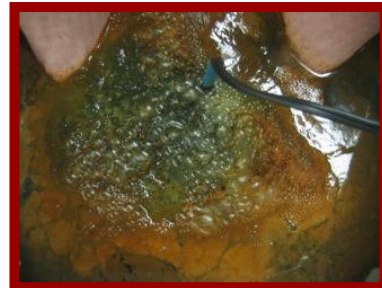


Are You Tired of Feeling T I R E D ?

Re-Energize Your Body with the

B.E.S.T.™ Energy Foot Spa!



The B.E.S.T.™ Energy Spa gives the body the energy to detoxify itself

The B.E.S.T.™ (*Bio-Electric Stimulating Technique*) unit is an alternative natural health device that may help your body strengthen and balance itself.

The B.E.S.T.™ unit works through the most basic and plentiful substance in your body: water. The human body is approximately 80% water. Water is an excellent conductor of electricity. The human body functions off of electro-magnetic signals. The brain sends signals to each part of the body and back to the brain. When cells have enough energy they are able to function properly. The Energy Foot Spa charges the water and the water (which your feet soak in) charges your body. This allows the body to absorb vital energy on a cellular level, creating cellular balance.

Once the body receives the energy, the body starts detoxification on its own. This may happen through the feet while in the bath, or through the urinary system, bowels or skin. As the Energy Foot Spa starts detoxifying and energizing the system on a cellular level, the body is able to release waste products more readily. The unit charges the water, which charges your entire body through absorption from the feet. Similar to a car battery that charges a car, the human body greatly benefits from being “re-charged”.

In just 35 minutes, the B.E.S.T.™ unit may energize cells, may balance and strengthen the body to eliminate toxins and may increase your overall sense of health and well-being.

Several Energy Spa users have even testified to a dramatic increase in the potency and effectiveness of supplements when using the Spa! (*This increased energy may last for several days.*) It can be used as often as every other day, but most people choose to have a treatment on a weekly or bi-weekly basis.

Disclaimer *We do not directly dispense medical advice or prescribe the use of herbs or supplements as a form of treatment for illness. The information provided by the Mustard Seed Herbarry or any of it's affiliates in this website and in consultations, is for educational purposes only, to empower people with knowledge to take care of their own health. We disclaim any liability if the reader uses or prescribes any remedies, natural or otherwise, for him/herself or another. Historically all of these herbs & vitamin supplements may nutritionally support the body's biological systems. Please consult a licensed health professional for medical advice for any disease, symptom or medical condition.*

Testimonials

People who have experienced B.E.S.T.™ foot baths report amazing results! They report that the following health challenges have improved after experiencing a detoxification foot bath:

- Increased Energy and Vitality
- Quicker Healing & Recovery Time
- Reduced Joint Pain (*arthritic aches and pains, etc*)
- Weight Loss
- Incontinence
- Constipation, Detoxification
- Insomnia
- Headaches
- Muscular Injuries
- Fatigue
- Acidosis
- Menstrual & Menopausal Problems
- Fluid Retention
- Fungus (Candidiasis)
- Improved liver function
- Improved kidney function
- Improved circulation
- Improved concentration, mental clarity
- Bi-polar disorders
- ADD/ADHD
- Depression and Anxiety

Why does the footbath water become discolored?

At the end of a treatment, the footbath will be discolored. Some of this discoloration is due to the minerals in the water or sea salt that is being used in the foot bath, and some of it may be the body releasing toxins from your skin into the water. The color changes in the water will vary between clients and between sessions. It may change a lot or it may change very little. This is normal. The machine is working fine and the body will be absorbing energy. When slight color changes occur, the body may choose to detox through the urinary system and through the colon rather than through the lymph system via the skin during a foot bath session.

Do the different colors mean anything?

The various colors may indicate which body system is detoxing thru the water or elimination of certain toxins. See the next page for more detailed information about this.

Are there any precautions for elderly or overweight individuals?

Extremely overweight or elderly individuals will be started at a slower pace on their first treatment, and then resume a normal treatment on their next visit.

