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***100% Natural  
Hydrotherapy  
Safety,  
Without drugs,  
chemistry and no  
side effects.***

Energy & Relax

**(801) 580 7041 - (801) 638 4756**

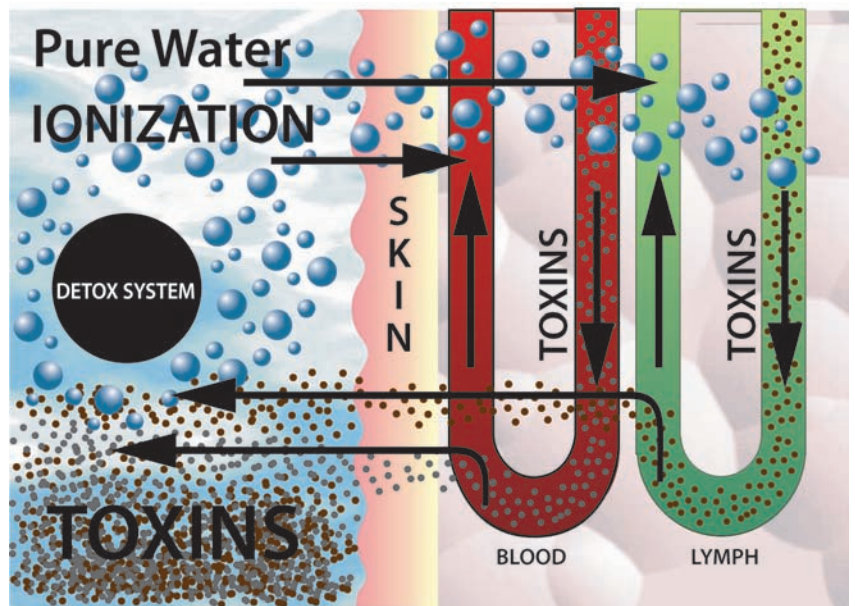
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## How Ion Detox Work?

Ion detoxification is a complementary modality that benefits patient's overall well being. The Ion Detox is a water bath that cleanses, balances and enhances the bio-energy present in the body. This energy is the electro-magnetic force that is stored inside the body and utilized by our cells. The Ion Detox is used to increase



energy (both physical and mental energy), vitality and stamina, while at the same time, it purges (detoxifies) the body of toxins, chemicals, radiation, pollution, synthetics, and other foreign materials trapped in the tissues of the body that hinders the body's self-cleansing mechanism. During the Ion Detox foot bath, water interacts with a compound electric current and magnetic field structure. This body cleansing process results in the correct frequency required for the body cells to return to a healthy state, and to release wastes that have been bonded to them over the years. It is noteworthy that the Ion Detoxification as a therapeutic procedure requires no intake of medicine and can also enhance the effects of other therapies.



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## Why Detoxify?

Current research studies are finding that many of today's diseases and health problems are linked to an over-burden of environmental toxins in the body. Our food, water and air contain large amounts of environmental toxins that easily enter our bodies.



Here's how:

1. From the food we eat and the water we drink, chemicals, artificial sweeteners, pesticides and heavy metals easily pass into our digestive tract to invade us.
2. From the air, airborne pollutants or toxins enter our lungs. These airborne pollutants or toxins come from car exhaust, pollutant filled exhaust smoke from factories and pesticides that are sprayed into the air.
3. From our skin, we also get hits of chemical pollutants or toxins that are absorbed. These pollutants or toxins come in the form of cosmetics, shampoos, deodorants, hair dyes, nail polish, and lotions. Additional toxins come from flame retardants and chemicals in our clothes, bedding, furniture, and from the water in our showers. Who would have thought beauty products, chemical cleaners, detergents and shower water could be toxic?



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# Health Benefits of Foot Detoxification

**More Energy, Better State of Mind:** feel lighter, think more clearly, have energy, and boost your well being.

**Healthy Weight Loss:** increase metabolism, reactivate the body's fat burning mechanisms, release the fat cells holding toxins, reduce cellulite, and easily maintain the weight that is correct for you.

**Rejuvenation:** look and feel great, inside and out, beautiful skin, nails, and hair.

**Restore and Regain Your Health:** create a stronger immunity, fewer aches and pains, reduce allergies and flu symptoms, help rid your body of toxins to activate the body's intelligence to heal itself.

**Easily Rid Your Body of Toxins:** eliminate the discomfort of detoxification, remove heavy metals, chemicals, and toxins easily and comfortably with no drugs, pills, or side effects.

**Receive Relief:** from discomfort, sore and aching joints, symptoms of arthritis and bursitis, or any inflammation.

**Slow the Aging Process and Look and Feel Younger:** clear skin, rough discolored areas smoothen, dark areas under the eyes lightened, our skin's color and beauty radiates naturally through. The aging of our skin slows and we are able to gain a more youthful appearance.

**Unburden Your Body:** of the herbicides, pesticides, colorings, additives, preservatives, and untold chemicals that pervade our water, food, and air.

