



## Green Bear “*trimmendous*” range information

### FOOT PATCHES



#### **How *trimmendous*<sup>®</sup> DETOX Foot Patches work**

#### ***How easy are trimmendous<sup>®</sup> DETOX Foot Patches to use and where on the body do you apply them?***

All **DETOX Foot Patches** come with their own adhesive plasters for attaching to the skin. They are very easy to put on and take off. DETOX Foot Patches are mainly applied to the soles of your feet at bedtime but can be applied anytime to many parts of the body. We have testimonials from people that have had great results using their DETOX Foot Patches. For

maximum benefit its best to leave them on overnight while you sleep. You can also apply patches – up to a maximum of six – on other parts of the body, however they are best placed on the sole of the foot as shown.

#### ***What are the benefits?***

Detoxifying may improve your circulation, aid in the elimination of waste and increase the movement of lymphatic fluids. This may create feelings of vigour, easing of muscle and joint problems, improved immune system, and better sleep.

#### ***How often can I use them?***

It is recommended to use for at least one, but even up to three weeks to completely cleanse the body. By first using trimmendous as a full 12 Day Detox course, they can be used as a maintenance product on a regular basis (once or twice a week). You will know how your cleansing is progressing by the colour of discharge on the pad. As the pad diminishes in depth of colour you will know that the detoxification is coming to an end. The length of time for this to happen varies with each individual. Some will cleanse relatively quickly, others much longer depending upon life styles, immune system fatigue, and other variables.

### ***Do I need to clean the soles of my feet before applying the foot patches?***

It is wise to wash the site of application, to remove lotions, oils or anything that will block the pores. Soaking your feet in warm water can enhance circulation and aid in opening your pores. You may want to wear socks if your feet get cold. The patches are activated by your body heat and normal skin moisture.

### ***What causes the patches to be sticky when they are wet?***

When the patches get sticky, it is the result of the ingredients used in the patches to absorb the moisture. The toxins released are not causing the stickiness.

### ***What happens when I remove the patches?***

You will see for yourself, upon waking, the amount of waste that has built up on your patches. They will range from being brown, wet, and sticky to a relatively unchanged appearance. In some cases, they may be black, soggy and give an odour. The darker the colour indicates there is more being released from your body. This is a natural cleansing without the stress of more aggressive procedures.

### ***What are toxins and how do I get them?***

Toxins come from a variety of sources. Food, water and air that are not pure may contain several different metals toxins and decontaminates. ***How do toxins affect me?*** Ignored body toxins can be the cause of poor health, sickness and disease. Many lifestyles do not support the body's ability to naturally remove toxins. The body's immune system has been compromised through the accumulation of toxins. It is important that toxins are removed regularly to ensure and maintain good health.

### ***How do they help to cleanse the lymphatic system?***

Toxins tend to collect in the extra cellular fluid of the lower extremities. In a healthy, physically active person who exercises regularly, these toxins will be taken up by the lymphatic system. When the lymphatic system gets sluggish and overburdened, waste substances accumulate. As toxins are released, the burden on the lymphatic system is reduced in a gentle and effective manner. A good cleansing process supports the optimal functioning of all the digestion and waste management organs.



### ***Can I use a patch on one foot only?***

Yes but as you study the acupuncture point chart you will see that the liver point, for example, is located in the same place on both feet. If you were interested in cleansing the liver it would be most beneficial to apply a foot patch to both feet at the liver point. Also for balance sake it is wise to have both feet involved in the cleansing process.

### ***Do I need to follow a special diet while I use the foot patches?***

There is no need for a special diet during their use. We recommend drinking at least 1 litres of water per day, to help flush the toxins. Make sure you have a regular eating pattern and a balanced diet to have a healthy lifestyle. Last but not least, exercise regularly. ***(See our DETOX capsule programme for further ideas and daily diet suggestions!)***

### ***Is there a connection between foot patches and acupuncture?***

Eastern medicine tells us that the body is connected by meridians and that access to these meridian internal flows of energy is through the acupuncture points on the outside of the body. If we stimulate an acupuncture point it will activate energy of the body corresponding internal point, thus bringing strength to a weak area of the internal body. The foot is considered the second most sensitive area of our body, next to our heart. The intelligence of our body will naturally send toxins as far away from the heart as possible for protection. That means toxins and decontaminates are collected in the lower portion of your body, at your feet. The combination of herbs, saps and other natural ingredients in the **trimmendous® DETOX Foot Patches** first tenderly warm and slightly open the acupuncture points in the soles of the feet, then other herbs provide a natural and gentle absorbing power.

