



## Medi-Blast Procedure

Detoxifying, Gentle Foot Bath for Full Body Toxin Chelation and Purification

**What is the Medi-Blast?** The Medi-Blast is a 50/50 blend of the [Medi-Body Bath™](#) and [Medi-Soak™](#). It is a gentle, but deeply purifying foot bath that directly pulls released toxins from pathways in the *whole body*. A Medi Blast prevents other areas of the body from “jamming” when toxins are released after detoxification sessions, especially for sensitive people, those that have been chronically ill or who have had dental problems. Therefore we recommend a foot soak after using the Medi-Body Pack™, Medi-Dental Pack™, and/or Castor Packs. A Medi Blast is also ideal to use before and after the Essential Liver/Gallbladder Flush and Kidney Cleanse. You may also use the Medi-Blast on any day alone by itself if you are feeling low energy or experiencing any detox symptoms.

### Basic Instructions

- a. Add hot water: Fill a foot-size, plastic container (non metallic) with **12 cups of hot water** (purified water is best, but not absolutely necessary.) **Note:** If tap water is used (which is known to contain various toxic chemicals such as chlorine, fluoride, etc.) then a small portion of the foot bath’s detoxifying power will be used up in detoxifying the water itself, but the major detoxifying effect will still be available to act.

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Water temperature: The foot bath water should be very warm, but not too hot. For some individuals, such as those with diabetes, the sense of the temperature may be impaired and they may be unable to accurately sense water temperature. In these cases, only use mildly warm water (to avoid water that is too hot that may burn or hurt the skin.)

- b. Add powder: Add ½ cup of Medi-Body Bath™ and ½ cup of Medi-Soak™ and briefly mix into the water with your hand. **Note:** Some of the crystalline minerals contained in the Medi-Body Bath™ will only partially dissolve in the water. You may feel slightly chunky crystals on the bottom of the plastic container when your feet are in the water. This is fine. It is not necessary to wait until they have completely dissolved. In fact, once these crystalline minerals are submerged in the water, they begin to emit a very fine, highly resonant, piezoelectric effect into the water which assists in powerfully drawing out impurities and toxins from the body. Some individuals who are very sensitive are able to feel this very fine frequency in the water during the foot bath, almost like a low-grade electrical

current. This is the magnificent power of genuine, highly resonant mineral frequencies that are being released. However, if you are unable to feel this unique effect, don't worry- the foot bath is still working at full potency.

- c. Soak for 10 minutes. Soak feet in the water for 10 minutes, then towel dry. (It is OK if the feet are not completely submerged in the water during the soaking time.) **Note:** Always avoid letting feet get cold during the soaking time.
- d. Towel-dry feet. After 10 minutes, the maximum cation exchange power of the Medi-Blast will be exhausted (i.e. the maximum amount of toxins will have been absorbed into the water.) Discard the water. Do not reuse.
- e. Go outside for 5 minutes. Go outside for 5 minutes (or more if desired) to receive beneficial solar radiation (day or night) to reinforce the new cellular resonance for the whole body. In cold weather, still try to go outside even for minute or two, if possible.

### **Weight Considerations**

For the maximum “pulling effect” of toxins from the body, the ratio of water to mineral/ solutes in the Medi-Blast foot bath is very important. Adding too much or too little can weaken the detoxifying effect. Therefore, please follow the chart below for the best proportions based on your weight:

- 100 to 200 lbs. use 12 cups of water to 1 cup of Medi-Blast
- 200 to 300 lbs. use 18 cups of water to 1 ½ cup of Medi-Blast
- 40 to 100 lbs. use 6 cups of water to ½ cup of Medi-Blast

### **Whole-Body Bath**

Using the Medi Blast as a whole-body bath will provide more rapid detoxification, purification, and remineralization of the entire body. This is especially recommended for individuals who are severely ill and/or are experiencing pain and discomfort.

For adults or children add 2 cups of Medi Blast (1 cup each of Medi Body Bath and Medi Soak) to your bath water. For those weighing over 200 lbs., add ½ cup of eac (for every extra 50 lbs., continue adding 1 cup). Swish the contents around in the water to help dissolve the crystals. Soak in bath for 15 - 20 minutes. Rinse your body and towel-dry. You may repeat a whole-body bath any time to relieve symptoms of discomfort or for general relaxation.