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## **The Power of the Sea - The Essential Component for an Optimal Sea-Onic Footbath Detoxification**

### **Introduction**

In order to do justice to the complexities of the operations of the *Sea-Onic* footbath, we will provide a brief history outline concerning the development of life on the planet Earth.

Scientists estimate that life on Earth originated some 400 million years ago as single cell organisms in the ocean. These single cell organisms contained a nucleus inside the cell. Further, these cells had the unique ability to reproduce themselves using the information included, in some complex way, in the DNA contained in the nucleus of these single cell organisms.

For these organisms, hydration was a fact of life and automatic, for they simply swam in the mineral rich ocean milieu that contained just about every known mineral in the periodic table of elements. These single cell organisms had a cell wall and, through it they took in mineral nutrients from the ocean, in the form of mineral-rich sea water. In turn, they would put back into the vast ocean their spent bodily fluids, rich in organic minerals. Over time, the ocean water acquired a vast complex of organic minerals coming from these effluents. To this day, millions of years later, our oceans still contain such single cell organisms, often called marine phytoplankton and zooplankton. These cells still operate in



a very similar way resulting in an ocean that still has, after all these millennia, a composition very similar to that of the ancient oceans.

Of course we are not single cell organisms and we need to understand that evolution did not stop at the single cell level. So, over time, cells found it beneficial to group into multi-cell clumps and there began the mechanism of cellular differentiation. For one thing, this meant that there would be some cells in the interior of the organism that would be much farther from the ocean, being separated from it by layers of other cells. For these cells in the interior, hydration meant the process of how these cells would continue to receive nutrients from the ocean and how they would find ways to excrete their effluent in ways that would not suffocate the other cells that lie between them and the open ocean.

As these organisms became more evolved, the complexity of cellular hydration rose tremendously, with the advent of blood circulation system to nourish every cell and carry away their effluents. In a way that honors the origins of the cells, blood became a 2-component system with i) a blood plasma that resembles to this day, the mineral-rich ocean water and ii) red blood cells that carry oxygen to the cells. For the complex organism, oxygen was carried from the lungs (or the gills, in the case of fish) to the individual cells.

In the next most dramatic step of evolution, the organism came out of the ocean and started living on dry ground. These would be our mammalian ancestors who learned to quench their thirst on a mixture of i) sweet water that flowed into the ocean from rain-fed and mountain-spring-fed rivers and ii) whole seawater, as a source of these precious 90 or so minerals that had been used from the very beginnings to construct single-cell life.



To this day, then, our physical bodies expect a mixture of sweet water and seawater (ocean water) for perfect hydration, in the ratio of about 1% seawater in sweet water. Further, Mother Nature has seen to it that the sweet water that flows down our rivers from mountain springs has a cluster structure similar to that of the water inside our cells.

For example, it is known that when sweet water ponds and aquariums acquire 1% of their water as ocean water, all the fish and plants in that aquarium or pond live that much better and healthier.

## **Cluster and Mineral Structure of Optimal Hydrating Water**

The water inside our living cells is not only single water molecules, but also a grouping of water molecules. This group is often in the general shape of a hexagon made of 6 water molecules, not too different from the pattern of a snowflake. These are often called “living water clusters”. This is in part because one can do MRI studies of the water inside a living cell to discover that when the cell is killed, say, by a poison, the MRI signature of these living water clusters disappears and is replaced by the signature of much larger water clusters, containing up to 25 water molecules.

When water with big clusters flows inside rocks that contain quartz crystals, the contact with, and motion around, the quartz will break up these large clusters and recover the hexagonal structure of the water. Thus, sweet water from mountain springs that flows in many vortices in rivers ends up having a cluster structure that is very much like that of blood plasma and lacks only the ocean trace minerals to be almost exactly like living blood plasma.



However, there are various new technologies available that can produce hexagonal cluster water. These technologies will reduce the “dead-cluster” size of 25 molecules to around 5-7 molecules. We mention two of the more important ones here: 1) One can put tap water through an alkalizing water machine (it is important to note that all such machines are not created equal) that also reduces the cluster size and 2) One can use a machine such as the Volixer™ to decrease the cluster size. In these two approaches, one can improve the final result by adding seawater, or sea minerals, to the water, before using them.

Here we note that around the turn of the twentieth century, a salt-evaporation-basin technique was developed that allowed people to produce “purified” salt out of seawater. This was called sea salt, although it was 99% sodium chloride, whereas if one evaporates seawater and one retains all of the minerals resulting from this evaporation, the resulting mix is around 75% sodium chloride and 25% all the other known minerals on Earth. Salt suppliers do not like to produce this kind of evaporated seawater due to the fact that it is extremely hygroscopic (it attracts humidity).