### ***Can I use the patches if I sleep less than 8 hours?***

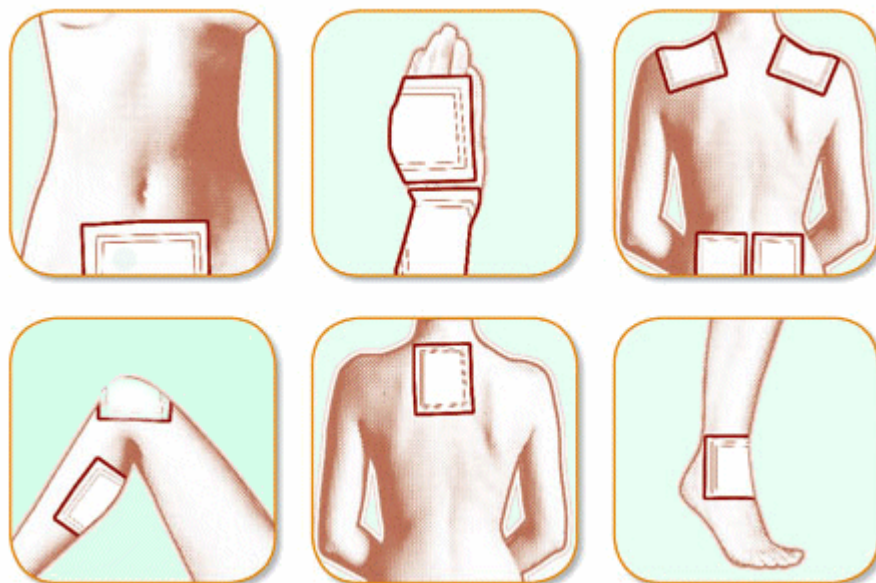
Yes but 8 to 10 hours is the optimum time recommended. It is best to wear them when you are relaxed and off your feet, so ideally during your nights sleep. It is also easier for your body to cleanse while your body is deeply relaxed. You may walk on the patches, but we recommend removing them upon rising, as they may be moist.



### ***Are your Foot Patches safe to use?***

They do not deliver any harmful chemicals to the body. They are only used externally and to draw out of the body. Nevertheless, we recommend that you discontinue use if any allergic reactions or skin irritations occur. Our **trimmendous® DETOX Foot Patches** were tested and certified safe and with non detectable heavy metals by USA FDA lab certification and approved US FDA class 1 as medical absorbent patches.

**Can I use the Detox patches anywhere else on my body?**



Apply the patches as required to cover the affected area pressing and holding them firmly to secure them. Be careful not to overlap the patches as this can cause the patches to become dislodged. You can leave the patches applied for up to 12 hours depending upon your bathing requirements and skin sensitivity.

Re-apply as required. Please note that if the pain persists or feels worse, you should seek advice. The patches should not to be applied to open wounds.

**Why do I feel tired?**

You may require more sleep as your body begins to clean.

**Do trimmendous® DETOX Foot Patches contain chemicals?**

A Definite No. They contain 100% natural source ingredients.

**How long has the product been in existence?**

Wood sap products for body cleansing purposes have been in existence since 1999. Our DETOX Foot Patches combination of herbal and wood ingredients was introduced in 2003 and is having phenomenal success in Asia, North America and Europe.

**Can trimmendous® DETOX Foot Patches ease pain caused by gout, arthritis and rheumatism?**

Users from around the world claim to have received temporary pain relief. However, **trimmendous® DETOX Foot Patches** do not claim to be a cure or benefit for such conditions as this would obviously be on a personal case by case basis.

**Can I re-use the Foot Patches?**

No. The patches are for single use only.

### ***If I'm taking medication, will using your DETOX Foot Patches contradict this?***

None of the ingredients are taken into your body, therefore it would not effect. However, it would do you know harm to consult your Doctor if you have any concerns. Contact your medical doctor if any health issue arises.

## **The Ingredients:**

### **Tourmaline**

Tourmaline is a natural gemstone found in Brazil and is best known as one of the few minerals to emit far infrared ray heat and negative ions. If a crystal is heated or compressed, an electrical charge will be generated, and the crystal will vibrate. Such an emission is said to improve circulation, relieve stress, increase mental alertness and strengthens the body's immune system. Tourmaline exists in all colours and is very popular with collectors of gemstones and minerals. The name 'Tourmaline' comes from the old Sinhalese word 'Turamali', which was given to mixtures of unidentified gems and crystals found in Ceylon (Sri Lanka). Tourmaline is used in the detox foot patches to stimulate the reflex points found in the sole of the foot. The effects can be compared to those of a foot reflexology massage. It is believed that tourmaline can exert a cleansing and liberating energy upon the entire nervous system with a clearing and stabilising effect.

### **What is the Far Infrared Radiation that Tourmaline naturally emits?**



Far infrared is a form of safe radiated energy given off by a main ingredient, tourmaline. Its energy penetrates, warms and increases the blood flow at the point of contact. It helps break down (and relax) water and waste molecules for easier release of toxins into the patches.

*trimmendous* Foot Patches utilise the Far Infrared Radiation (FIR) effect of tourmaline.

