



Balance Chiropractic Inc
850 Wallinger Ave, Kimberley
(250) 908-3785
teara@telus.net

Feet

Our feet are the closest to gravity and furthest from our heart. Toxins and debris in our body from digestive imbalances, chronic inflammation or medications get pulled down to our feet. Once in our feet, the toxins bind together into larger groups and we do not have the circulation to clear them out.

The following is a quick and simple method to care for our feet and detoxify our body! Complete both steps at least once a week.

Step 1 ~ Breaking up the adhesions by rolling your feet over a hard spiky ball for 10 minutes.

Step 2 ~ Pulling out the adhesions by soaking in an Epsom Salt footbath for 10 minutes.

This step must follow the first! You will need **2 cups** of salt per bath, and never reuse the water.