Now, when pure sodium chloride (table salt) or nearly pure sodium chloride (most sea salt) is ingested, our digestive system is missing the rest of the minerals that it would need to metabolize this excess sodium chloride and our physiology eventually develops sodium overload with grave consequences for our health. In particular, hydration is adversely affected because our cells rely on a balance of sodium and potassium to manage the flow of water across the cell membranes. Seawater, in small quantities, has this perfect natural balance.



However, sodium chloride, and therefore, most “Sea Salt”, only contributes to creating disease due to the lack of the body’s cellular hydration mechanisms.

## **Detoxification of the body**

Because we have been consuming water that has the wrong mineral balance from the oceanic point of view, it becomes very important to detoxify our body.

Further, there are many toxins in our environment, and over time our bodies absorb, ingest and accumulate these toxins. So, we must begin by removing as much of these accumulated toxins as possible. Through the various forms of detoxification processes, we want to remain very conscious that everything that touches or enters our body contains as few toxins as possible. In particular, the air we breathe can bring in all sorts of toxins into our body. But for now, we will focus on hydration detoxification technologies.

As mentioned above, when we drink or bathe with optimal hydrating water, our cells will be predisposed to release various toxins that accumulate over the years. One must keep in mind that it is not necessary to drink the water that we bathe or swim in.

It is important to note that there is now technology available to rapidly produce an average-sized bathtub, around 30 gallons, of optimally hydrating water, containing the correct cluster structure and the correct trace mineral composition. Beyond this, there is also technology to create, over the span of a few weeks, a pool full of optimally hydrating water. Of course such pools contain no toxins and even contribute to removing toxins from the body. For example, older people who are often afflicted with arthritis will find that with



daily swimming in such a pool, joint pains will begin to decrease substantially. That is indeed a major benefit of natural hydration through the skin.

But, let us return to a more elementary method, such as hydrating detoxification, which includes the simple act of drinking as much as possible of the kind of optimally hydrating water (described earlier). This will stimulate our cells to take in this water. This facilitation is possible because the water resembles the kind of water structure that it had first contact with, over the eons of evolution. When the cell does this, it will be stimulated to release the old contaminated water that it has acquired over time.

A most practical solution is provided by advanced footbath technologies in which the [Sea-Onic Array System](#) dynamically treats the water. This will allow the newly created optimally hydrating water to penetrate the skin of the feet and begin the task of detoxifying the body from all of the mineral imbalances accumulated over a lifetime.

## **The Sea-Onic Footbath as a Means of Detoxification**

After several years in development, Body Balance System now offers users a *Sea-Onic* footbath. The essential feature of this footbath is that it begins by the addition of the [Sea-Onic concentrate](#) to the footbath water. This concentrate transforms that water into optimally hydrating water when the current passes through the array. The system applies a current through the water that will add potency to this optimally hydrating water. This will in turn stimulate the water to penetrate the skin of the feet more readily while permeating the lymph of the body over the half hour that the footbath operates. This systematic process tends to displace toxins out of the cells and



into the bath water, while also into the body's elimination channels for recycling and/or disposal.

## **The Endocrine System, the Spinal Column and the Sea-Onic Footbath**

In order to have sustainable wellness, we need a clear path of communication between our brain and the various organs within our body. The brain initially generates signals to the components of the endocrine system that are located in the brain. Next, the signals travel largely through the spinal column and through the nerves that emerge at many points around the vertebrae and then to the organs to disseminate directions on how to operate for optimum health. The spinal column is filled with spinal fluid that resembles the lymph fluid in which all our organs bathe.

When *Sea-Onic* footbaths are done regularly, the lymph and spinal fluids will evolve over time to become more like the optimally hydrating water, and bring them back to the ancestral times when the spinal column was bathed in what was essentially ocean water.

So, when various chiropractic adjustments or similar alternative therapies are made to the spinal columns, the optimal-hydrating, water-irrigated, spine will rapidly increase the learning process. This will support the recognition of these adjustments as returning to nature, and the spinal column will quickly return to its optimum alignment. In turn, this will allow the nerve impulse to properly reach the organs to keep them at peak performance.