**Quick, Easy, and Affordable:** the more toxic we are, the faster we age and the faster the body breaks down. The benefits experienced are increased energy and well being, a healthier disposition, a better state of mind, weight loss, an increased metabolism, lessening the body's symptoms of discomfort. The aging process is slowed and the skin is able to rejuvenate itself correctly.

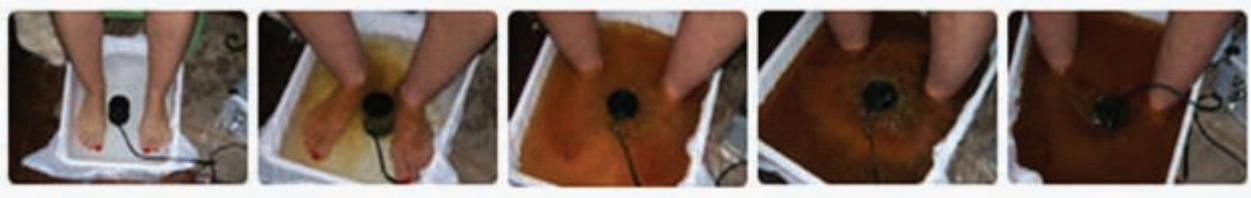


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# Health Benefits of Foot Detoxification

The Ion Detox Therapy creates precisely the same environment as the walk along the beach, only more powerfully because your feet are in direct contact with the ions being manufactured in the water. Place your feet in the water, turn on the unit, and within seconds, millions of ions enter your body and begin to neutralize these tissue acid wastes.



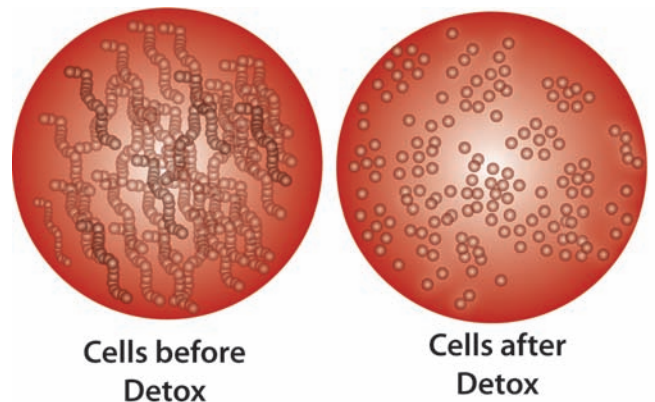
About 60-80% of the particles, fat, and mucous residue found in the water after bathing reflect the wastes that have left the body during the 30 minute session.

What will your water show?.....Everyone's is different!

You will feel lighter after the first session. You will think more clearly, have more energy, and enjoy a greater sense of well being.

Now you can have the wonderful feeling of total relaxation accompanied by the pleasure of knowing that you have given yourself the most natural detox treatment available to us today. Now your body can be on the road to healing itself!

You will experience the feeling of tranquility as your body reacts to the positive and negative ions as it pulls the debilitating toxins from your system.



*NOTE: This product is not guaranteed to cure any diseases)  
This product not substituted medical advices.*

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## Can Ion Cleanse Detox Cure Acne?

There are many causes for acne. However the most common cause in females I find in practice is "estrogen dominance". There are many sources of the female hormone estrogen. Estrogen is produced naturally by the female's reproductive system. The biggest problem with estrogen is when external sources of estrogen are absorbed through the skin or consumed as food. This creates an abundance of estrogen in the female blood stream. Chicken and cattle farmers feed their animals estrogen to make them put on weight and get fat. This makes sense because birth control pills

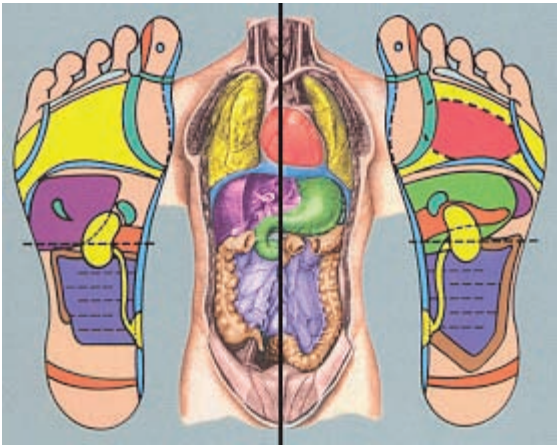


which consist of mostly estrogen cause woman to have excessive weight gain. Some examples of external estrogen sources are red meat, soy, milk, cheap microwavable plastic containers, chicken, birth control pills and many household cleaning agents. Female symptoms associated with estrogen dominance are; PCOS (Poly Cystic Ovarian Syndrome), painful menstruation, mood swings, bloating and acne. The question is how do women combat this growing problem when estrogen is every where in their environment. The answer is by performing regular Ion cleanse detoxification. The Ion cleanse machine is a relatively new technology where toxins, hormones and cell debris are pulled out of the body via the largest pores in the body located in your feet.



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## Specific areas on the feet can have therapeutic effects in other parts of the body.

