
The Libra Litrou Array:

Typically, arrays last for at least 100 half-hour sessions, when used as directed. Typical sessions run 15 minutes on positive polarity & 15 minutes on negative polarity, for a total of 30 minutes. Results may vary due to impurities in the water, time on each polarity, length of session, and salt-water ratio. Note: never use more than 1 level scoop (1/2 tsp.) of fine sea salt as this will shorten the life of the Libra Litrou unit and the array. Many practitioners report 200+ sessions when used as directed. With each use, the array's plates will wear down and staining may occur on the plastic spacers; this is normal. Replace the array when bubbles cease appearing, one or more of the metal plates are consumed, or the connector wires disconnect.

Array Cleaning Instructions:

After each session, turn off the power, remove the array from water and unplug from the unit. Clean the array head in a cup with one part vinegar and three parts warm water. Use the small soft toothbrush to gently scrub debris between the plates. Rinse the array head in a second cup with clean water, then blot dry with a paper towel.

Safety Notes:

Always set the Libra Litrou off the floor and away from the water. The array has an 8 foot cord so that the unit can be kept far away from the water. Never allow the power cord or array plug to get wet. Do not use during an electrical storm. Always use either a GFI outlet or the included GFI unit.

Disclaimer:

This treatment has not been evaluated by the FDA and is not meant to cure, treat or prevent disease. Do not use this instrument if you have an electric device in your body, are pregnant or have a transplanted organ. This is an experimental therapeutic device.

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THE ELECTRICAL SYSTEM OF THE BODY

Our body has an electrical system very similar to the electrical system of a house. The system or circuitry that supplies the electricity necessary to run the house efficiently is controlled by circuit breakers organized in a main electrical panel box. Sometimes improper signals from outside sources, such as weather, can cause a break in the circuit flow, which may cause the system to shut down. Fortunately, the system has been set up in such a way that by just flipping switches in the system, it can be made to work properly again.

In the human body there is also a central electrical system, which is called the nervous system. It contains millions of nerve cells or *neurons*, which transmit messages from one part of the body to another and therefore controls every aspect of our body. A central circuit (nerve) system in the brain controls the body's major physiological functions, such as circulation, hormone secretion, digestion and excretion. Signals from the body, as well as outside factors, come through receptors into these circuits, which then transmit information to the brain. These messages are then organized and redirected back to the body to effect change in a particular body system. As long as this flow of energy remains unobstructed, we remain physically and mentally balanced and as a result, in good health.

Improper signaling may cause many health problems to develop. These signals may come from any number of things, such as environmental toxins, poor diet or physical and emotional stress. This can cause a break in the normal circuit flow to the brain which will create a disorganization in the system resulting in the body either over or under reacting to normal demands. The body is an intricate integrated system of energy fields that must function in a balanced way for us to obtain optimum health.



LIBRA LITROU "Balancing Bath"



LIBRA LITROU SYSTEM

The Libra Litrou is designed for cellular detoxification through an ionic foot bath, which enhances the body's ability to remove toxins stored within it. It is an innovative tool for uniting the properties of water with bioelectric ionic charge, improving and strengthening the body's ability to heal itself.

The electrically charged water balances the body's energy meridians by infusing and realigning the energy field. This experience can be compared to the benefits found from natural hot springs and can be beneficial for facilitating healing in a number of conditions.

By detoxifying the body and balancing the energy fields, this instrument enhances vitality. This therapy can be used independently or in conjunction with other therapies.

www.LibraLitrou.com
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Additional items you will need:

Typical Dishwashing Tub White Vinegar
 Trash Bags for liners (optional) Paper Towels
 Timer 2 Plastic Cups
 Small soft toothbrush

Your unit comes with 4 oz of Mediterranean fine Sea Salt. Thereafter, you may simply refill the jar with your preferred fine sea salt.

Operating Instructions:

Plug the included GFI unit into a grounded wall outlet and plug the power cord into the GFI unit. Then plug the power cord into the back of the Libra Litrou.



Plug in array, beginning with positive side up (positive polarity). (Always turn off the power when switching polarities.)



Cover the tub with an optional trash bag for easier clean up. Pour warm water into the tub high enough to cover the ankle bone. Add one level scoop of Sea Salt.



Place array head in the center of the tub and place feet on either side. After 15 minutes, switch to negative. If you experience fatigue, you may end the session with an additional 5 minutes on positive.



Turn on the Libra Litrou by pressing the horizontal line. After completing the session, rinse feet with clean water and follow array cleaning instructions.



A TYPICAL SETTING FOR THE FOOT BATH

Color Chart:

Yellow-green	Kidney, Bladder
Orange	Joints
Brown	Liver, Tobacco
Black	Liver
Dark Green	Bladder
White Foam	Lymph
White cheese-like particles	Yeast
Black Flecks	Heavy metals
Red Flecks	Blood clots

The above color chart is only a guideline for determining which organs may be detoxifying.

We recommend conducting an initial session (using both + and -) without feet in the water to get a baseline color. The water will change color due to chemicals, minerals and impurities in the water (which may vary in each location), the type of salt (and any chemicals, minerals and impurities in the salt), and the normal oxidation of the metals in the array.

At times, it may be difficult to differentiate between the baseline color and the color after a session. It is important to remember that the benefits may be greater than what is visible in the water. The more variations you see between sessions will help you to distinguish the colors.

General Guidelines:

Positive & Negative Polarities: The cells in our bodies respond differently to positive and negative polarities. Positive polarity charges the cells, resulting in mental clarity and energy with some detoxifying; while the primary detoxifying occurs under negative polarity. Our testing has revealed that the best results are from starting with positive polarity to charge the cells for about 15 minutes, then switch to negative polarity for the remainder of the session to get the benefit of the primary detoxifying. If you experience fatigue during detoxification, you may wish to end the session on positive polarity for an additional 5 minutes. Please note that with experience you can adjust the amount of time spent on each polarity according to your needs and session results.

Frequency of Use: Typically the maximum number of sessions is 2-3 per week. Daily sessions may be done on a temporary basis (no more than 2 weeks), but close monitoring is required. Maintenance sessions are generally once or twice per month.

Detoxing: Signs of detoxing may include fatigue, headache, weakness, darkened urine and skin blemishes. This is normal and is an indication that the body is removing toxins. Additionally, electrolyte imbalances may occur requiring that a mineral supplement such as Emergen-C should be taken after each session to replenish the essential minerals removed during the session.

Please Note: As with beginning any new health regimen, check with your Healthcare Provider to discuss any health conditions and concerns you may have. This may include whether you have an underlying health condition that could cause your body to be over taxed by using a detox footbath, any medications which could be depleting essential minerals in your system and whether you should take a mineral supplement while using a detox footbath and what is recommended. We are not able to provide medical advice and recommend you seek medical advice from your Healthcare Provider.

Testimonials:

We would love to hear your testimony on the Libra Litrou and add it to our web site. To submit your testimonials, email them to support@stillpointsystems.com. Thank you!