

# **AQUA-CHI Footbath, Model 5400 Hydro-stimulation Spa**

## **OBJECTIVE:**

To show that the electrical stimulus of water (using low voltage direct current) created by the Aqua-Chi Model 5400 Hydro-stimulation Footbath helps increase local blood circulation and aids in the maintenance of blood health.

## **METHODS:**

1. A non-invasive study was done by taking measurements of test subjects' blood pressure. The study was performed on 12 healthy adults, ages 19-70. Their blood pressure measurements were taken over a period of one month every two days during 2006. The Aqua-Chi Footbath treatment was administered every two days for each adult. In this blood pressure study, the Aqua-Chi Footbath Model 5400 Hydro-stimulation Footbath was used in accordance with the instruction manual. The subjects were asked to maintain their daily routine schedule while regularly attending the Aqua-Chi footbath sessions at our clinic. A routine treatment schedule was imperative to our studies in order to accurately log any possible improvements in our test subjects' well-being.

The data portion of the report will show the following: age, sex, occupation, general complaints, blood pressure measurement before treatment, 15 minutes into treatment, 30 minutes into treatment and 20 minutes after the treatment. Each subject was then asked to keep track of any significant changes and/or improvements experienced after each Aqua-Chi footbath treatment.

(See Data and Testimonials on the following pages)

## **DATA OF SUBJECTS:**

The sample Questionnaire:

- 1.) Name
- 2.) Age
- 3.) Sex
- 4.) Occupation
- 5.) General Complaints
- 6.) After the 1-month trail – we asked each subject to write an overall summary of their experience and if their overall well being was improved.

**[Each subject came at their own will to see for themselves how they would react to the Aqua-Chi Footbath. No financial compensation was offered to any of the subjects]**

## **DATA:**

### **Blood Pressure**

Blood pressure is the measure of pressure or tension of the blood as it pushes against artery walls.

### **Blood Pressure Measurement**

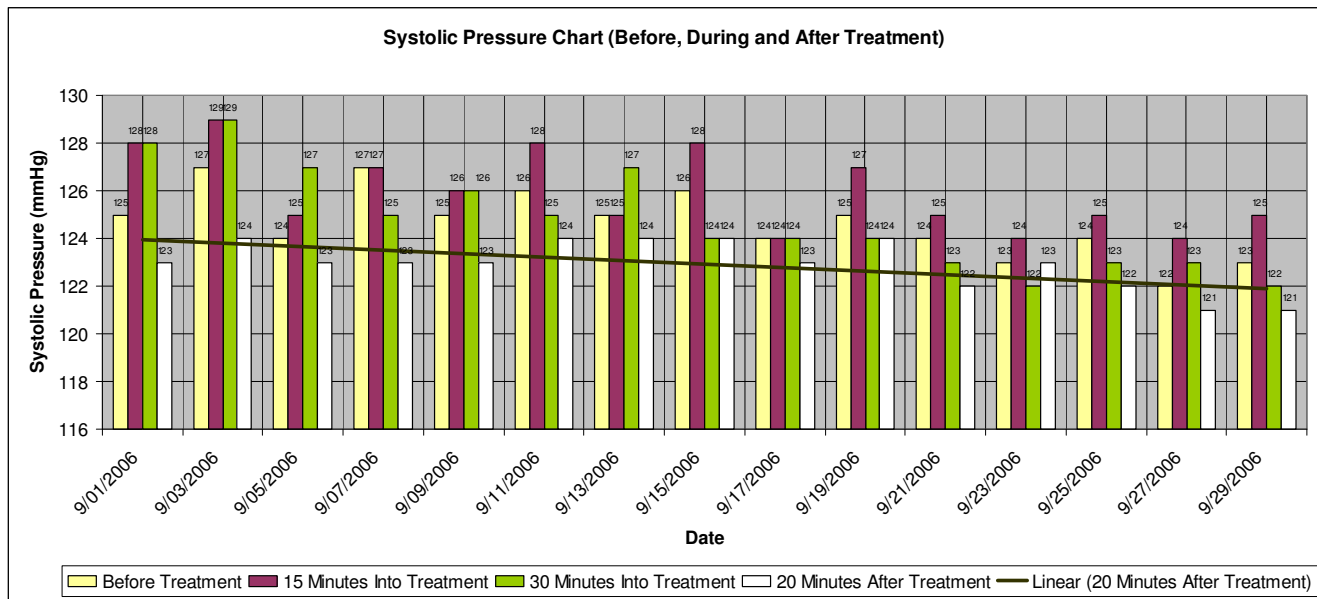
There are two types of blood pressure, systolic and diastolic. Systolic blood pressure is the blood pressure generated by the heartbeat or while the heart muscle is contracting. Diastolic blood pressure is the blood's pressure between heartbeats or while the heart is resting. Blood pressure is measured in millimeters of mercury (mmHg). An average blood pressure for adults is 120/80. The top number is the systolic pressure whereas the bottom number is the diastolic pressure.

<b>Category</b>	<b>Systolic (top number)</b>	<b>Diastolic (bottom number)</b>
Normal	120-139	80-89
Pre-hypertension	140-159	90-99
High Blood		
Stage 1	160-179	100-109
Stage 2	180 >	110 >

## **RESULTS:**

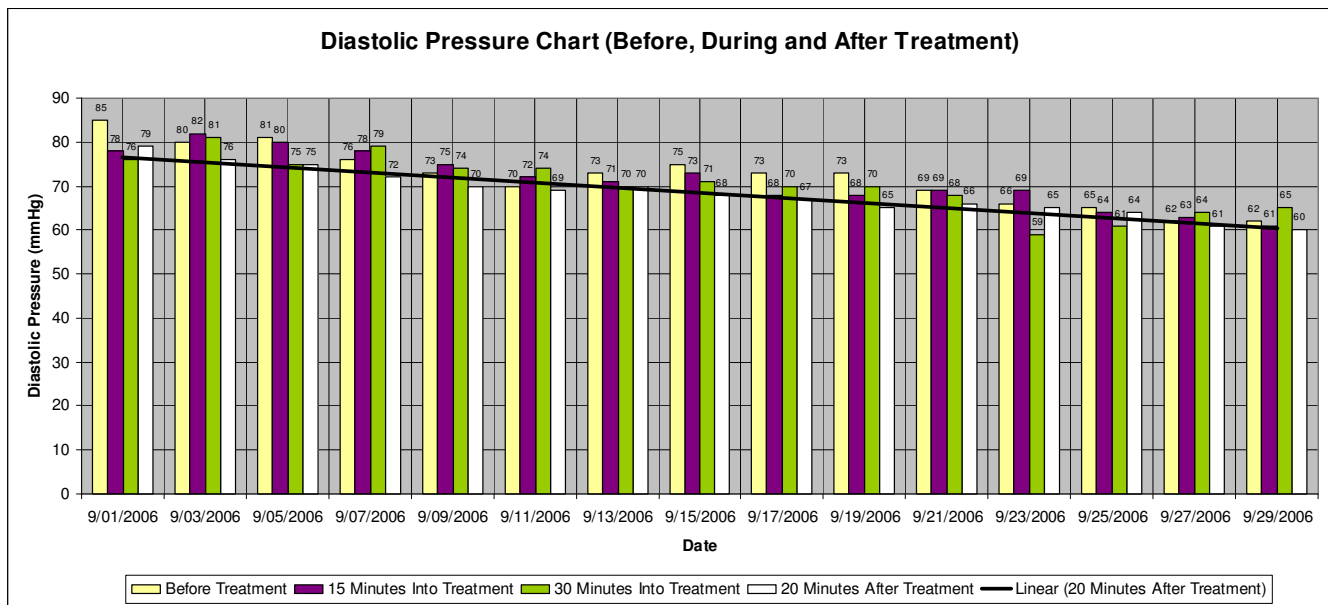
### SUBJECT A - SYSTOLIC

SUBJECT A	Before Treatment	15 minutes	30 minutes	20 AFTER
9/01/2006	125	128	128	123
9/03/2006	127	129	129	124
9/05/2006	124	125	127	123
9/07/2006	127	127	125	123
9/09/2006	125	126	126	123
9/11/2006	126	128	125	124
9/13/2006	125	125	127	124
9/15/2006	126	128	124	124
9/17/2006	124	124	124	123
9/19/2006	125	127	124	124
9/21/2006	124	125	123	122
9/23/2006	123	124	122	123
9/25/2006	124	125	123	122
9/27/2006	122	124	123	121
9/29/2006	123	125	122	121



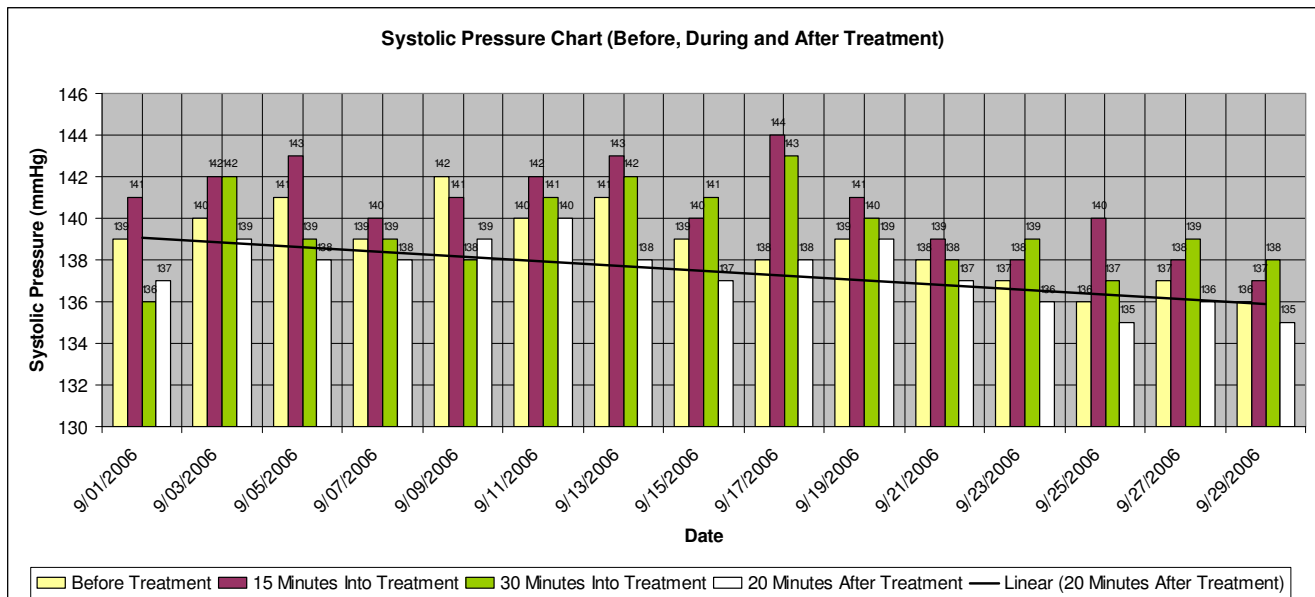
### SUBJECT A - DIASTOLIC

SUBJECT A	Before Treatment	15 minutes	30 minutes	20 AFTER
9/01/2006	85	78	76	79
9/03/2006	80	82	81	76
9/05/2006	81	80	75	75
9/07/2006	76	78	79	72
9/09/2006	73	75	74	70
9/11/2006	70	72	74	69
9/13/2006	73	71	70	70
9/15/2006	75	73	71	68
9/17/2006	73	68	70	67
9/19/2006	74	70	70	65
9/21/2006	69	69	68	66
9/23/2006	66	68	60	65
9/25/2006	65	64	61	64
9/27/2006	61	63	64	61
9/29/2006	62	61	65	60