As believed in Reflexology, each foot is actually a channel, a conduit, through which your body attempts

to cleanse itself of toxic wastes and heavy metals that have been building up. During the foot

bath, you will actually see the cleansing process taking place as the water interacts with a

compound electric current and

magnetic field structure. This ionic

cleansing process results in the correct

frequency required for cells to return to

a healthy state, and to release waste that

has been bonded to them over the

years. This detoxification process also

enhances the effects of other therapies.



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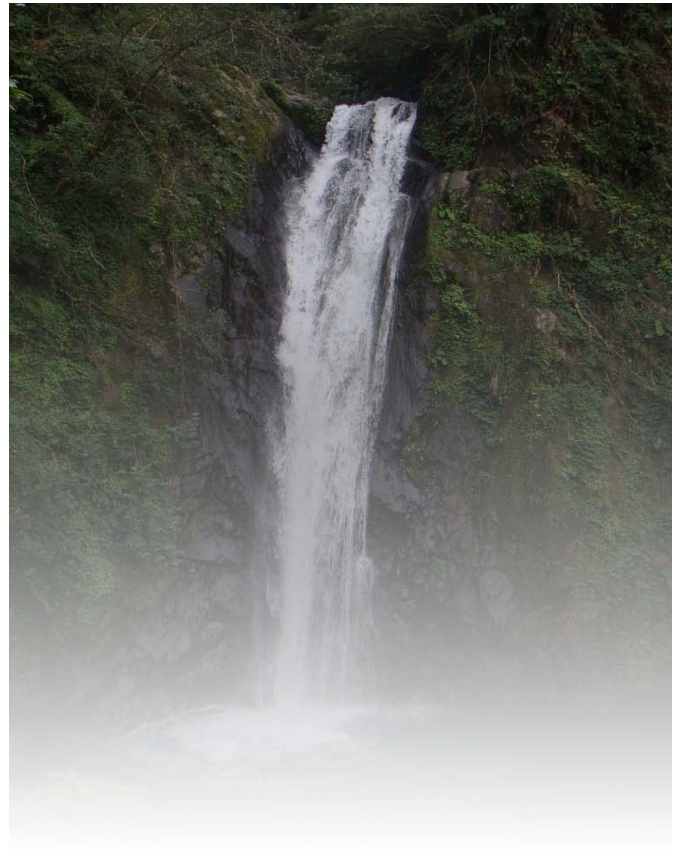
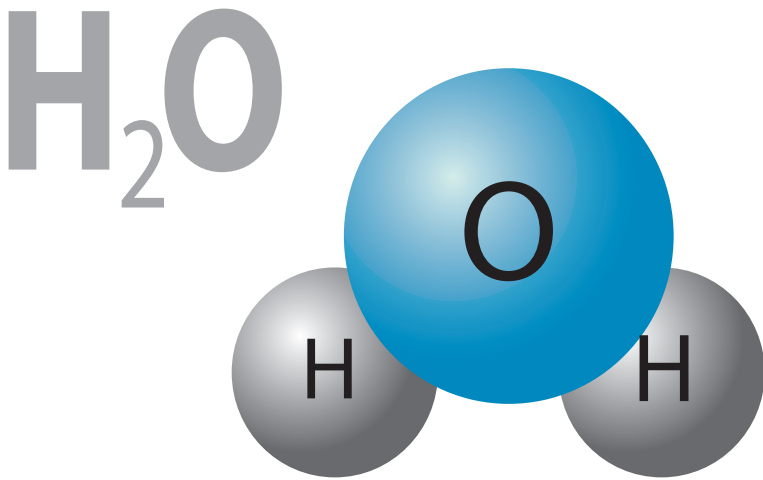
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A water molecule is composed of two hydrogen atoms and one oxygen atom. When the molecule loses a hydrogen atom, the remaining OH molecule takes on a negative charge. As you walk along the beach, your body absorbs millions of these negatively charged ions, which alkalize the blood and tissue. Because of poor diet and high stress, we tend to accumulate and store excessive quantities of waste products, such as diacetic, lactic, pyruvic, uric, carbonic, acetic, butyric, and hepatic acids.

## Water Molecule



Preventing disease and maintaining vitality, as we age, requires the maintenance of an alkaline environment throughout the body which is virtually impossible to accomplish in our high-tech, high-stress toxic society, unless we can walk on the beach everyday where the ever moving waves of the ocean cause ionization of trillions of water molecules as they crash to earth.



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# Hydrate, Mineralize, & Revitalize with X2O!

**Hydrate:** X2O sachets actually make water "wetter" by lowering the surface tension of water molecules. This dramatically increases your water's ability to hydrate your body at the cellular level.

**pH Defined:** pH simply means potential hydrogen. Every one-point decrease on the pH scale is 10 times more acidic. For example, a drop from 7.0 to 2.0 is 100,000 times more acidic for your body!

**Mineralize:** Every Sachet of X2O contains calcium, magnesium, and over 70 trace minerals. These essential minerals (electrolytes) become ionic in water allowing them to be absorbed quickly and easily by your body.