FIR has been researched for many years in the USA, Sweden, China and Japan. The studies focused on the effects of FIR on a variety of conditions such as muscle sprains, peripheral vascular diseases, arthritis, shoulder stiffness and menstrual pains. Our

tissues normally produce infrared energy for warmth and tissue repair. Tissue production of infrared energy is associated with a variety of healing responses. At times, the infrared energy in our tissue may need a boost to a higher level to ensure the fullest healing possible for tissue repair. Body tissues that need an infrared boost selectively absorb infrared rays. Infrared energy penetrates tissues to the depth of over an inch. Its energy output is tuned to correspond closely to the body's own radiant energy so that the body's tissues absorb close to 93% of the Infrared waves that reach the skin. The healing properties of infrared light create an increased white blood cell count. More white blood cells mean greater immunity. Today we are seeing new technologies employing far-infrared energy in health care products and clinical protocols such as hypothermic therapies for detoxification and cancer treatment. Energy medicine is an ancient practise used especially by Chinese health practitioners. Although these ancient practitioners did not know the technical terms as to why their therapy improved health, they were sure their patients got better. The human heat from their touch increases an immune defence response in which white blood cells surround and remove small living bacteria and cell wastes.

### **Oak Wood Vinegar**

Range: Korea, China, Japan. Researchers discovered that the tree sap or wood vinegar of some trees possess a detoxifying function. During the numerous experiments conducted on the potential value of Pyroligneous acid, it was found that the wood vinegar had great absorbing power, and that the wood vinegar of certain trees was capable of helping absorb toxins released through the skin.

Wood vinegar is known to be able to improve blood circulation. This, in turn, can lead to relief from fatigue, headaches, double vision, arthritis, and many other similar symptoms. Experiments also confirmed that the absorbing power makes it suitable for use in physiotherapy, as well as for the treatment of swelling and minor pains.

### **Bamboo Vinegar**

Range: Korea, China, Japan. Bamboo vinegar is said to have double the effect of the wood vinegar. However, due to limited supplies, bamboo vinegar costs almost twice as much as wood vinegar. It is also used in health food drinks, cosmetics, and some medicines.

### **Achyranthis Radix**

Common name: Hyssop Range: Korea, Mediterranean. Hyssop has a long history of medicinal use and was so highly esteemed in the past that it was considered to be a kind of 'wonder cure'.

### **Agaricus Mushroom (Agaricus Blazei Murill)**

Agaricus Mushroom is harvested from Brazilian jungles. It is a newly discovered species of mushroom that is attracting the attention of many scientists worldwide. Scientific studies have shown the Agaricus Mushroom to stimulate various components of the immune system.

### **Artemisia Iwayomoei**

Common name: Oriental Mugwort Range: East Asia, Japan, Korea and Manchuria. The leaves can be used internally or externally. The leaves have an antibacterial action and, when placed inside a shoe, are said to be soothing for sore feet.

### **Caragana Sinica**

Range: Korea, East Asia, North China. It has been shown to have anti-inflammatory activity and is used in Korea in the treatment of arthritis, neuralgia, diarrhoea and bone weakness.

### **Paeoniae Rubrae Radix (Paeonia Lactiflora)**

Common name: Chinese Peony Range: Korea, E. Asia, Siberia to Mongolia. The root of Chinese Peony has been used for over 1,500 years in Chinese medicine. It is known most widely as one of the herbs used to make 'Four Things Soup', a woman's tonic, and it is also a remedy for gynaecological problems and for cramp pain and giddiness.

### **Panax Ginseng**

Range: Korea, East Asia, China, Japan. Panax Ginseng is a powerful tonic herb with an impressive range of health benefits. Unlike many herbs with a medicinal use, it is more useful for maintaining good health rather than treating ill health. Research has shown that it stimulates resistance to stress and so it is now widely used as a tonic in times of stress and pressure. The roots are harvested in the autumn and dried for later use.

### **Platycodon Grandiflorum**

Common name: Balloon flower Range: E. Asia - China, Japan, Korea, Manchuria. This species has a history of herbal use in China going back over 2,000 years and modern clinical tests have demonstrated its effectiveness in lowering blood sugar and cholesterol levels in the liver.

## Conclusion:-

Creating health and wellness through our feet is not a new science. Different forms of working on the feet to improve health have been used since ancient times. Detox Foot Patches work on a similar principle to that of reflexology, whereby the nerve pathways (meridian channels) which link all the body parts are encouraged to maintain a flow of energy through all the major organs and glands the entire length of the body. If toxins are allowed to build up and block the nerve pathways out health can be adversely affected. According to medical knowledge, the human body has over 360 acupuncture points, with 60 of these and some 7000 nerve endings located on the soles of the feet. The feet are also where the channels end.

In any culture, detoxing through the foot can keep the body in good health by preventing certain health problems before they become serious conditions.

Monitoring the amount of waste matter exiting the body through the feet is a good way to check your health condition.