## **The Sea-Onic Footbath, Oxygen and Exercise**

One of the many functions of exercise is to increase the oxygen supply to our muscles, nerves and organs. However, in a poorly hydrated body, the



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oxygen content of the lymph that surrounds our tissues can be severely depleted, as a measurement of the pH of the lymph reveals. The natural pH of the lymph is around 7.4, but the national average pH of an American is more like 6.2. Because the pH is a logarithmic measurement, one can derive that close to 94% of the oxygen is gone from the lymph of a person whose lymph pH is around 6.2. Now, our immune system operates by using oxygen to “burn up” undesirable molecules present in our body. So, in the current lack of oxygen of our general population, close to 94% of the lymph system operations have been shut down, leading to all sorts of added sensitivities to bacteria and viruses and allergens.

But equally disturbing, when the oxygen is gone from the lymph, the added oxygen, provided by exercise, never gets to its intended target. This happens because when the lymph lacks oxygen it becomes acid, and that acidity tends to neutralize the alkali nature of the oxygen from exercise. So we have a stalemate and our exercise becomes far more tiring than refreshing, as many have noticed.

By contrast, when one takes regular *Sea-Onic* footbaths, an early observation is that the pH of the lymph begins to drift back up towards the natural value of 7.4. Our digestive and circulatory system has a natural ability to distribute oxygen to the lymph, provided that the trace minerals and the water clustering are appropriate. As the lymph becomes more oxygenated, its pH rises up to its natural value of around 7.4, over a few months.

At this point, for a well-hydrated body, even short-burst training exercises (also called interval training) becomes able to supply all the exercise oxygen



with only a few minutes per day of short, intense exercise bouts, something that even our busy lifestyle can accommodate.

Here we note another possible benefit of the *Sea-Onic* footbath. When one adds baking soda to the footbath, in addition to the [Sea-Onic concentrate](#), this soda will be gently steered to enter the lymph of the body at the level of the feet. Now, bicarbonate is one of Mother Nature's ways of supplying oxygen to the lymph.

When the body is properly hydrated with optimally hydrating water, its trace mineral content is such that the carbon dioxide that is created as a result of the cells burning carbon for energy can combine with the trace minerals and with the oxygen from the air to form mineral bicarbonates. These mineral bicarbonates are naturally alkaline and naturally supply oxygen to the lymph for the operation of the immune system.

There are other oxygen therapies such as ozone and hydrogen peroxide, that purport to fulfill a similar role, but these alternative therapies are so strong that they can be dangerous to the long-term physiology.

One can advantageously replace these dangerous modalities with the inclusion of an appropriate amount of mineral bicarbonate along with the *Sea-Onic* concentrate, into the footbath water before starting the bath. This will allow oxygen-rich water clusters to gently enter the lymph of the body and enhance the detoxification since most of the toxins are oxygen-poor and acidic in nature.



## **The Occurrence of Color Changes in the Bath Water when doing a Sea-Onic Footbath**

A *Sea-Onic* footbath will displace toxins out of the lymph, mostly through the immune system and the kidneys. However, some of these toxins will also come out in the bath water.

The detailed nature of the organic toxins that are liberated by the feet into the bath water will depend on the individual taking the bath, as well as on the various minerals that occur naturally in the starting water for the footbath.

Although it can happen that for some users, the bath water will change color during the bath, this color change is not significant in the case of the *Sea-Onic* footbath.

Indeed, the surface properties of the *Sea-Onic* array have been carefully selected to optimize the functioning of the *Sea-Onic* concentrate in releasing the most toxins, independently of the color. Further, the concentrate positions the toxins to leave the body either directly into the footbath water, or into the immune system for disposal.

Here, the improvements that the *Sea-Onic* footbath offers will be observed by users who take regular footbaths, over a period of weeks and months, and will not show up in any special way in the footbath water color.

## **The Importance of Consuming Optimally Hydrating Water after Taking a Sea-Onic Footbath**

As we have seen, a *Sea-Onic* footbath will release toxins into the lymph of the body for elimination by the immune system via the kidney function. Any



time that we can facilitate the operation of the immune system and the kidneys, we can decrease the body stress of doing this toxin elimination procedure.

One of the simplest ways to help the immune system and the kidneys in their job of eliminating the toxins, once released, is to supply the body with optimal hydrating drinking water and, among the several ways to perform this task, users can drink from 8 to 24 oz. of Volixer™ water that is reconstituted from the [EssenceSea™ Volixer Water Concentrate](#), after each *Sea-Onic* footbath.

## **Supporting the *Sea-Onic* Footbath Detoxification of the Body via an Improved Nutrition and Supplement Program.**

Over time, regular *Sea-Onic* footbaths will accelerate the detoxification of the body. These toxins have accumulated over a lifetime of modern and often indifferent nutrition. As the body gets rid of the most egregious toxins, a window of opportunity opens up to begin supplying it with an improved supplement regimen. In order to understand what this improved regimen might be, we can look at the factors that influence our life style.