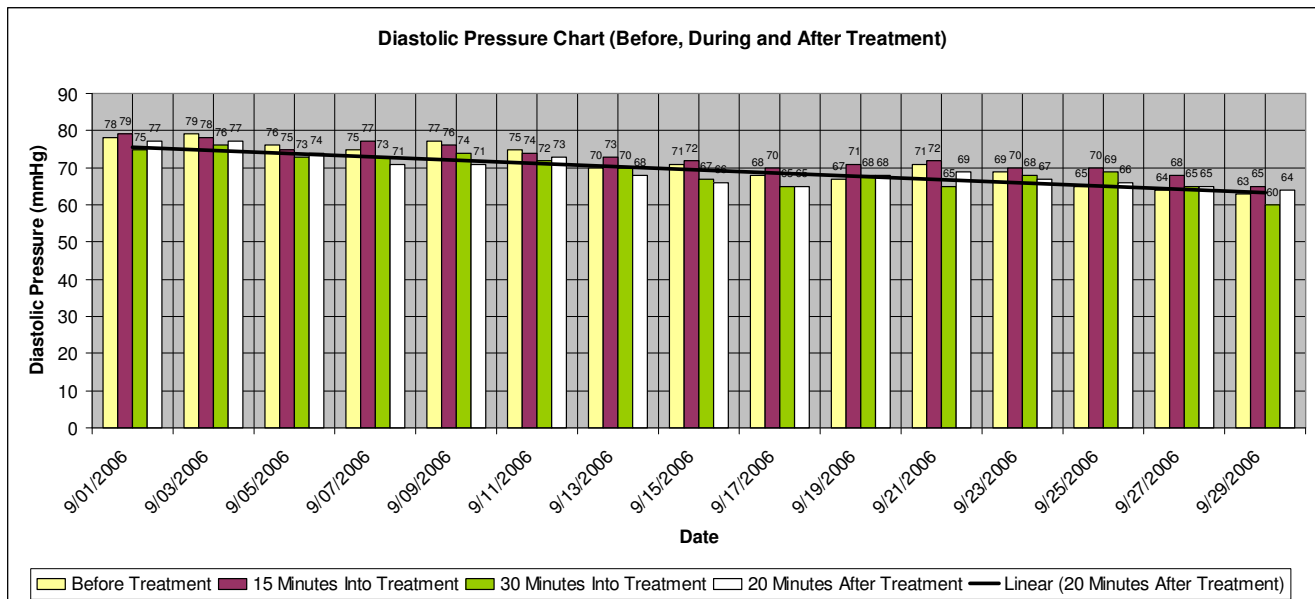
## SUBJECT B - SYSTOLIC

SUBJECT B	Before Treatment	15 minutes	30 minutes	20 AFTER
9/01/2006	139	141	136	137
9/03/2006	140	142	142	139
9/05/2006	141	143	139	138
9/07/2006	139	140	139	138
9/09/2006	142	141	138	139
9/11/2006	140	142	141	140
9/13/2006	141	143	142	138
9/15/2006	139	140	141	137
9/17/2006	138	144	143	138
9/19/2006	139	141	140	139
9/21/2006	138	139	138	137
9/23/2006	137	138	139	136
9/25/2006	136	140	137	135
9/27/2006	137	138	139	136
9/29/2006	136	137	138	135



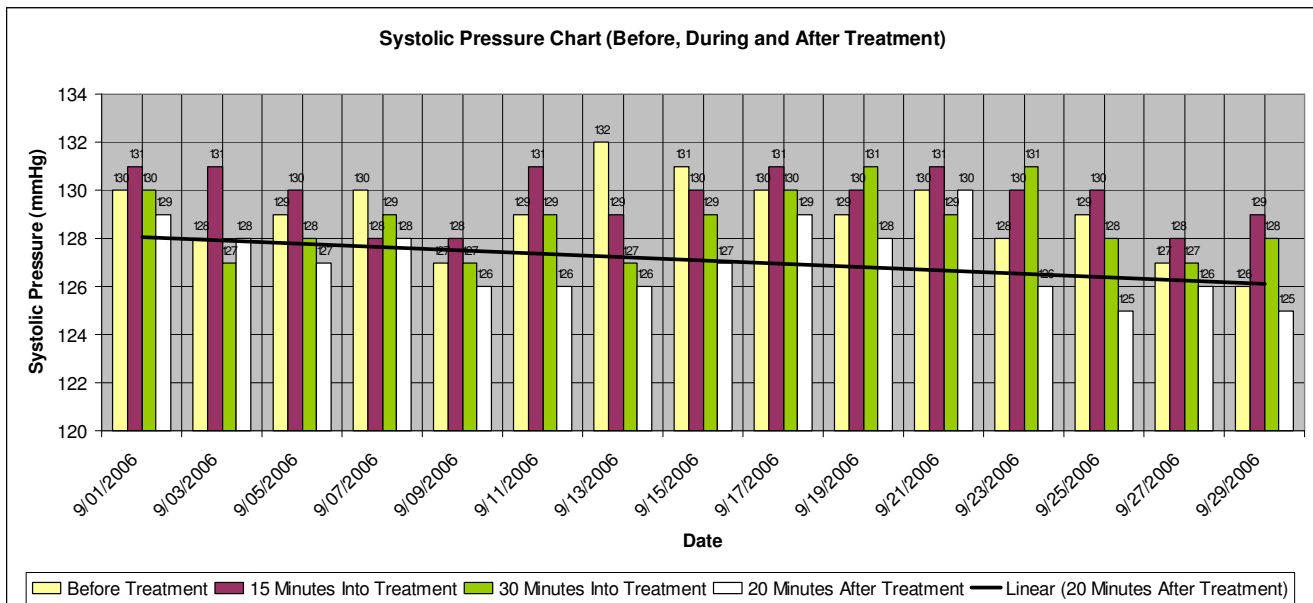
### SUBJECT B - DIASTOLIC

SUBJECT B	Before Treatment	15 minutes	30 minutes	20 AFTER
9/01/2006	78	79	75	77
9/03/2006	79	78	76	77
9/05/2006	76	75	73	74
9/07/2006	75	77	73	71
9/09/2006	77	76	74	71
9/11/2006	75	74	72	73
9/13/2006	70	73	70	68
9/15/2006	71	72	67	66
9/17/2006	68	70	65	65
9/19/2006	67	71	68	68
9/21/2006	71	72	65	69
9/23/2006	69	70	68	67
9/25/2006	65	70	69	66
9/27/2006	64	68	65	65
9/29/2006	63	65	60	64



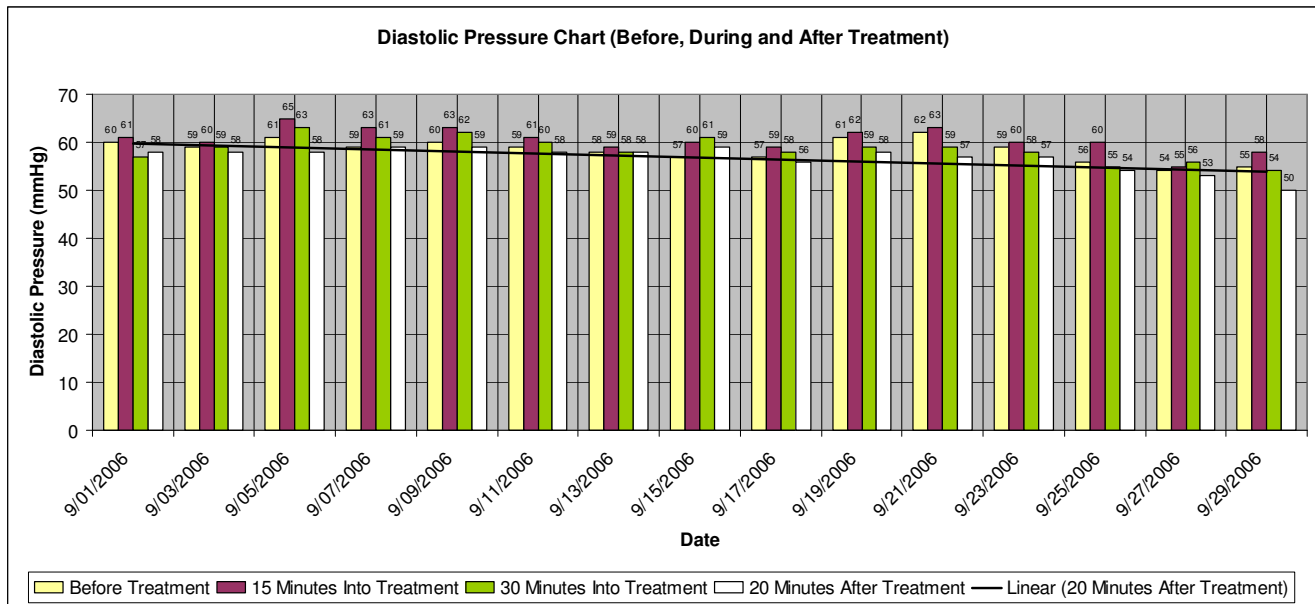
### SUBJECT C - SYSTOLIC

SUBJECT C	Before	15 minutes	30 minutes	20 AFTER
	Treatment			
9/01/2006	130	131	130	129
9/03/2006	128	131	127	128
9/05/2006	129	130	128	127
9/07/2006	130	128	129	128
9/09/2006	127	128	127	126
9/11/2006	129	131	129	126
9/13/2006	132	129	127	126
9/15/2006	131	130	129	127
9/17/2006	130	131	130	129
9/19/2006	129	130	131	128
9/21/2006	130	131	129	130
9/23/2006	128	130	131	126
9/25/2006	129	130	128	125
9/27/2006	127	128	127	126
9/29/2006	126	129	128	125



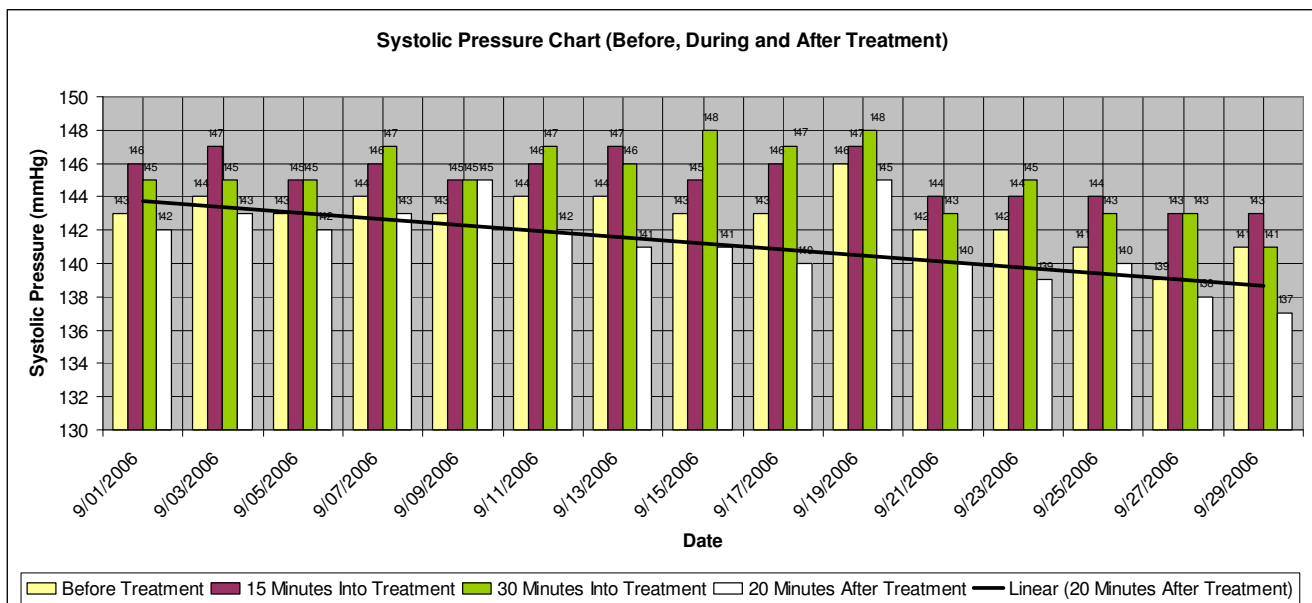
### SUBJECT C - DIASTOLIC

SUBJECT C	Before Treatment	15 minutes	30 minutes	20 AFTER
9/01/2006	60	61	57	58
9/03/2006	59	60	59	58
9/05/2006	61	65	63	58
9/07/2006	59	63	61	59
9/09/2006	60	63	62	59
9/11/2006	59	61	60	58
9/13/2006	58	59	58	58
9/15/2006	57	60	61	59
9/17/2006	57	59	58	56
9/19/2006	61	62	59	58
9/21/2006	62	63	59	57
9/23/2006	59	60	58	57
9/25/2006	56	60	55	54
9/27/2006	54	55	56	53
9/29/2006	55	58	54	50