*X2O is delivered in a pure ionic form, which means it is immediately bioavailable to the body. X2O may also help your body to:*

Assimilate vitamins and minerals from the foods you eat and the supplements you take

- Combat arthritis and heart disease
- Cleanse the kidneys, intestines, and liver
- Protect your body from free radical cell damage
- Increase muscle and joint mobility
- Increase your oxygen levels
- Control digestive problems
- Regulate blood sugar
- Manage blood pressure
- Neutralize harmful acids that lead to illness

Revitalize:

Alkalinity = good health. X2O transforms your water into a powerful alkaline beverage, which fights against the physical stress caused by today's fast-paced lifestyles.

It takes 32 glasses of alkaline water to neutralize the acid from one 12 oz. soda. Each time you drink acidic soda, coffee, tea, and energy drinks your body uses its own buffers (from bone and dna) to raise the body's alkalinity to maintain your healthy blood pH level of 7.35-7.45.



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# WHY Water is Critical to Your Good Health

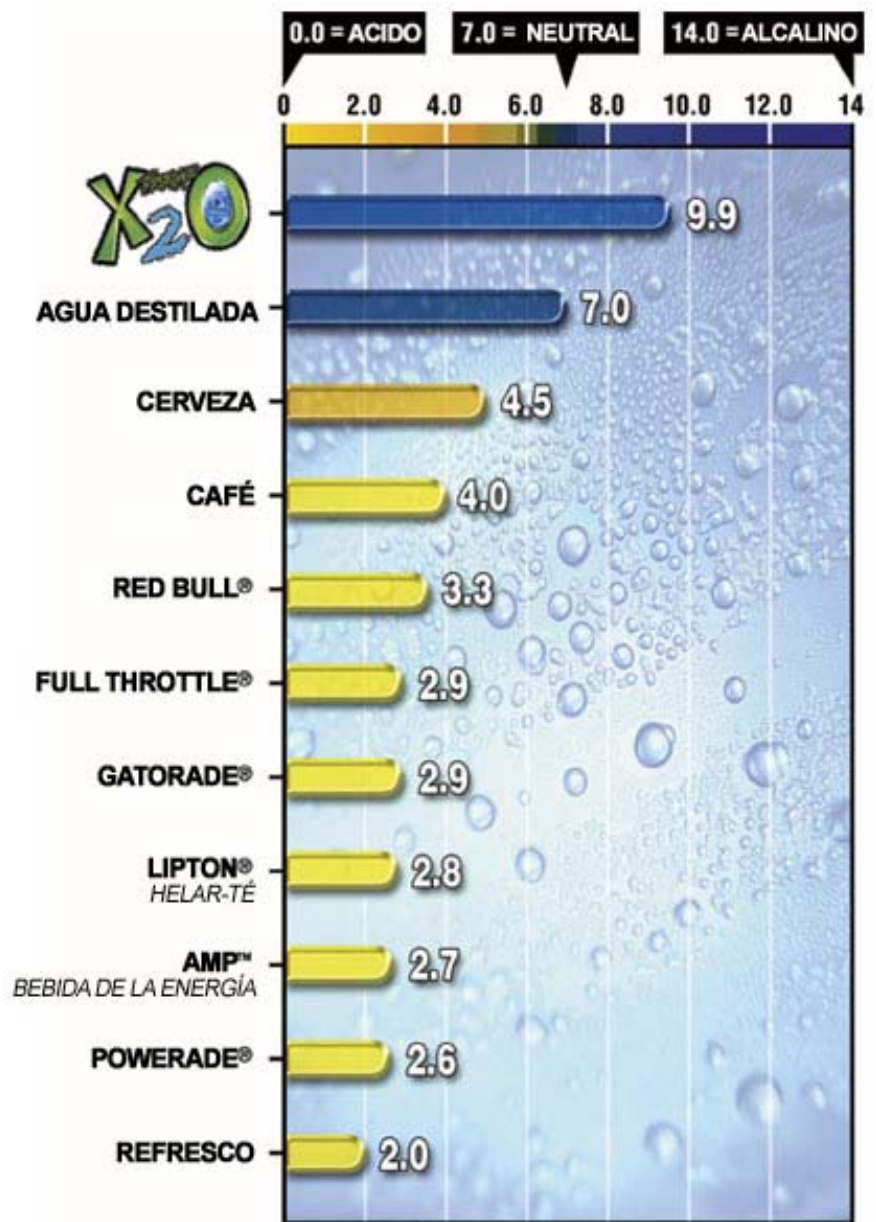
Dehydration is a primary reason for daytime fatigue and can slow down your metabolism as much as 3%

- Just a 1%-2% drop in body water can impair your mental focus, concentration, and physical performance.
- Beverages that contain caffeine such as colas, coffee, or tea actually stimulate fluid loss and promote dehydration.
- Exercise and prolonged activity cause you to lose vital electrolytes, which are critical for nerve impulses and muscle contractions.
- Quickly replenishing lost electrolytes is essential for peak physical performance.
- Major electrolytes (minerals) needed by your body are calcium, magnesium, sodium, potassium, and chloride, which can all be found in Xtreme X2O.

Your body is designed to be approx.