Can children do a foot bath treatment?

Yes! Even young children may benefit greatly from one of these treatments. Children 4-7 years old will have a 10-15 minute session; 8-12 years old will have a 15-20 minute session; and 13-17 years old will have a 20-35 minute session, depending on their size and physical condition.

Is there anyone who cannot use this equipment?

It is beneficial for people of all ages, but you should NOT use this machine if you have a pacemaker (or other electrical implanted device), are pregnant or breast feeding, or have a transplanted organ.



Feel the energy!! The photo on the left shows clumped and motionless cells before a B.E.S.T. Energy Foot Spa treatment; after just fifteen minutes, the same cells are now energized, separated, and much more active (*on the right*).

RE-CHARGE YOUR BODY'S BATTERY WITH THE B.E.S.T. ENERGY SPA

A discussion on the effect and colors from your foot detox bath

As discussed earlier, at the end of an energizing foot spa treatment, the footbath will always be discolored. Much of this discoloration is due to the minerals in the water or the type of sea salt that is being used in the foot bath and some of it may be the body releasing toxins from your skin into the water. The color changes in the water will vary between clients and between sessions. It may change a lot or it may change very little. This is normal! The machine is working fine and the body will be absorbing energy regardless of what changes you may or may not see in the water. ***Our focus is on the energy, not the water changes.*** When slight color changes occur, the body may choose to detox through the urinary system and through the colon rather than through the lymph system via the skin during a foot bath session. Testing shows that a person's detoxification session will override the geographical nature of the water.

The important thing to remember is that the machine itself is not pulling things out of your body. It is rather, when your body absorbs the energy in the water, it is actually absorbing vital energy on a cellular level, helping to create cell balance. Once the body receives the energy, it starts detoxing on its own. Again, this may happen while the feet are in the bath, or later through the urinary system, bowels and skin as the body is able to release waste products more readily. Many foot spa users find that they urinate and move bowels more than usual in the first few hours following their foot bath, and often they report that some of the following colors are also present in their urine or bowel movement.

| Color of Particle | Material or Area of the Body |
|---------------------------------------|--|
| Yellow-Green | May be detoxifying from the kidney, bladder, urinary tract, female/prostate area. |
| Orange | May be detoxifying from the joints. |
| Brown | May be detoxifying from the liver, tobacco, cellular debris. |
| Black | May be detoxifying from liver. |
| Dark Green | May be detoxifying from the gallbladder |
| White Foam | May be detoxifying the lymphatic system. |
| White Flecks or Cheese-like Particles | Possibly yeast (candida) |
| Black or Silver Flecks | May indicate heavy metal detoxification (possibly aluminum, mercury, lead, barium, nickel, arsenic, cadmium or uranium). |
| Red Flecks | May be blood clot material. |

You may also see parasites, mucous or a greasy "surface slick". And you might experience rancid odors with some of the foot baths, so keep an ionizing air purifier, Nature's Fresh or essential oil spray deodorizer on hand.

To prepare for your foot spa, please remember:

- Bring your own clean towel to dry your feet when finished.
- Drink at least 20 ounces of purified water prior to the foot bath and at least 20 ounces after.
- Your feet will be soaking for 35 minutes. Allow a minimum of 45 minutes for the entire session.
- Prior to the session, you will be given a "cocktail" of Chinese Mineral Chi, Thai Go and water fortified with Colloidal Silver. Be sure to drink the entire liter during the session.
- If you are uncomfortable during the session, please advise us immediately.
- Relax and enjoy the session!
- You may feel very energized after your session, or you may feel tired and sleepy. Adjust your schedule accordingly and rest if necessary.

Don't be too taken up with the color of the water in your foot bath. The most important thing is that it is working to "recharge your battery". When starting the foot baths, it is recommended that you do 6-10 sessions, depending upon your health and toxicity level. This can be done once or twice a week. A maintenance program of monthly or bi-monthly sessions is recommended; the appropriate number of sessions will be determined by your body and how you are feeling.