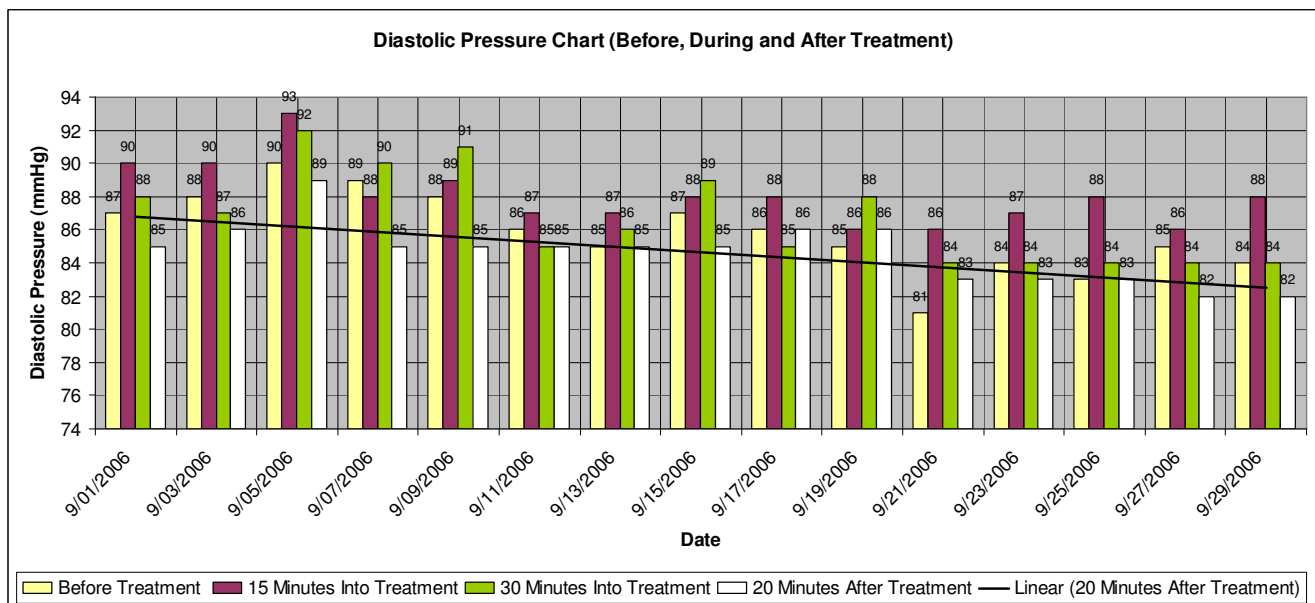
## SUBJECT D - SYSTOLIC

SUBJECT D	Before Treatment	15 minutes	30 minutes	20 AFTER
9/01/2006	143	146	145	142
9/03/2006	144	147	145	143
9/05/2006	143	145	145	142
9/07/2006	144	146	147	143
9/09/2006	143	145	145	145
9/11/2006	144	146	147	142
9/13/2006	144	147	146	141
9/15/2006	143	145	148	141
9/17/2006	143	146	147	140
9/19/2006	146	147	148	145
9/21/2006	142	144	143	140
9/23/2006	142	144	145	139
9/25/2006	141	144	143	140
9/27/2006	139	143	143	138
9/29/2006	141	143	141	137



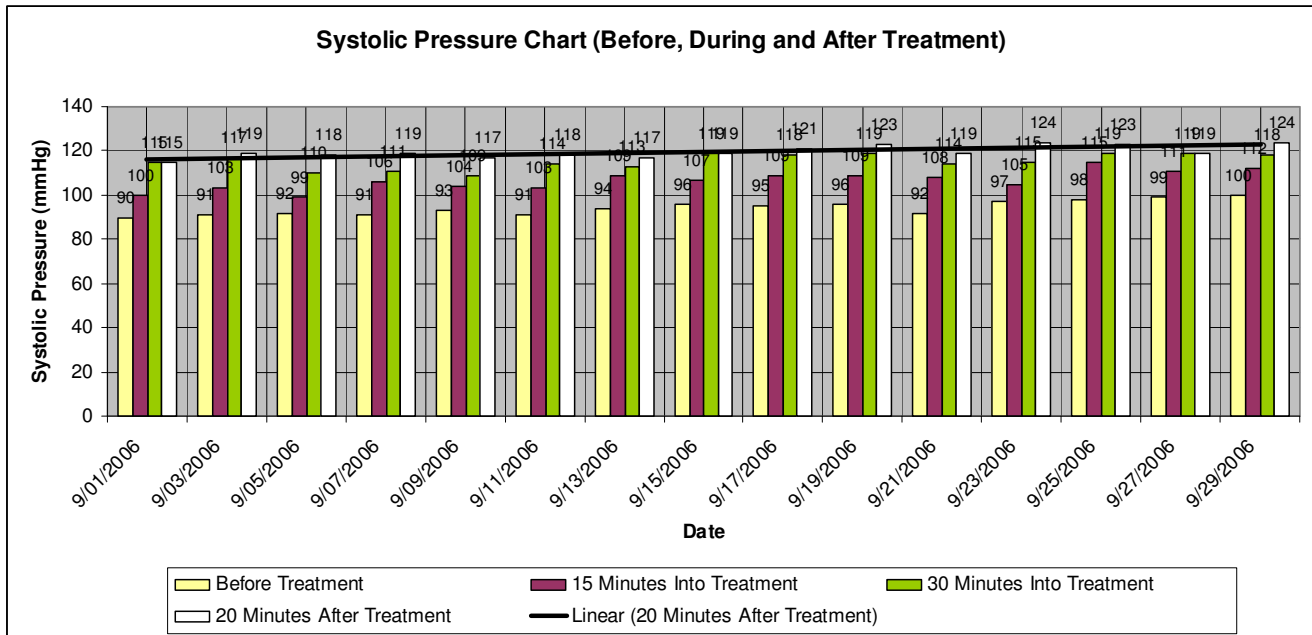
### SUBJECT D - DIASTOLIC

SUBJECT D	Before Treatment	15 minutes	30 minutes	20 AFTER
9/01/2006	87	90	88	85
9/03/2006	88	90	87	86
9/05/2006	90	93	92	89
9/07/2006	89	88	90	85
9/09/2006	88	89	91	85
9/11/2006	86	87	85	85
9/13/2006	85	87	86	85
9/15/2006	87	88	89	85
9/17/2006	86	88	85	86
9/19/2006	85	86	88	86
9/21/2006	81	86	84	83
9/23/2006	84	87	84	83
9/25/2006	83	88	84	83
9/27/2006	85	86	84	82
9/29/2006	84	88	84	82



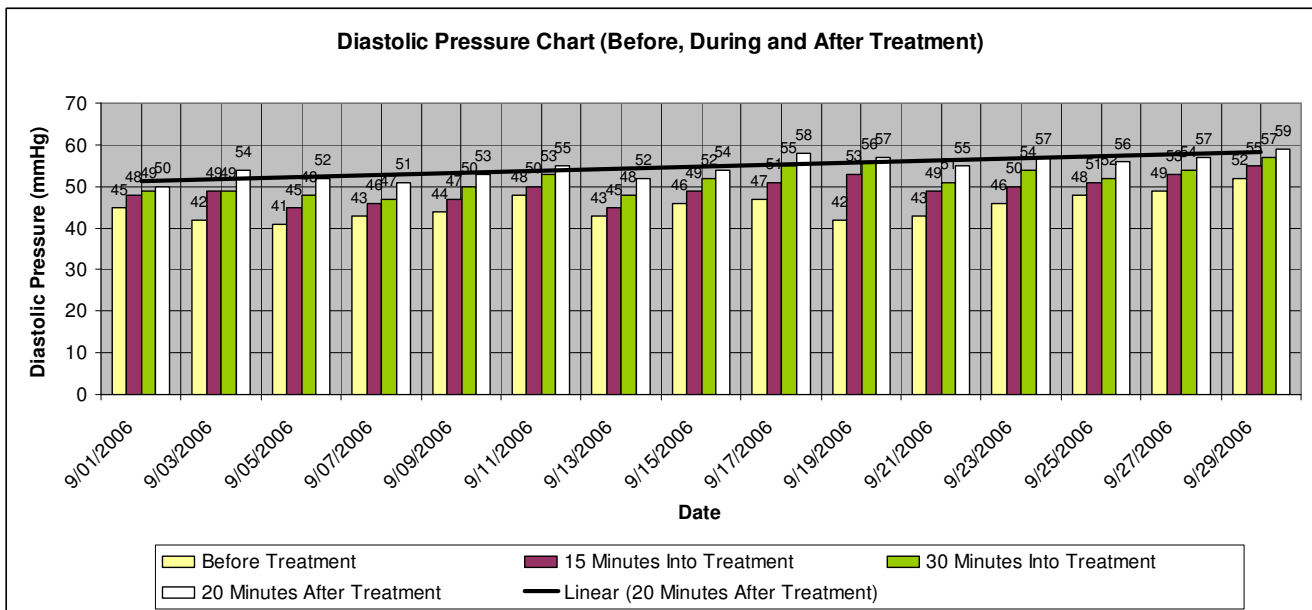
### SUBJECT E - SYSTOLIC

SUBJECT E	Before Treatment	15 minutes	30 minutes	20 AFTER
9/01/2006	90	100	115	115
9/03/2006	91	103	117	119
9/05/2006	92	99	110	118
9/07/2006	91	106	111	119
9/09/2006	93	104	109	117
9/11/2006	91	103	114	118
9/13/2006	94	109	113	117
9/15/2006	96	107	119	119
9/17/2006	95	109	118	121
9/19/2006	96	109	119	123
9/21/2006	92	108	114	119
9/23/2006	97	105	115	124
9/25/2006	98	115	119	123
9/27/2006	99	111	119	119
9/29/2006	100	112	118	124