70% water. The most critical fluid in

your body, your blood, is mostly water. Your muscles, skin, and vital organs all contain and need large amounts of water for optimal health. Water also transports oxygen to your cells, delivers nutrients, removes waste, and provides energy to the body.



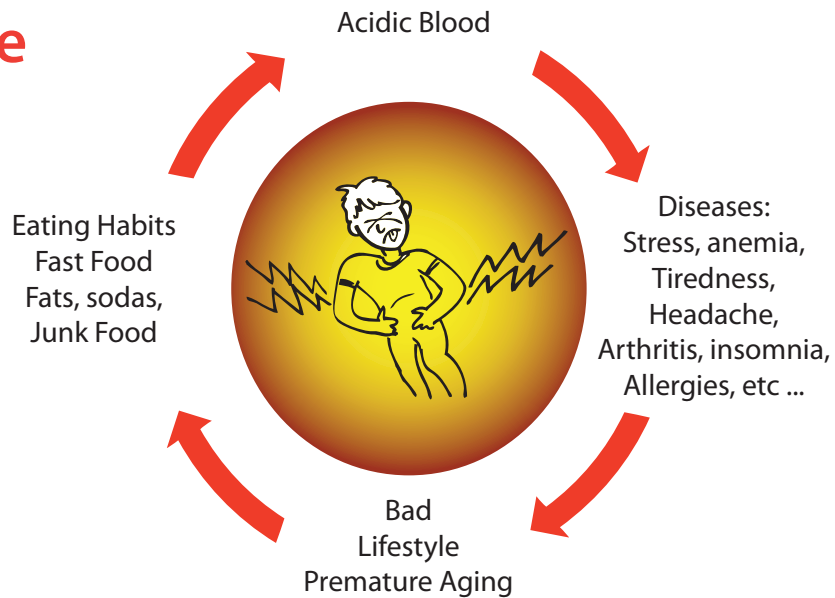
**pH LEVELS**



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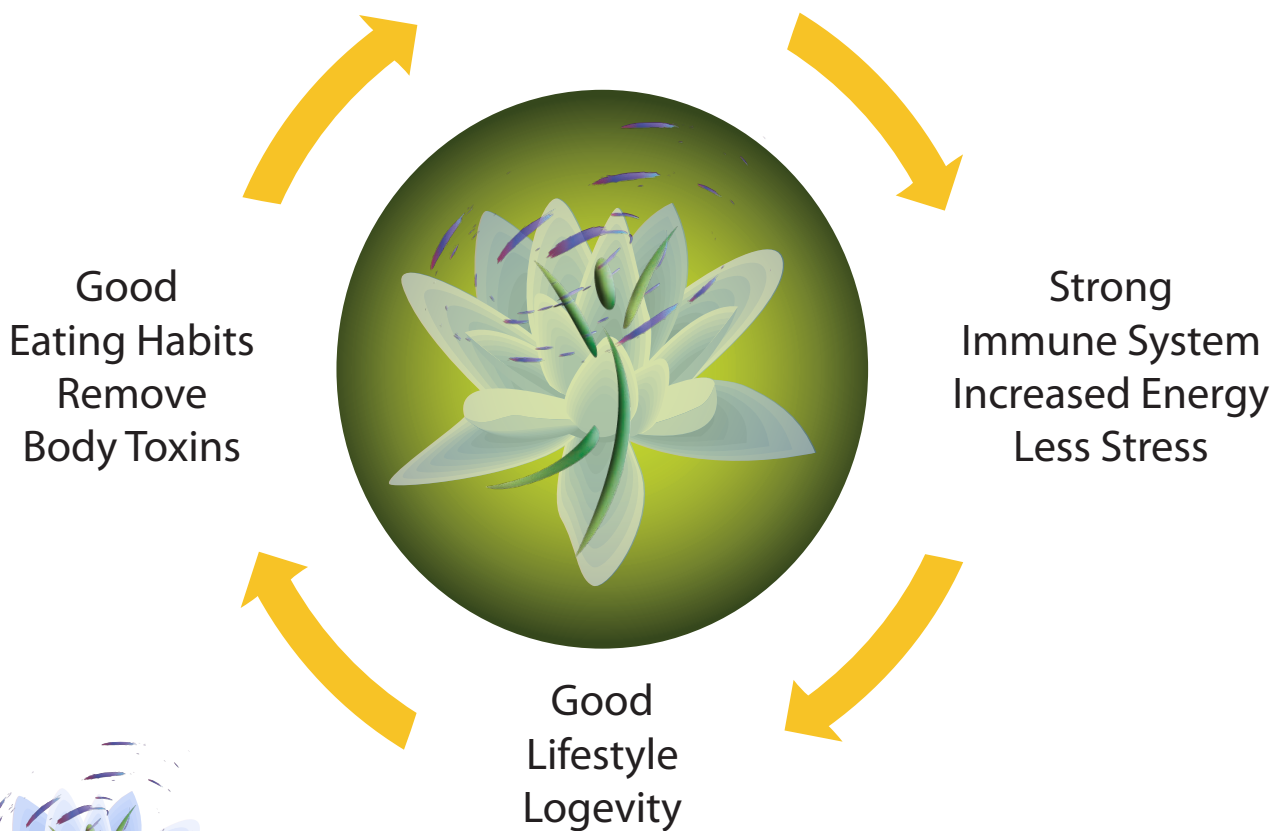
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# Lifestyle



## What do Energy & Relax do for our health?

Alkalinity Blood = Good Health!



