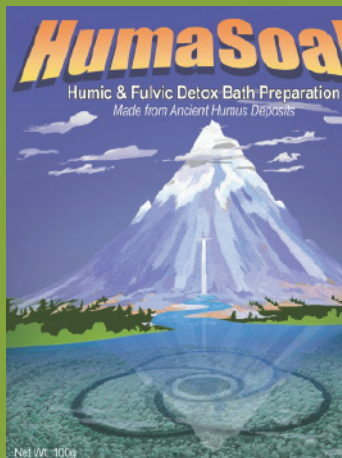


HUMASOAK

Therapeutic Bath Powder [unscented or lavender]

is a highly concentrated, therapeutic soaking remedy based on proven balneotherapy principles. Familiar practices include mud baths, peat therapy, torf, or moor therapy. The aim of these treatments are to stimulate the circulatory process to include the lymph and blood circulation, enhance the immune system and increase/accelerate cell activity. Ancient Greeks (as documented by Hippocrates) and the Chinese have successfully used balneotherapy for hundreds of years; and double blind research on the effectiveness of such therapy has been published as far back as the mid 1800's by Lersch. Recently, scientists have discovered that the beneficial essences of balneotherapy treatments are actually the humic and fulvic acid molecules (found in peat and specific mud deposits). HumaSoak is made with superior humic substances and processed in a revolutionary way to maintain the high bioactivity. Use to increase circulation, boost energy and revitalize and detoxify the body.



BENEFITS FOR YOUR BODY

Profound effects both externally and internally! Detoxification of the body is made possible by fulvic acids' free-radical scavenging ability. Through open receptor sites the molecule can bind and displace damaging oxidizing agents such as heavy metal and toxic molecules. Improved metabolic functions from using HumaSoak will lead to; stimulation of the immune system, promotion of circulation, help with relaxation (stress reduction), and acceleration in dissolving fat cells that store toxins. Traditionally humic acids have been used as an anti-inflammatory for relief of symptoms from chronic aches, pains, and strains.



EASY TO USE AT HOME

Highly concentrated, and a fraction of the cost of going to a spa! While a one-time spa treatment can be over 100 Euro, a typical HumaSoak application is about the price of a cup of coffee and more effective. HumaSoak is derived from ancient humus deposits and is more stable than peat or mud, with higher a humic and fulvic acid ratio.

DIRECTIONS FOR USE:

Dosage: Use 5 grams HumaSoak per bath for the average sized tub. Oversized tubs require 7 grams. The color of the bath will be similar to that of tea or weak coffee. If you do not have chlorine-free water purchase a food grade dechlorination product from a health or pet food store. Add and let settle for a moment before adding HumaSoak.

For Best Results: Use HumaSoak nine times in the first three weeks (three times per week). Use 1-2 times a week thereafter for maintenance. To gain the most out of treatment, avoid excess activity and drink plenty of water afterwards. Count on relaxing for ½-one hour, preferably lying down, post bath. HumaSoak is great used in the evening when all the day's work is completed. While a small snack is advised, do not soak immediately after full meals. During the soaking period, blood flow used for digestion is directed away from the digestive system and into the extremities. It may lead to discomfort if used on a full stomach.

Caution: Read all instructions. Please consult a physician prior to use if you have any serious condition including (but not limited to): serious disorders of the central nervous system, pregnancy, heart condition, fever, serious inflammatory skin diseases, heat sensitivity, open skin injury or bleeding. If you feel too hot and/or dizzy while soaking carefully exit the bath. Periodic monitoring of pulse, oral temperature, and duration of treatment is recommended for people sensitive to hot water. A quick spike in pulse within the first one-three minutes is a contraindication to treatment. When doing a series of treatments, slowly increase the duration of treatments from 7-8 minutes for the first treatment up to, but not exceeding, twenty minutes per session.

How to take a HumaSoak:

- Make sure your bathtub or soaking tank is clean before use. Rinse well so that no cleaning residue remains.
- Run a hot bath. If hot temperatures can't be tolerated, start lower and tolerance may improve each session.
- You may add therapeutic salts or ORGANIC essential oils to your bath. Do not add non-organic essential oils. Also DO NOT USE solvent extracted essential oils, as solvents may be harmful. Avoid use with water containing chlorine or chloramines.
- While the bathtub is filling, prepare a place to lie down and relax post bath. Keep in mind that you will probably sweat for a while after the bath, and have suitable clothes or blankets ready. You will need to stay warm and comfortable for 1/2 to 1 hour to gain all the benefits of the detoxifying soak. Make sure to avoid drafts.
- It is important that you be hydrated both before and after your bath. Do not drink caffeine at this time, as your heart rate will already increase from the hot bath.
- Fluids lost from sweating will need to be replaced, so prepare a glass of warm water and put it next to the post-bath area. Avoid cold water, as it will shock your system.
- After the tub has filled, dissolve recommended dosage into the hot water. Slip in immediately and enjoy the experience! Remember, if you start feeling light headed, get out of the tub immediately! It is often a sign that your detox level has reached a maximum for the session. Be careful getting out of the tub. You could feel tired from the treatment. Have someone help you if needed.
- Lay down for 1/2 to 1 hour wrapped in towels or blankets.
- When finished relaxing, rinse off with warm water. This way none of the secreted toxins will stay on your skin. Do not use soap or shampoo for 12 hours.

HumaSoak will NOT stain bath or towels and can be beneficial for drains and pipes. If using in jacuzzi, hot tub, or whirlpool remove the filter to avoid potential clogging. Used bath water can be safely released down the drain or, for the eco-minded, apply it to lawn and landscape for beneficial soil conditioning.

INGREDIENTS:

Soluble humic and fulvic acids from ancient humus deposits, high in fulvic. For lavender scented: Oregon lavender essential oil.

STORAGE:

Store in a dry place, properly sealed to avoid getting wet. There is no expiration on HumaSoak when kept in dry form.

Important Notice:

These statements have not been evaluated by the Food and Drug Administration of the Netherlands/Europe. This product is not intended to diagnose, treat, cure or prevent any disease.