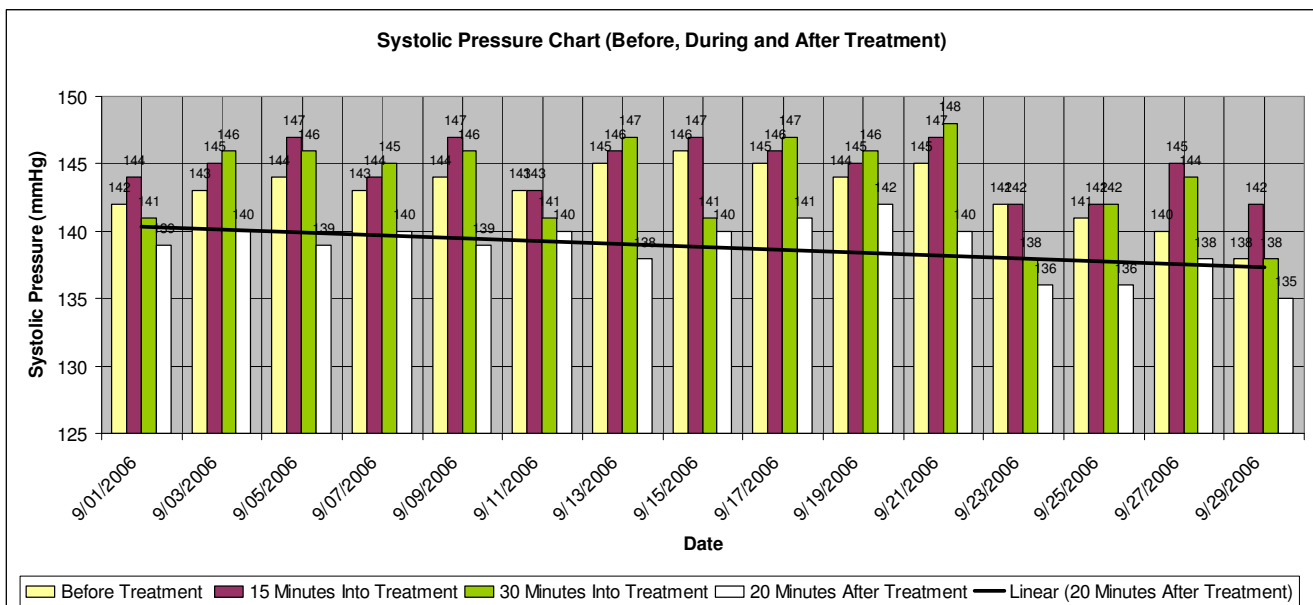
**SUBJECT E - DIASTOLIC**

<b>SUBJECT E</b>	<b>Before Treatment</b>	<b>15 minutes</b>	<b>30 minutes</b>	<b>20 AFTER</b>
9/01/2006	45	48	49	50
9/03/2006	42	49	49	54
9/05/2006	41	45	48	52
9/07/2006	43	46	47	51
9/09/2006	44	47	50	53
9/11/2006	48	50	53	55
9/13/2006	43	45	48	52
9/15/2006	46	49	52	54
9/17/2006	47	51	55	58
9/19/2006	42	53	56	57
9/21/2006	43	49	51	55
9/23/2006	46	50	54	57
9/25/2006	48	51	52	56
9/27/2006	49	53	54	57
9/29/2006	52	55	57	59



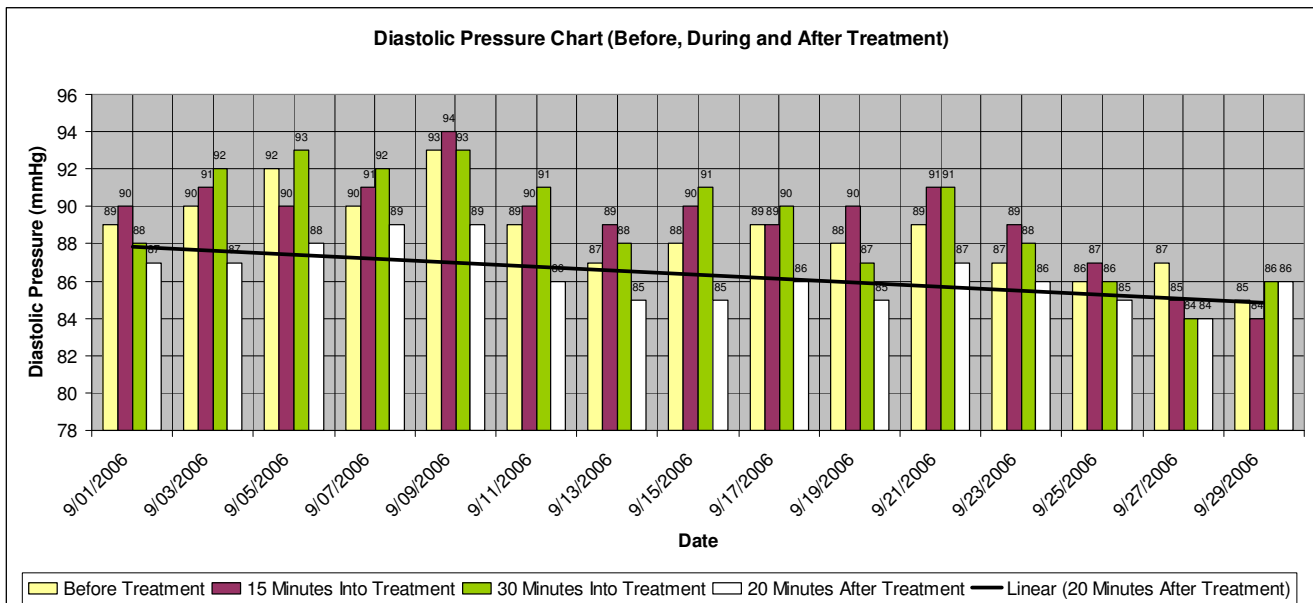
## SUBJECT F - SYSTOLIC

SUBJECT F	Before Treatment	15 minutes	30 minutes	20 AFTER
9/01/2006	142	144	141	139
9/03/2006	143	145	146	140
9/05/2006	144	147	146	139
9/07/2006	143	144	145	140
9/09/2006	144	147	146	139
9/11/2006	143	143	141	140
9/13/2006	145	146	147	138
9/15/2006	146	147	141	140
9/17/2006	145	146	147	141
9/19/2006	144	145	146	142
9/21/2006	145	147	148	140
9/23/2006	142	142	138	136
9/25/2006	141	142	142	136
9/27/2006	140	145	144	138
9/29/2006	138	142	138	135



## SUBJECT F - DIASTOLIC

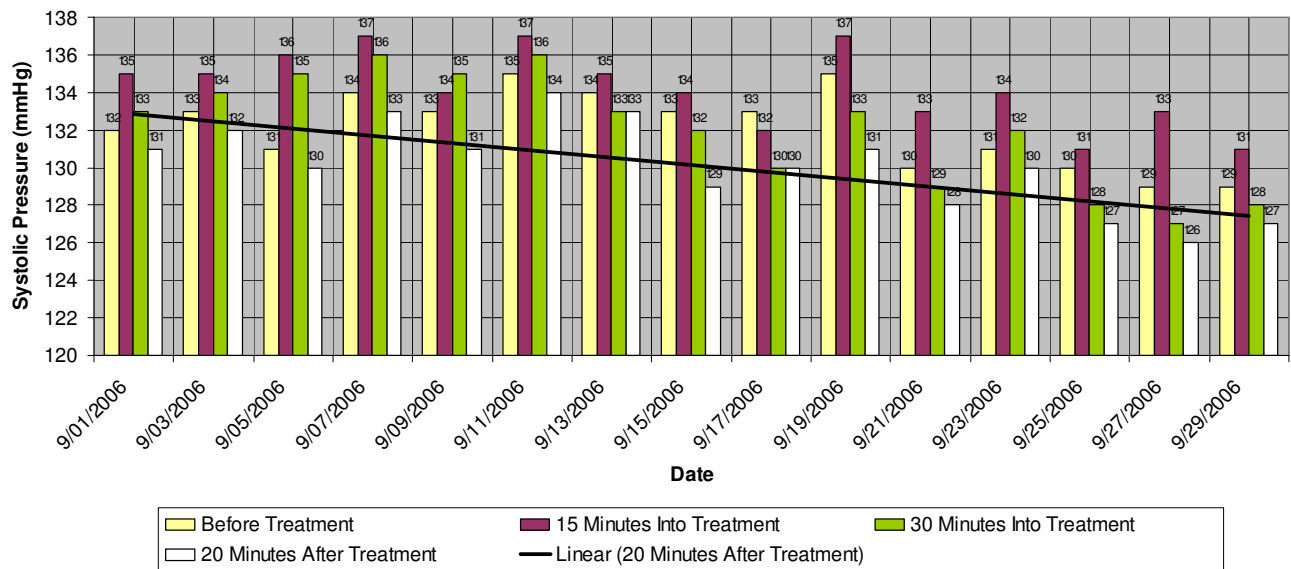
SUBJECT F	Before Treatment	15 minutes	30 minutes	20 AFTER
9/01/2006	89	90	88	87
9/03/2006	90	91	92	87
9/05/2006	92	90	93	88
9/07/2006	90	91	92	89
9/09/2006	93	94	93	89
9/11/2006	89	90	91	86
9/13/2006	87	89	88	85
9/15/2006	88	90	91	85
9/17/2006	89	89	90	86
9/19/2006	88	90	87	85
9/21/2006	89	91	91	87
9/23/2006	87	89	88	86
9/25/2006	86	87	86	85
9/27/2006	87	85	84	84
9/29/2006	85	84	86	86



## SUBJECT G - SYSTOLIC

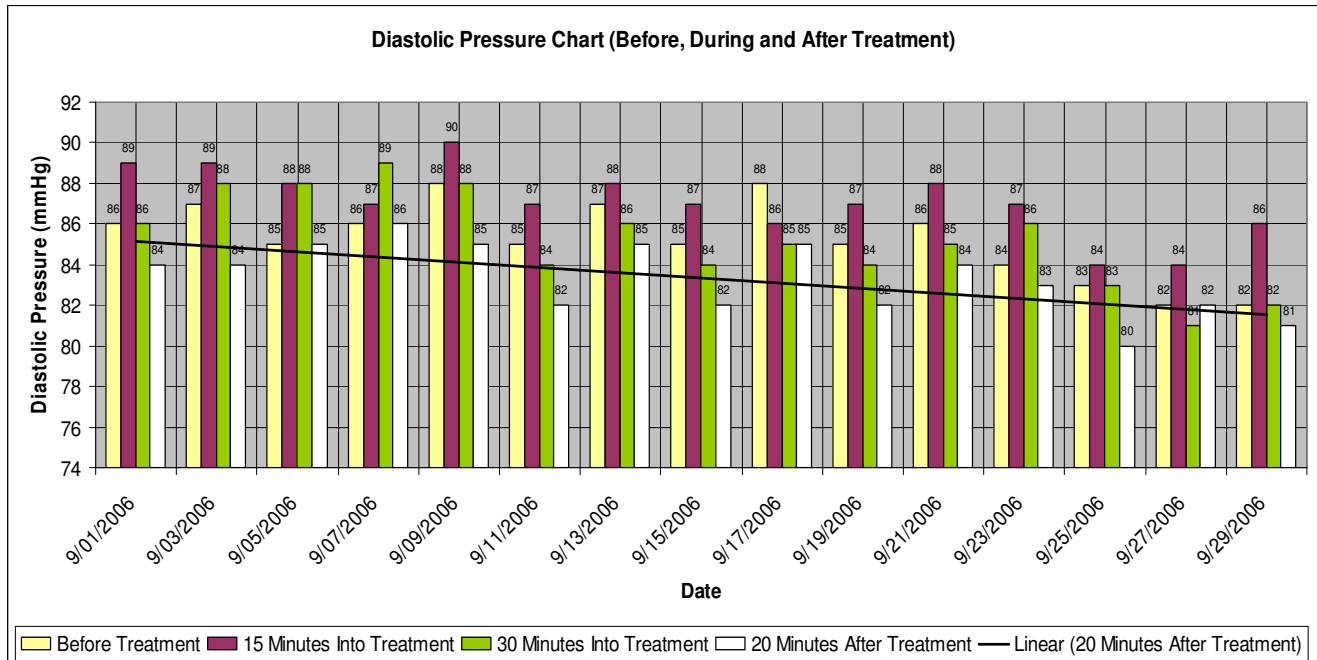
SUBJECT G	Before Treatment	15 minutes	30 minutes	20 AFTER
9/01/2006	132	135	133	131
9/03/2006	133	135	134	132
9/05/2006	131	136	135	130
9/07/2006	134	137	136	133
9/09/2006	133	134	135	131
9/11/2006	135	137	136	134
9/13/2006	134	135	133	133
9/15/2006	133	134	132	129
9/17/2006	133	132	130	130
9/19/2006	135	137	133	131
9/21/2006	130	133	129	128
9/23/2006	131	134	132	130
9/25/2006	130	131	128	127
9/27/2006	129	133	127	126
9/29/2006	129	131	128	127