We recall that ancient civilizations were coastal in nature and derived their food from the ocean, in the form of sea vegetables and seafood. These foods were flavored by adding small amounts of seawater to the sweet water, often used to do minimal processing of these food items. This supplied all the minerals and other nutrients that were needed for sustainable wellness. Over eons of time, populations drifted away from the ocean. Land agriculture and animal husbandry took over the role of sea vegetables and seafood, with mixed results often leading to minerals deficiencies. In the last century or so, advanced, technology-based food processing has consummated the removal of most minerals and most of the life-force from the food and drink we consume.



Under this new set of conditions, sustainable wellness has become all but impossible, and a vast medical complex has emerged in an attempt to provide a patchwork of palliative solutions when specific wellness failures show up in the population.

Here we now examine three of the most egregious mineral deficiencies. The first one is magnesium deficiency. This element has an enormously complex and ubiquitous role to play in our nutrition. We can get a glimpse of understanding of how this might have come about once we note that magnesium is the second most abundant element in seawater, after sodium. Our physiology is well suited to metabolizing small amounts of seawater, where excess sodium is intended to be filtered out by the kidneys. However, this metabolic process occurs only when ALL the other elements of seawater are present, beginning with magnesium, and going down into the trace elements, some 80+ of them. Once the excess sodium has been processed, a mineral 'soup' remains that is mostly magnesium accompanied with potassium, calcium, and the complete list of other elements. In such a healthy environment, the individual cells of our body utilize a marvelous feature of their cell wall, currently called the "calcium" channel, to ferry calcium and magnesium in and out of the cells. This process serves to build strong bones when needed, by depositing extra calcium. Further, it also serves to build flexible muscles where needed by depositing extra magnesium. This option of accumulating either calcium or magnesium into different cells is governed by the various proteins that each differentiated cell manufactures, via the expression of the various active genes in our DNA.



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However, in our modern society, a great deal of emphasis has been put on dairy products, which are high calcium and low magnesium. Most of the ocean sources of this mineral 'soup', containing magnesium and trace elements, have disappeared from the modern menus. As a result, the calcium channel can no longer function in this selective way. In turn, calcium enters the cell via the calcium channel, but can't leave because the magnesium, as well as the other trace minerals, is missing. This gives rise to a systematic calcification of the soft tissues, which greatly increases their rigidity and leads to a greater effort to move freely. It also leads, perhaps paradoxically, to a decalcification of the bones. This happens because the bone calcium gets extracted in order to maintain the blood pH at a nearly constant value, a job that magnesium was intended to do, if it had been present in the right amounts.

A second critical deficiency is iodine deficiency. This element was abundant in the nutrition of ancient coastal societies, but is almost gone from our modern life. Iodine is the mainstay of the functioning of our endocrine system, an elaborate system of glands that allows our physiology to be fluid and flexible in order to respond to the various stresses within our lives. As a result of this deficiency, we become a great deal less adaptable, and less flexible, in responding to the demands of our complex life.

The third critical deficiency is hydration failures around our cells. We have explained above that ideal hydration involves clustered water that contains a great many trace elements. By contrast, tap water has very few small water clusters and almost no naturally balanced trace minerals. This kind of water is recognized by the kidneys as being "poisonous" and gets removed as fast as possible from the system, leaving the cells of our body with a tremendous



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hydration deficiency. Water begins to ooze out of the cells and as they dehydrate, they become progressively less flexible and less able to conduct their complex business of sustaining the life of the whole organism.

The net result of the 3 deficiencies discussed above is to produce an environment for each cell that is more rigid and less flexible and this starts almost from birth.

It is in response to this situation that the [EssenceSea product line](#) was developed which embraces and utilizes components from the ocean. The main component of this program is the [Super Vitality Program](#) which consists of four products: i) the [Volixer Water concentrate](#) that can produce optimally hydrating water, ii) the [Sea Vitality](#) which offers all the possible magnesium supplements from the ocean, iii) the [Sea-Odine](#) supplement which supplies iodine from the ocean and iv) the [Wild-crafted Grass](#) which supports the adult stem cell system and is grown from ocean fertilizers.

By combining the [Super Vitality Program](#) with regular *Sea-Onic* footbaths, the body finds it much easier to heal itself from various conditions and, as a result, the rate of aging can decrease substantially in many individuals.