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# Now let's discuss which foods can enhance cleansing and accelerate the detoxification process.

## *Organic Raw Fruit*

Fruit is rich in fiber and also has a very high water content, making it the ideal accompaniment to a detoxification program. The fiber absorbs toxins and the water helps to flush them out of the body. Fruit is also rich in vitamins, minerals, enzymes, amino acids and fruit pectin, which has been shown to bind with heavy metals, such as lead, helping to eliminate them from the system.

Fruits to consume in abundance while cleansing: lemons, oranges, grapefruits, pears, apples, cherries, grapes, mangoes, pineapples, melons, tomatoes, and papayas. Try to buy fruit that is in season where you live, rather than imported fruit that has been traveling for weeks. All degenerative diseases are linked to two main causes: mineral deficiency and toxicity. Non-organically produced food is responsible for both problems.



## *Organic Vegetables*

Organic veggies should make up the bulk of a healthy diet, especially while detoxifying. While fruits are known to be very powerful detoxifiers, organic vegetables will help balance acid and alkaline levels and have a calming effect on the body. Vegetable to consume in abundance while cleansing: garlic, onions, carrots, beets, cabbage, watercress, celery, cucumber, broccoli, cauliflower, and lots of green leafy vegetables such as spinach. Try to buy veggies that are in season where you live, rather than imported fruit that has been traveling for weeks.



## *Legumes*

Legumes, such as beans, lentils, and peas, chickpeas, etc., have all the nutrients now recognized as important in preventing heart disease, cancer and obesity. They are high in complex carbohydrates, protein, vitamins and minerals, fiber and they are extremely low in fat.

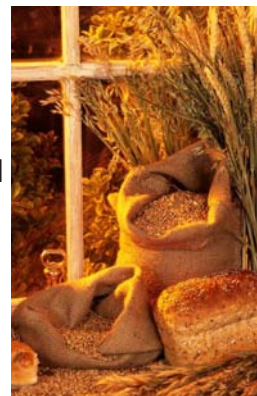


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## Wholegrains

Wholegrains are grains that are unprocessed, retaining most of their nutrients and providing a good source of soluble and insoluble fiber. Wholegrains are an integral part of a healthy, cleansing diet. They are an excellent source of complex carbohydrates, fiber, vitamins, minerals and low-fat source of protein. Grains to consume while detoxing: barley, millet, oats, brown rice, buckwheat, couscous, and quinoa.



## Nuts and Seeds

Nuts and seeds are excellent foods to consume while cleansing. They are good sources of vitamin E, protein, minerals, fiber and essential fatty acids. Nuts can be eaten as an alternative to meat and cheese. They are known to reduce the risk of stroke, heart disease, cancer and improve hair, skin and nails. Seeds play an important role in supporting the immune system and protecting cells from oxidation. Nuts and seeds to consume while cleansing: pumpkin seeds, sunflower seeds, linseed, sesame seeds, walnuts, almonds, chestnuts, hazelnuts and cashews.



## Good Fats

Certain fats, used in moderation, can have therapeutic effects while cleansing. Olive, walnut, hazelnut and sesame oils contain valuable essential fatty acids. Please keep in mind that nut and seed oils are best used in cold dishes as heat destroys their delicate flavor and nutritional value. Olive oil is very high in antioxidants, which neutralize cancer-causing free radicals. It is monounsaturated, and thereby lowers LDL (bad) cholesterol without reducing the HDL (good) cholesterol. This results in improved circulation, lowered blood pressure and a lower risk of heart disease. Recent research also indicates that olive oil may be especially effective in preventing both breast cancer and osteoporosis. It costs a little more but extra virgin olive oil is by far the best option. It is the oil that is made from the first pressing. It has less than one percent acidity, and has the highest nutritional value and the best taste.



### References:

Global College of Natural Medicine, Nutritional Consultant Program;  
The Detox Book by Nicola Graimes;  
The Detox Diet by Elson M. Haas, M.D.;  
7-Day Detox Miracle by Peter Bennett, N.D.  
Internal Cleansing by Linda Berry;  
International Olive Oil Council [www.internationaloliveoil.org](http://www.internationaloliveoil.org).



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## Foods (and things) to avoid while cleansing

First let's discuss some of the foods and other factors that will contribute to a toxic body and may also hamper or slow down the detoxification process. If you are not able to completely eliminate these things from your life while cleansing, please try to limit them as much as possible.

### Tap Water

More and more waterways in the US are reported to be unsuitable for fishing or swimming due to pollution. Most common contaminants are sewage, bacteria, fertilizer, oil and grease. Typical sources of pollution include runoff from farms, industrial waste, and city sewer discharge. You might think that city tap water is adequately filtered of these pollutants but sadly this isn't the case. Additionally, tap water is always chlorinated and may contain lead that has leached in from the soldering on pipe joints.