**Systolic Pressure Chart (Before, During and After Treatment)**



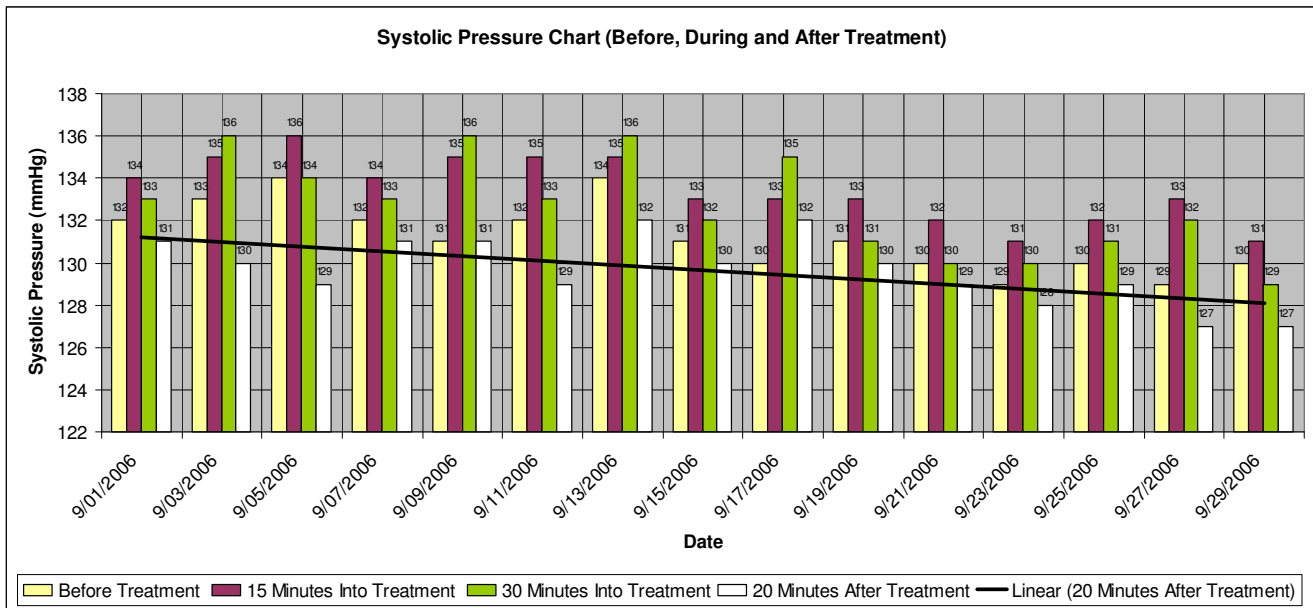
## SUBJECT G - DIASTOLIC

SUBJECT G	Before Treatment	15 minutes	30 minutes	20 AFTER
9/01/2006	86	89	86	84
9/03/2006	87	89	88	84
9/05/2006	85	88	88	85
9/07/2006	86	87	89	86
9/09/2006	88	90	88	85
9/11/2006	85	87	84	82
9/13/2006	87	88	86	85
9/15/2006	85	87	84	82
9/17/2006	88	86	85	85
9/19/2006	85	87	84	82
9/21/2006	86	88	85	84
9/23/2006	84	87	86	83
9/25/2006	83	84	83	80
9/27/2006	82	84	81	82
9/29/2006	82	86	82	81



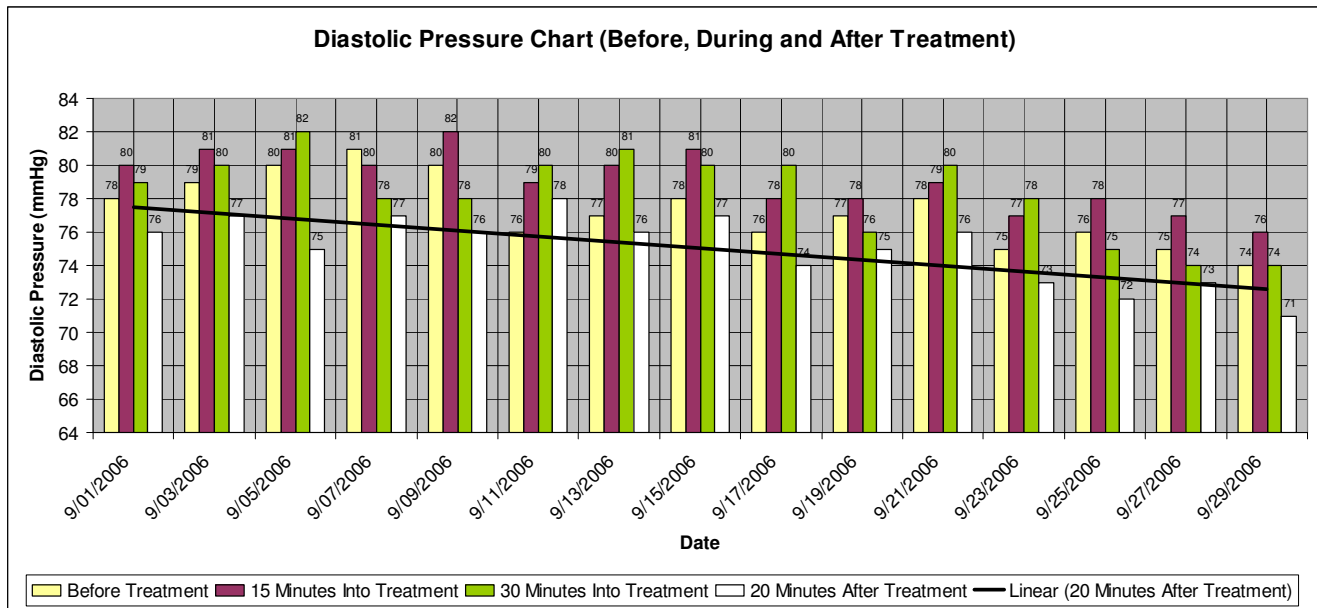
## SUBJECT H - SYSTOLIC

SUBJECT H	Before Treatment	15 minutes	30 minutes	20 AFTER
9/01/2006	132	134	133	131
9/03/2006	133	135	136	130
9/05/2006	134	136	134	129
9/07/2006	132	134	133	131
9/09/2006	131	135	136	131
9/11/2006	132	135	133	129
9/13/2006	134	135	136	132
9/15/2006	131	133	132	130
9/17/2006	130	133	135	132
9/19/2006	131	133	131	130
9/21/2006	130	132	130	129
9/23/2006	129	131	130	128
9/25/2006	130	132	131	129
9/27/2006	129	133	132	127
9/29/2006	130	131	129	127



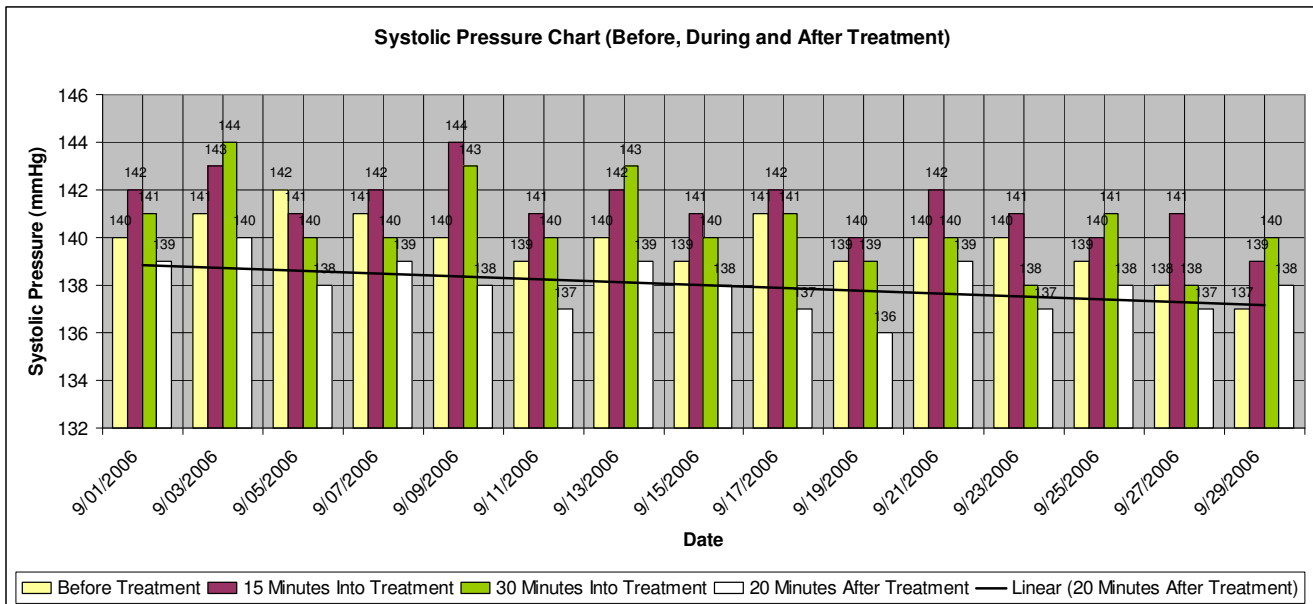
## SUBJECT H - DIASTOLIC

SUBJECT H	Before Treatment	15 minutes	30 minutes	20 AFTER
9/01/2006	78	80	79	76
9/03/2006	79	81	80	77
9/05/2006	80	81	82	75
9/07/2006	81	80	78	77
9/09/2006	80	82	78	76
9/11/2006	76	79	80	78
9/13/2006	77	80	81	76
9/15/2006	78	81	80	77
9/17/2006	76	78	80	74
9/19/2006	77	78	76	75
9/21/2006	78	79	80	76
9/23/2006	75	77	78	73
9/25/2006	76	78	75	72
9/27/2006	75	77	74	73
9/29/2006	74	76	74	71



