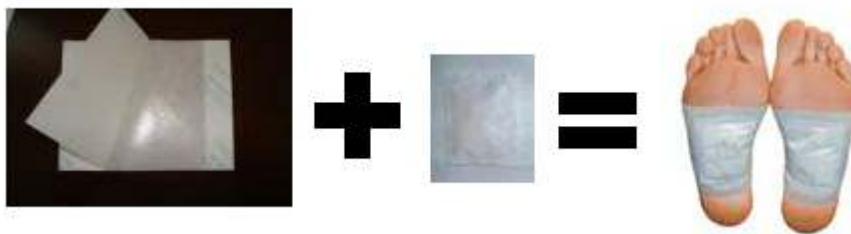
### ***How do these toxins get into my body?***

Toxins are unwanted impurities that prevent proper blood circulation and block waste carrying channels. We consume toxins from our foods, drinks, polluted air, medications, synthetic products applied to skin, sprays, dust, and home and workplace chemicals. Our bodies also manufacture toxins as a result of stress and

disease. These toxins accumulate daily and build up over years setting up the internal environment favorable to disease. The result is that the toxins accumulate and prove too difficult for your eliminatory organs to cope with. So as the toxins accumulate and circulate in our bodies, general poor health, lack of energy, aches and pains result. If these toxins are expelled, general improvement in energy and health levels will result. Regular detoxification enhances the body's immune system, improves blood circulation and helps our own detoxification organs do their job.

### ***How do I use the Better Living Detox Patch™?***

Start with one pad on each foot every night for 8 to 10 hours. You may also choose to do one foot each night and alternate. If necessary, it can be pasted on hand, joint, shoulder, or abdomen. Do not use on the eyes or on any open wounds. Once the patch has been used, dispose of it. For hygienic purposes, re-use is not recommended.



Adhesive

Patch

### ***How long does it take to remove the toxins?***

Average usage is 2 - 4 weeks if applied nightly on both feet. Individuals with severe toxicity build up may need to use the Better Living Detox Patch™ for up to three months. The simplest way to tell if cleansing has occurred is by the changes in your patches and your overall health. For many people, the dark area on the patch will grow smaller and smaller. When the dark area no longer seems to be getting smaller, your detoxification has reached its maximum benefit. There always will be some dark area on the patch as we are continually taking in toxins. Some people use the patches on a continual basis and rotate from foot to foot, or use a patch on each foot every other day.

#### ***Before***



**After**



**Are there any side effects or precautions with the Better Living Detox Patch™?**

There are no side effects. However, it is recommended to use the external detox foot patch on a child over two years old. If you are pregnant or nursing, do not use this or any other detoxification product.

**What type of manufacturer's testing has been done?**

The manufacturer has tested the absorbed materials on the patch from human body with a Dimension Biochemical Test Device and found large amount of toxins, meaning that toxins are really absorbed out of the body by the patch. Test results showed the following:

**\*\*Absorbed Materials tested----**

Cr: 13~14 times more than average Cr in blood

BUN: 1.6~7 times more than average BUN in blood

Urine Acid: 2.1 times more than average Urine Acid in blood

**\*\*The level of Cr, BUN and Urine Acid are general standards of toxic metabolism in medical science**

**ABSTRACTS OF CLINICAL STUDIES ON DETOX PATCH**

**General Data of Patients:**

Gender: Male 63%, Female 37%

Age: 30~50

Years of having the symptoms in the following chart: 6 months to 5 years

**Observation Course:** apply two detox patches on both feet each night and observe 4 weeks on the cases.

**Total Effectiveness Rates for all symptoms: 87.1%**

Group	Total Cases	Cured	Having Significant Effect	Having Effect	Cured and Significant Effectiveness Rate (%)	Total Effectiveness Rate (%)
Memory Disorder	32	7	10	9	53.13	81.2
Soar Throat	32	5	13	10	56.25	87.5
swelling and pain in lymph node	32	6	11	8	53.13	78.13
Joint Pain	32	8	13	8	65.63	90.61
Muscle Pain	32	7	14	9	65.63	93.75
Headache	32	10	12	6	68.75	87.5
Quality of Sleep	32	8	15	6	71.82	90.61
Post activity Tiredness	32	9	12	7	65.63	87.5

**Abstracts of Adverse Effects Studies:** Adverse effects observed in the test are slight and limited, and did not discontinue the test.

**Abstracts of Conclusion:**

Detox Patch is an effective, safe and convenient way for relief of the following symptoms: Memory Disorder, Soar Throat, Swelling and Pain in Lymph Node, Join Pain, Muscle Pain, Headache, Quality of Sleep, Unrelieved Post-Activity Tiredness after long-time rest. It has remarkable clinical effects on the above symptoms, and is a new way to treat CFS (Chronic Fatigue Syndrome).