Fluoride, ostensibly added to our drinking water for strengthening our teeth, despite popular belief, is a deadly poison. It can be detrimental to our health and in high enough concentrations has even led to the death of young children. If the topic interests you, there is a lot of information available in books and also on the internet. The Fluoride Action Network is a good place to start your research: [www.fluoridealert.org](http://www.fluoridealert.org).

Drinking tap water and bathing in unfiltered water on a regular basis will burden the body with unnecessary chemicals, leading to a toxic body and ultimately disease.



### Milk and Dairy Products

All commercially sold dairy products are highly processed and loaded with dangerous chemicals and antibiotics.

Dairy products are also very high in saturated fats. Saturated fats slow down the lymphatic system, which is responsible for removing toxins from the body.



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## Food Chemicals and Processed Foods

Chemicals found in processed foods and commercially grown fruits, vegetables and meat can have a detrimental effect on our health. We cannot process chemical additives into nutrients that the body can utilize, so they aren't able to simply pass through our system "as is." Only water and cellulose can do that. Therefore, these chemicals get absorbed for an indefinite period of time, delaying digestion and adding extra toxins to our blood, tissues and organs, and extra pounds to our weight. No scientific study exists which has been able to determine the length of time it takes for the human body to eliminate the pounds of chemicals it is carrying around. It is interesting to note that preservatives such as sodium nitrate (found in hot dogs, bacon, ham, and other processed foods) and BHT (butylated hydroxytoluene) are stored in our fat cells.



## Sugar

Sugar hinders the body's immune system and predisposes people to allergies and infections. The number, shape and activity of white blood cells are adversely affected by excessive sugar consumption. Here are just some of the health conditions associated with the over-consumption of sugar: allergies, obesity, eating disorders, eczema, cardiovascular disease, high blood pressure, kidney stones and failure, learning disabilities, diverticulosis, irritable bowel syndrome, depression, candida, anxiety, hyperactivity in children, dental cavities, adult-onset diabetes, atherosclerosis, and countless others.



## White Flour Products

Flour (especially white flour) is the main component in breads, cereals, baked goods, pastas and many other foods we eat each and every day. White flour is made by stripping the grain of virtually all its nutrients: fiber, vitamins, minerals, essential oils and even proteins, to some extent.

Because white flour becomes a depleted, processed, "dead" food, most states require it to be enriched with thiamin, riboflavin and niacin, plus iron. Other nutrients, however, such as zinc, manganese, folic acid, Vitamin B6 and fiber are not replenished in any way.

White flour and white flour products often contribute to constipation and other digestive troubles. Since they are stripped of all fiber (essential for proper elimination), they actually stick to the walls of the intestines, causing blockages, rather than helping things move through quickly and smoothly.



A highly important first step in modifying one's diet, regardless of health condition, is to eliminate or minimize white flour and white flour products from the diet. White rice goes through essentially the same process as white flour and should also be avoided. All the fiber and nutrients are stripped off each grain to give rice its pretty white color and reduced cooking time.



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## Aspartame (and other artificial sweeteners)

Aspartame is, by far, the most dangerous substance on the market that is added to foods. Aspartame accounts for over 75 percent of the adverse reactions to food additives reported to the US Food and Drug Administration (FDA). Many of these reactions are very serious including seizures and death as recently disclosed in a February 1994 Department of Health and Human Services report.

A few of the 90 different documented symptoms listed in the report as being caused by aspartame include: headaches/migraines, dizziness, seizures, nausea, numbness, muscle spasms, weight gain, rashes, depression, fatigue, irritability, tachycardia, insomnia, vision problems, hearing loss, heart palpitations, breathing difficulties, anxiety attacks, slurred speech, loss of taste, tinnitus, vertigo, memory loss, and joint pain.

## Soft Drinks

The average American drinks an estimated 57 gallons (216 liters) of soft drinks each year. The fact that soft drinks are made with tap water is only the tip of the iceberg. Each can of soda has about 10 teaspoons of sugar, 150 calories, 30 to 55 mg of caffeine, and is loaded with artificial food colorings, additives, preservatives and sulphites.

In addition, just about all diet soft drinks contain aspartame or other harmful artificial sweeteners. Regular consumption of soft drinks will lead to obesity, osteoporosis, tooth decay and heart disease.

## Alcohol

Alcohol is very damaging to the liver and also depletes important nutrients from the body. In addition, alcoholic beverages contain chemical pesticides, as well as colorants and other harmful additives, putting further strain on the liver.

## Margarine

The reason why we call margarine "plastic butter" is because a hydrogenated fat molecule from margarine inspected under a microscope looks the same as a plastic molecule. John Finnegan, the author of *The Facts about Fats: A Consumer's Guide to Good Oils* states that margarine is "...lifeless, devitalized poison, packed with carcinogens [cancer-causing chemicals], fit only for lubricating the front wheel bearing of your car."



## Microwave Ovens

During the detoxification program, it is also a good idea to give your microwave a break.