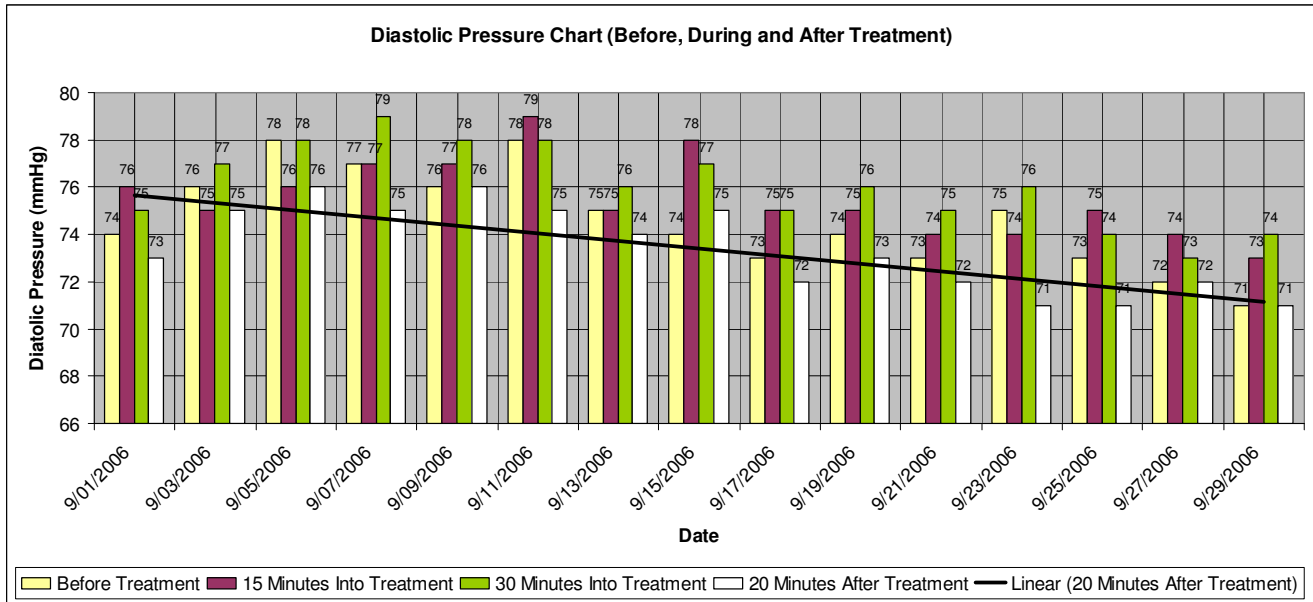
## SUBJECT I - SYSTOLIC

SUBJECT I	Before Treatment	15 minutes	30 minutes	20 AFTER
9/01/2006	140	142	141	139
9/03/2006	141	143	144	140
9/05/2006	142	141	140	138
9/07/2006	141	142	140	139
9/09/2006	140	144	143	138
9/11/2006	139	141	140	137
9/13/2006	140	142	143	139
9/15/2006	139	141	140	138
9/17/2006	141	142	141	137
9/19/2006	139	140	139	136
9/21/2006	140	142	140	139
9/23/2006	140	141	138	137
9/25/2006	139	140	141	138
9/27/2006	138	141	138	137
9/29/2006	137	139	140	138



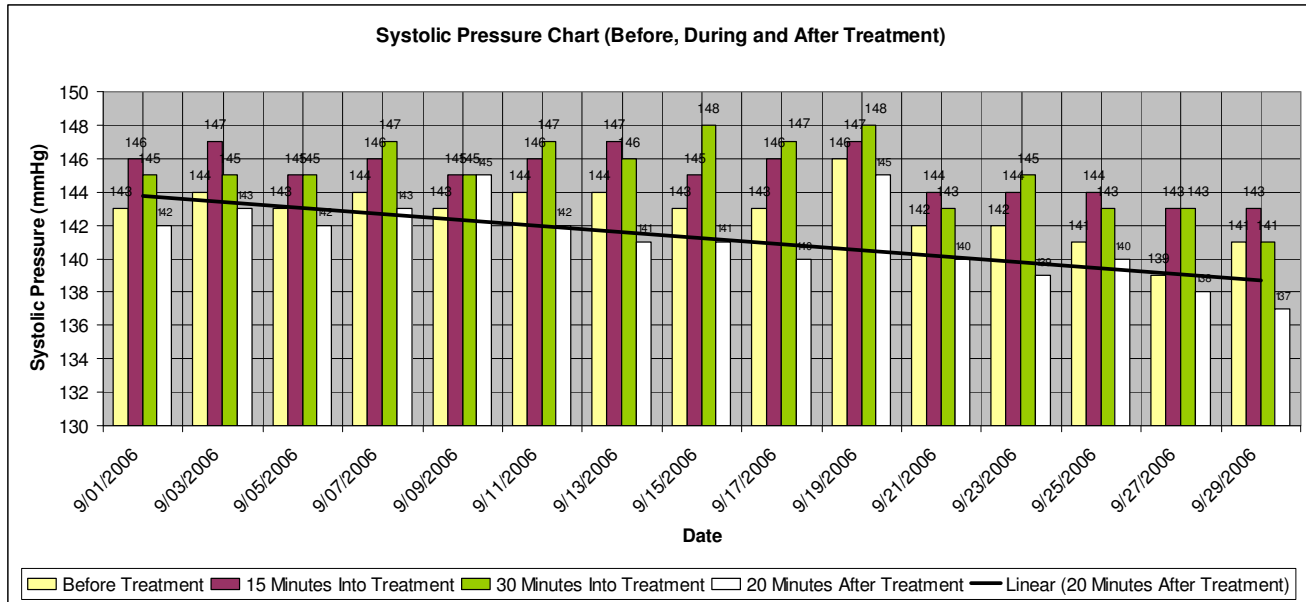
**SUBJECT I – DIASTOLIC**

<b>SUBJECT I</b>	<b>Before Treatment</b>	<b>15 minutes</b>	<b>30 minutes</b>	<b>20 AFTER</b>
9/01/2006	74	76	75	73
9/03/2006	76	75	77	75
9/05/2006	78	76	78	76
9/07/2006	77	77	79	75
9/09/2006	76	77	78	76
9/11/2006	78	79	78	75
9/13/2006	75	75	76	74
9/15/2006	74	78	77	75
9/17/2006	73	75	75	72
9/19/2006	74	75	76	73
9/21/2006	73	74	75	72
9/23/2006	75	74	76	71
9/25/2006	73	75	74	71
9/27/2006	72	74	73	72
9/29/2006	71	73	74	71



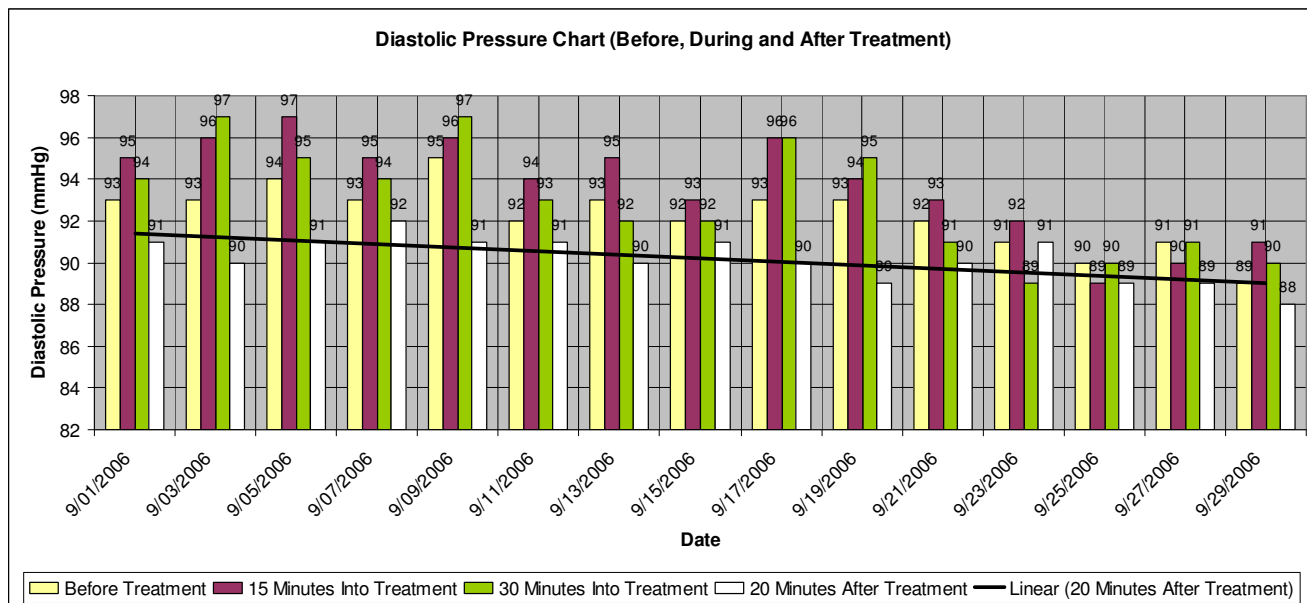
## SUBJECT J - SYSTOLIC

SUBJECT J	Before Treatment	15 minutes	30 minutes	20 AFTER
9/01/2006	156	157	156	155
9/03/2006	157	158	155	154
9/05/2006	155	156	157	153
9/07/2006	156	157	155	154
9/09/2006	157	158	159	155
9/11/2006	156	157	158	154
9/13/2006	155	156	156	153
9/15/2006	157	158	156	155
9/17/2006	158	157	158	156
9/19/2006	157	154	155	154
9/21/2006	153	155	154	152
9/23/2006	154	156	157	153
9/25/2006	152	153	151	150
9/27/2006	151	152	150	149
9/29/2006	150	151	152	149



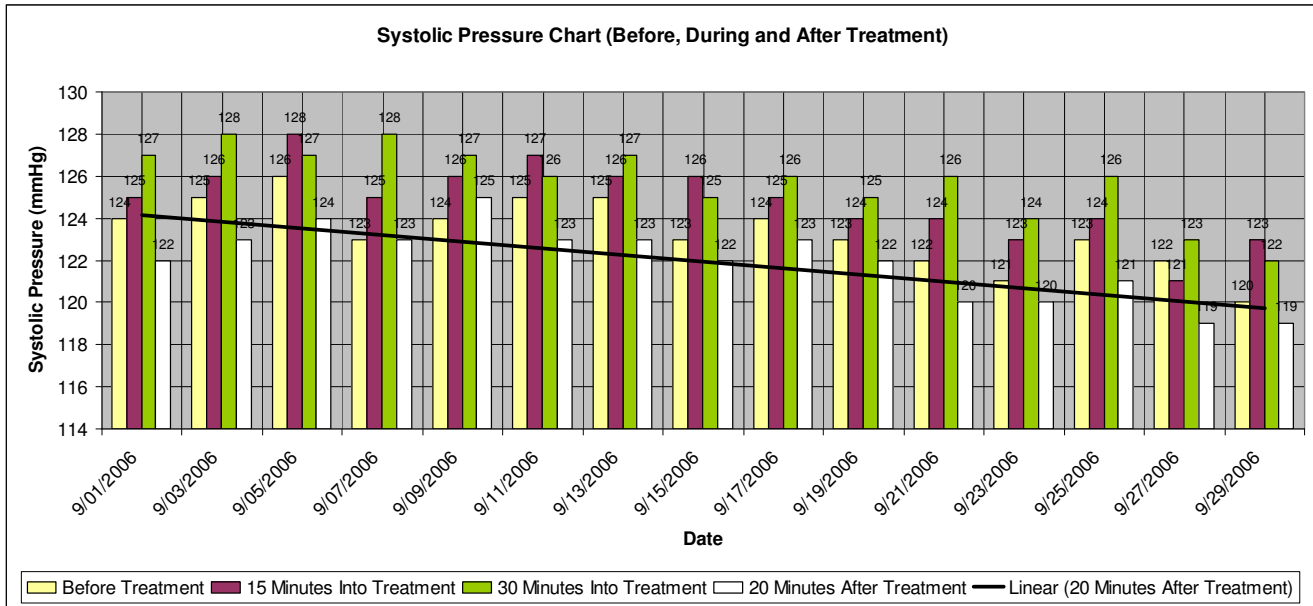
## SUBJECT J - DIASTOLIC

SUBJECT J	Before Treatment	15 minutes	30 minutes	20 AFTER
9/01/2006	93	95	94	91
9/03/2006	93	96	97	90
9/05/2006	94	97	95	91
9/07/2006	93	95	94	92
9/09/2006	95	96	97	91
9/11/2006	92	94	93	91
9/13/2006	93	95	92	90
9/15/2006	92	93	92	91
9/17/2006	93	96	96	90
9/19/2006	93	94	95	89
9/21/2006	92	93	91	90
9/23/2006	91	92	89	91
9/25/2006	90	89	90	89
9/27/2006	91	90	91	89
9/29/2006	89	91	90	88



