

Published based on [How The Foot Detox Pad Works](#)

How The Foot Detox Pad Works

One of the latest craze is in health and cleansing today is the foot detox pad, but can a patch really help to detox your body?

You'll find differing opinions on this, some say it's hogwash while others claim it works wonders. Manufacturers say it is formulated on centuries-old Eastern medicine that uses the science of reflexology. In reflexology, all your organs are represented on the soles of the feet and since the feet have more porous than any other place on the body is a great place to apply a patch that will draw out toxins.

These detox foot patches are filled with all-natural materials. They include tourmaline - a mineral that we often see in jewelry but which produces negative ions which work on the meridian points on your feet helping draw out the toxins and aiding in circulation. They also contain cleansing herbs like peppermint and eucalyptus as well as tree saps and barks which also helps to extract the toxins.

The foot detox pad helps cleanse you by drawing out toxins and toxic metals through your feet. It works with your own body's natural defense system which works to move toxins away from your vital organs drawing them down towards the feet. As your body is already working in that way, the detox patch helps along with its combination of Chinese herbs that literally draw the harmful toxins out of your body.

The patches or sachets, look like big teabags and are filled with a mixture of herbs. You apply them to the soles of your feet and secure them on with an easy to remove tape. Then you simply go to sleep in the foot patches work during the night to draw the toxins out of your body leaving you feeling healthy and refreshed when you wake up. Not only will they draw out toxins, but they'll help the lymphatic system do it's job and also help to remove excess water from your system.

While some may say that the foot detox pad really doesn't do anything, I've use them myself and I can say they do offer a good nights sleep and they make you feet feel great! If that's the very least that they do then so be it, they're inexpensive enough and a good nights sleep is worth more than the cost of the patches to me, if there is the added benefit of some toxins being removed then all the better!

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