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# Recommended Detox Schedule

## Time

1. The proper duration of one detox session for adults is 30 minutes. The machine is programmed to automatically set to this duration.
2. Children under 8 years old should not use the device. Children should not use the device without adult supervision. Children 8-15 years of age should not use the device for more than 15 minutes.

## Frequency of Use:

- Adults under 50 years of age: Use once every two days until you have completed 14 treatments. Then take two weeks off to allow your body to rest. Remember, it does take energy to detox your body. After your two weeks of rest, start the same process and once you have finished, you will have completed 28 treatments. Now you can go on a maintenance schedule. Your body will let you know when you need to detox.
- Adults 50 years of age and older: Follow the same schedule with one exception - perform your detox sessions every third day instead of every two days.

**NOTE: Like everything else, moderation is good and over-indulgence is bad. Do NOT detox for more than three consecutive days and do NOT detox more than two times per day.**

Constant periodic detoxification is essential to maintain health and prevent disease, along with a healthy lifestyle and low stress, provides a comprehensive and efficient way to maintain high energy levels and long-term health. "



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## Precautions:

Persons with a Pacemaker or any other battery-operated, electrical device

Organ trnasplant recipients

Suffer of epileptic seizures

Pregnant Women and Breast-feeding mothers

Do nor soak "open wounds"

Hypoglycemic person should take food before using

This device is not recommended for children under 8 years



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## Used Rules:

Place your feet in the water and relax yourself. The secret of an ion cleanse footbath is that the compound electric current and the water molecules react and as a result a continuous flow of both positive and negatively charged ions is created. The interesting fact to note here is that our feet are known as conduits. This means they have the capacity to absorb and release substances. Not only that, the essence of footbaths lies in the feet they have pores through which toxic wastes are easily and painlessly eliminated.

You can buy an ionizing footbath for your home and maintain your entire family's health at your own convenience.

But, you need to be aware of the pre-requisites that need to be met before you begin body detoxification via an ionizing footbath.

### Prerequisites

- \* Make sure you are not wearing any metallic item like a watch.
- \* Do not use a cell phone or a computer while using the ionizing footbath.
- \* Use only plain, warm water and don't add anything else like soaps, oils, shampoos, etc.
- \* Some experts advocate the use of raw sea salts so that your body absorbs minerals and gets rid of toxins.
- \* Never drink the water which you used for body detoxification via an ionizing footbath.
- \* Only one person at a time should take the footbath session.

These precautions make the task of body detoxification via an ionizing footbath a safe, smooth, and preferred one.

In a few cases, you might need to seek your personal physician's advice if you:

- \* Are under prescription drugs
- \* Are suffering from chronic diseases like diabetes and are on medication



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## Used Rules:

Body detoxification via an ionizing footbath are not suitable for:

- \* Those who have been fitted with electro-magnetic and other devices like pacemaker
- \* Those who have either lost or received an organ
- \* Those who are pregnant
- \* Those who are nursing
- \* Those who have metal joints fitted in their body

It is advised that you undergo the sessions of body detoxification via an ionizing footbath regularly and follow the guidelines diligently to achieve satisfactory results, contact your physician for assistance.

How to prevent detoxification side effects

Normal for the first body detox is the getting a headache, you could prevent that, if you drink enough water.

If you are without any serious disease you could detox at least 2 times a year.

If your physician can observe your body values after your detoxification, you are on the right side of the game. But Detoxification can have some side effects.

To prevent the detoxification side effects you have to drink at least 3 liters of water per day, add some minerals and nutrition to your food.

Holistic medicine recommends to do a body cleanse at least 2 times a year.

If your body is clean from the inside, it's visible for others. Healthy people look better than unhealthy ones.



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<b>COLOR KEY FOR DETOXIFICATION</b>	
<b>COLOR</b>	<b>POSSIBLE AFFECTED PART</b>
<b>BLACK</b>	<b>LIVER</b>
<b>BLACK FLECKS</b>	<b>HEAVY METALS</b>
<b>BROWN</b>	<b>LIVER, CELL DEBRIS</b>
<b>DARK GREEN</b>	<b>GALL BLADDER</b>
<b>ORANGE</b>	<b>JOINTS</b>
<b>RED FLECKS</b>	<b>BLOOD CLOTS</b>
<b>WHITE CURDS</b>	<b>YEAST</b>
<b>WHITE FOAM</b>	<b>LYMPHATIC SYSTEM</b>
<b>YELLOW-GREEN</b>	<b>KIDNEY, BLADDER, PROSTATE</b>



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## Array Information

### ARRAY A

SESSIONS:

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
41	42	43	44	45	46	47	48	49	50										
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>										

### ARRAY B

SESSIONS:

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
41	42	43	44	45	46	47	48	49	50										
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>										

#### Cleaning Instructions:

Be sure to Clean your array after each use.

Clean with dish soap and water, you can use a soft brush, then you can soak in white vinegar, soak in 100% white vinegar for 10 minutes or soak in 50/50 water and vinegar for 30 minutes.

You can take the top off the array to clean the inside but be very careful not to damage the attached wires.

If you have more than one person using the array, you can soak in a hospital grade disinfectant for 10 to 30 minutes, rinse with water and let air dry.