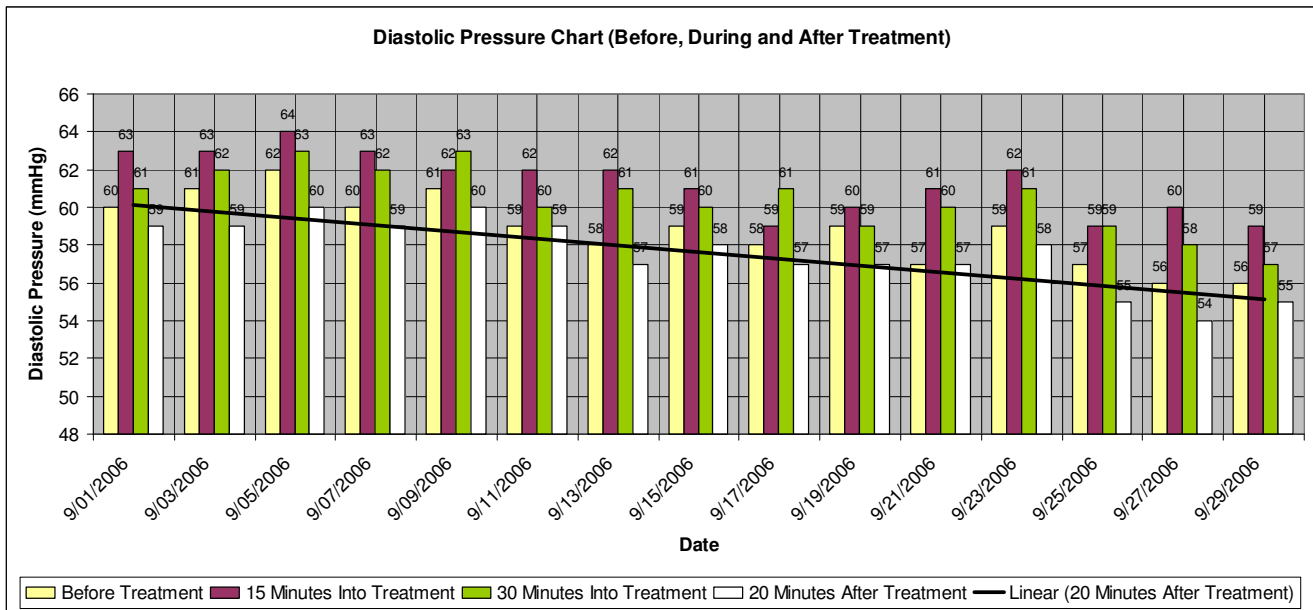
## SUBJECT K - SYSTOLIC

SUBJECT K	Before Treatment	15 minutes	30 minutes	20 AFTER
9/01/2006	124	125	127	122
9/03/2006	125	126	128	123
9/05/2006	126	128	127	124
9/07/2006	123	125	128	123
9/09/2006	124	126	127	125
9/11/2006	125	127	126	123
9/13/2006	125	126	127	123
9/15/2006	123	126	125	122
9/17/2006	124	125	126	123
9/19/2006	123	124	125	122
9/21/2006	122	124	126	120
9/23/2006	121	123	124	120
9/25/2006	123	124	126	121
9/27/2006	122	121	123	119
9/29/2006	120	123	122	119



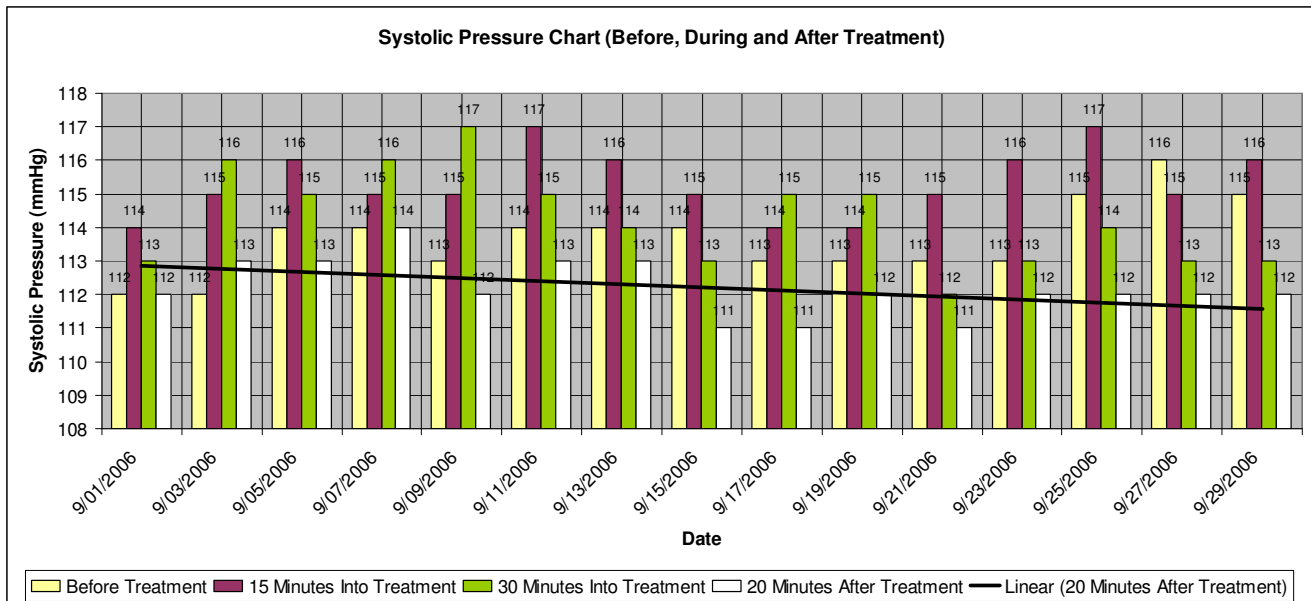
## SUBJECT K - DIASTOLIC

SUBJECT K	Before Treatment	15 minutes	30 minutes	20 AFTER
9/01/2006	60	63	61	59
9/03/2006	61	62	61	59
9/05/2006	62	64	63	60
9/07/2006	60	63	62	59
9/09/2006	61	63	62	60
9/11/2006	59	62	60	59
9/13/2006	58	62	61	59
9/15/2006	59	61	60	58
9/17/2006	58	59	60	58
9/19/2006	58	60	59	57
9/21/2006	57	60	59	57
9/23/2006	59	60	61	58
9/25/2006	57	60	59	55
9/27/2006	56	59	58	55
9/29/2006	56	59	57	55



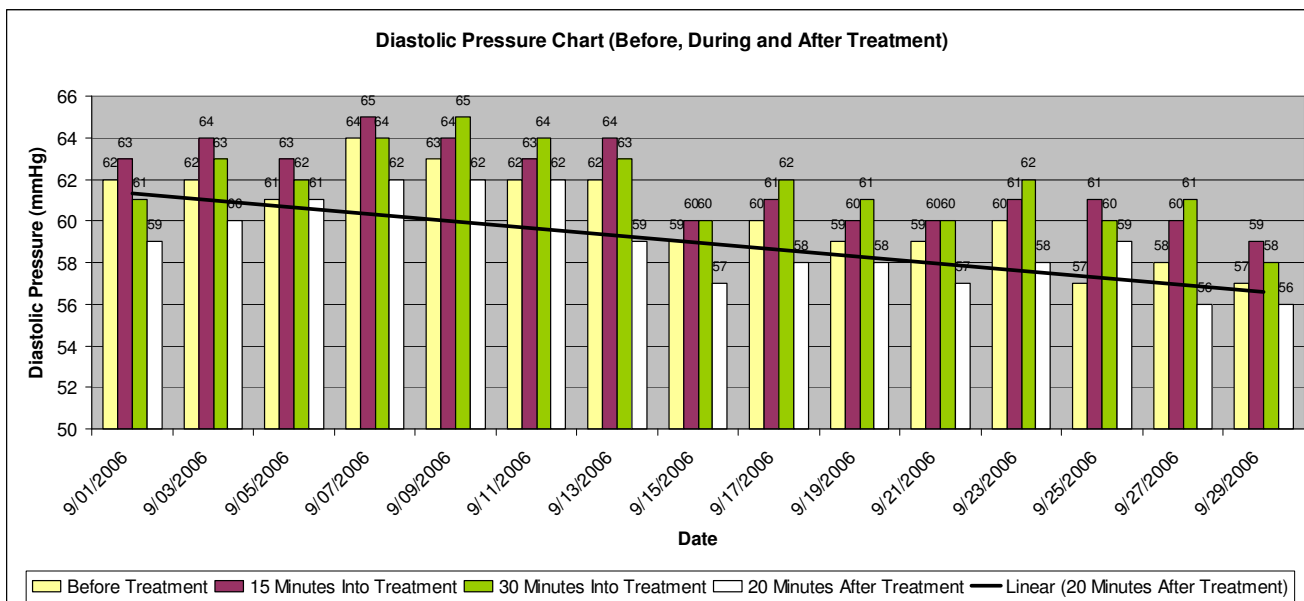
## SUBJECT L - SYSTOLIC

SUBJECT L	Before Treatment	15 minutes	30 minutes	20 AFTER
9/01/2006	112	114	113	113
9/03/2006	113	115	116	114
9/05/2006	114	116	115	113
9/07/2006	115	117	117	114
9/09/2006	113	115	116	112
9/11/2006	115	117	116	113
9/13/2006	112	114	113	118
9/15/2006	113	117	116	111
9/17/2006	115	116	112	114
9/19/2006	113	114	115	112
9/21/2006	114	115	113	111
9/23/2006	112	113	112	115
9/25/2006	115	120	117	116
9/27/2006	114	115	113	115
9/29/2006	115	116	115	117



**SUBJECT L - DIASTOLIC**

<b>SUBJECT L</b>	<b>Before Treatment</b>	<b>15 minutes</b>	<b>30 minutes</b>	<b>20 AFTER</b>
9/01/2006	62	63	61	59
9/03/2006	62	64	63	60
9/05/2006	61	63	62	61
9/07/2006	64	65	64	62
9/09/2006	63	64	65	62
9/11/2006	62	63	64	62
9/13/2006	62	64	63	59
9/15/2006	59	60	60	57
9/17/2006	60	61	62	58
9/19/2006	59	60	61	58
9/21/2006	59	60	60	57
9/23/2006	60	61	62	58
9/25/2006	57	61	60	59
9/27/2006	58	60	61	56
9/29/2006	57	59	58	56



## **SUBJECTS COMMENTS AFTER TRIAL:**

### **Subject A:**

**Age: 29**

**Sex: F**

**Occupation:** Gallery Attendant

**General Complaints:** Old high school injury from soccer; sometimes aches when the weather gets chilly.

### **Experience:**

I did not think that a 35 minute session would make any difference in how I felt. It honestly felt as if I was soaking in a hot springs bath. After my session I felt re-energized and to see the color of the water change did a number on my mental being. Seeing that made me realize that I should maybe relax with the smoking and drinking. As for my old high school injury I have not noticed it since my 1 month trial with Aqua-Chi. It was a great experience!

### **Subject B:**

**Age: 48**

**Sex: F**

**Occupation:** Stay at home Mommy, Homemaker

**General Complaints:** I always feel tired. I never feel like I get a goodnight's rest.

### **Experience:**

First of all I still don't understand how I found the time to come in every 2 days, but honestly it was an hour well worth spent. After every session I felt always relaxed and rejuvenated; it has caused me to sleep better at night. It was like I was a new person after each session and the next day after! Not only did I feel like a new person, but it gave me that boost I needed to take care of the children. Being home all day, cleaning and taking care of the family puts a toll on a person emotionally, mentally and physically. The Aqua-Chi Footbath not only gave me that sense of peace of mind and calm throughout my mind and body, but it has helped me decreased my blood pressure. My doctor was surprised at the drastic drop in my pressure that he cut down my prescription. If I had one of these machines at home I can assure I'd use it all the time.

### **Subject C:**

**Age: 25**

**Sex: F**

**Occupation:** Grad Student – work part time as an Assistant Prof.

**General Complaints:** I never sleep through the night. I always have a cold.

### **Experience:**

Why did I come in every two days? Because I am grad student in management I was curious to see how this type of study would pan out in the end. I figured this would be a good time to observe how these people gathered their information so I came. Honestly though, after the first couple of sessions I was thoroughly hooked and convinced that this footbath did something to me. Not only was I shocked by the color change, but the surprising part was how I felt in the end. I swear after each session I would get a goodnight's rest and that month I dedicated to attending the trial I did not get a cold once. I felt energized and at peace in the end. What I planned for myself was to go in a few times to observe

and see how they manage such a huge test sessions and in the end I come out not only with great notes, but a boost in my well being and I feel more relaxed and ready to hit the ground running!

**Subject D:**

**Age: 58**

**Sex: M**

**Occupation:** Retired Accountant

**General Complaints:** I am a 58 year old man. I am a diabetic with high blood pressure who has a medicine cabinet filled with pills.

**Experience:**

I figured that the time spent to see if this so-called bio-energy machine really works would be a time well spent. Besides as a retired accountant I had the time to spare. I went in thinking the same thing like every other guy out there. I believed that this footbath was not going to work. Surprisingly though, Aqua-Chi did everything it said it would do. Not only do I feel ten years lighter, but my blood pressure dropped and I've cut down on my insulin usage. I feel stronger and for some reason I feel like that my body overall went through this change where my blood is flowing better. I don't get my swollen ankles when I sit for too long, and I feel so much more energized. I was not a believer of this machine until I saw it for myself. My body was flushed of toxic trash. Seeing that with my own eyes I felt like I was cleaning myself out. I now own an Aqua-Chi machine and religiously use it. It's non-evasive and hey, it makes me feel like a million bucks!

**Subject E:**

**Age: 19**

**Sex: F**

**Occupation:** Student

**General Complaints:** I always feel cold. Where ever I am I always bring a sweater with me. People tell me I'm too skinny.

**Experience:**

Going into this trial was exciting for me. I had never done anything like this before. I was told that by attending these trial sessions I would be able to improve my blood circulation. I was so amazed by the color change and how long it took for me to gain some insight on what was going on. After my first session my blood pressure increased! I was so shocked that I made sure to come in for my second, third and so on! After that I noticed that I don't get cold as often, my appetite increased and I'm not as easily tired. It is like I am a new person.

**Subject F:****Age: 50****Sex: F****Occupation:** DMV Employee**General Complaints:** My head always feels heavy. I feel like I'm always taking in deep breaths and it feels like my surroundings are stuffy.**Experience:**

Good thing I had the opportunity to schedule my trail sessions during my lunch hour. Those are the best lunch hours I've spent in a long time. At first I was skeptical about the treatments but into my 4 footbath experience I noticed dramatic changes in my mood and energy level! Being at my job, I am required to sit there for long periods of time. I'm not sure if it was the change of scenery, but after each Aqua-Chi session I felt "lighter" and it felt like I could catch my breath. I came out more relaxed after each session. This machine really works!

**Subject G:****Age: 32****Sex: F****Occupation:** Boutique Shop Owner**General Complaints:** I'm a little overweight and I find that I always get swollen feet after I walk too much. It feels like I'm not getting enough blood in that area. Due to being a bit overweight I am at risk of high blood pressure. I am right at the border with my pressure!**Experience:**

I didn't think I could find the time to make the sessions, but after 2 sessions I was completely convinced that the Aqua-Chi footbath had a positive effect on my well being and complexion. After each session I felt rejuvenated and cleansed. Semi hot water was used in the tub and sitting with my feet in the water for 35 minutes caused me to sweat a bit. It felt like I was in a steam room. After 5 sessions I was getting compliments from family and friends about my skin and how it glowed and not only that, but my blood pressure dropped a bit. According to my doctor, my blood pressure improved! It feels like my body flow in general is smoother! I think that with the boost of self confidence from these sessions, I started eating healthier and I also joined a gym. I now own an Aqua-Chi footbath and use it religiously.

**Subject H:****Age: 28****Sex: F****Occupation:** College Student**General Complaints:** I have major cramps when I am on my menstrual cycle. Prior to my cycle I get these mind blowing headaches. My doctor says it's part of being a woman.**Experience:**

I have never felt so good in my life! My body did a complete 180 and has healed itself into a new person. I don't get those mind blowing headaches any more and those cramps have subsided to a point where I don't feel it much! I'm also regular and it feels like my body as a whole is ticking better. Instead of feeling constantly bloated and tired during my menstrual cycle I feel the complete opposite. The Aqua-Chi trial sessions could not have come at a better time for me. The treatments were during

my menstrual cycle and after the third session, the cramping alleviated and I felt like my mind cleared. I felt cleansed and lighter in a sense. I didn't think something like this would work! I stopped taking my pain medication during my cycle all together and instead use the Aqua-Chi footbath as often as possible!

**Subject I:**

**Age: 43**

**Sex: M**

**Occupation:** Loan Officer

**General Complaints:** I am a father of three and I am the bread winner of the family so I feel constantly stressed.

**Experience:**

I was hopeless so I thought I'd give it try and see what this footbath can do. I decided that the hour break away from work, family and life in general would hurt. After the very first session I honestly did see anything special happen. Besides the color change of the water I feel like it was any other day. I had not had a good night's rest since my 3 year old child was born (6 months ago) and that night I felt like I was sleeping in the clouds. I went again for the second session and this time I went in with an open mind, seeing as how I felt that night I was excited to experience other things. After the session I felt more relaxed. I felt like the stressed was seeping out of me. To that much dirt and toxins being drawn out of me gave me mental clarity and mentally cleared my head. I was able to think better and clearer and my mood has drastically improved. I feel like I am a happier person. I still have the stresses of life, but after the trail sessions with Aqua-Chi I feel like I have a way to relieve some of the stresses of life. It was a great experience - I'd do it again!

**Subject J:**

**Age: 67**

**Sex: F**

**Occupation:** Jewelry Store Owner

**General Complaints:** I have arthritic fingers with occasional stiffness through my right index finger.

**Experience:**

After years of working in such an industry I never thought my beautiful hands would break down on me like this. As a woman in this field it is imperative that I look the part of a jewelry store owner. Who wants to deal with gnarled hands? For years I've been on high blood pressure medication and I have loads of arthritis creams and pills. I am going to be 70 years old soon and I don't want to live out the rest of my days poisoning my body with chemicals. When I heard about the Aqua-Chi trial sessions I was ecstatic to give it a go as I am a believer in self healing and alternative health! After the fourth session I noticed that my index finger had 50 percent mobility and my arthritis pain decreased considerably. I made sure to make every single session and I noted my experience after each session so I am sure that this overall experience has helped me! I also decreased my intake of western medicine pills for my blood pressure and I feel like I'm living better! I also feel better and so much more energized and stronger. In all the years of my personal research I have finally come across something that is reliable. I own an Aqua-Chi machine now and it's one of the best investments I've made since my jewelry shop!

**Subject K:**

**Age: 21**

**Sex: M**

**Occupation:** College Student

**General Complaints:** No general complaints.

**Experience:**

I came in stressed about an assignment, but after the first 35 minute session I felt relieved and stress free. I came in a few more times expecting the same results and I actually got what I expected. I feel great. It's a machine I think I will have to purchase for my parents and grandparents. I see them benefiting from this!

**Subject L:**

**Age: 24**

**Sex: F**

**Occupation:** Architect

**General Complaints:** I constantly feel tired and groggy, especially after I have eaten. I have shortness of breath and find myself trying to catch a deep breath. I feel as though I don't get enough oxygen to my brain. My legs feel cramped, as if I have Charley Horses or growing pains all over again. This tends to happen towards the end of the day after I have been sitting down in front of the computer. My left side of my head feels tight. This pain continues down to my neck, where it feels stiff.

**Experience:** After the session I felt a release from feeling tense. The left side of my head stopped hurting and it was all of a sudden easier to take in a deep breath. I felt calmer and more at ease with my body. Overall, I felt lighter, more relaxed, and peaceful.

## **CONCLUSIONS:**

The non-invasive study shows a correlation between the relative well-being of the subject and the usage of the Aqua-Chi Footbath through the measurement of blood pressure and descriptive testimonials. Of the 12 subjects that were tested during a one month period, there is a strong indication based on the collected data and testimonials that those with higher blood pressure would normalize relative to the subject's past blood pressure measurement, and those with low blood pressure would show a slight increase in their blood pressure measurement relative to their past blood pressure readings. The subjects' detailed descriptions of their well-being would change for the better during the course of the trial sessions along with the gradual change of their relative blood pressure readings. In other words, the testimonials positively correlated with the blood pressure readings, showing that the Aqua-Chi Footbath made these 12 individuals feel something better than before. (Please refer to data and testimonials.)

## Blood Pressure Summary

Over a one month period the subjects; blood pressure did show positive changes in that if the subject had high blood pressure there would be a significant drop in both the systolic and diastolic points. Subjects' with normal blood pressure reading stayed constant throughout the trial session, but expressed great relief of chronic pain and/or chronic fatigue. Those that had low blood pressure reading showed a considerable increase in both the systolic and diastolic points.

Most of the subjects expressed that they either felt some sort of pain or great fatigue. Miss Betty T, (subject A) complained of about an old high injury that would come about during the chilly season. Miss Betty is also a smoker and drinker and has claimed that after using Aqua-chi she felt the need to decrease her bad habits. After a one month trial she has never felt better. Although she has a normal blood pressure, both her systolic and diastolic point maintained a constant reading, plus or minus a few points.

Another great example of chronic fatigue is a woman name Miss Tracey H. (subject B), a stay at home Mother who constantly feels tired and never seems to get a good night's rest because she is always tending to the children. At the beginning of the trial, Miss Tracey H. was at the borderline with her high blood pressure. At the end of the one month trial her systolic and diastolic points dropped significantly and she reportedly confesses that she feels less tired and more energized.

Miss Tina F. (subject H) complained of an irregular menstrual cycle and painful cramps. She started out with normal blood pressure readings and it stayed constant throughout the trial without any significant changes in the readings. After one month she has expressed that her cramps have subsided and her menstrual cycle is regular.

Mrs. Norma T. (subject J), the jewelry owner with high blood pressure and arthritic fingers came in with very high blood pressure, but at the end of the trial the systolic and diastolic dropped significantly. She started out with a reading of 156/93 and at the end of the trial her blood pressure dropped to 149/88. On top of that, her arthritis pain subsided and she was able to mover her fingers.

In conclusion pertaining to blood pressure, those with normal blood pressure stayed constant throughout the trial. Those with high blood pressure showed a noticeable drop in pressure. And finally, those with low blood pressure did show a significant increase in blood pressure.