

Dietrich Klinghardt Speaks Out About Detox Foot Pads

They Are NOT a “Scam”

By Scott Forsgren

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Recently, Mercola.com published an [article](#) entitled “‘Detoxifying’ Food Pads are a Scam” in which he quotes Dr. Dietrich Klinghardt, MD, PhD in making his assertion that the pads are “a scam”. The article was interesting in that most of the statements made by Dr. Klinghardt did not support the sensationalistic title of the article.

I was personally intrigued by the article in that many of my beliefs about the pads had been shaped by the teachings of Dr. Klinghardt over the past few years. Thus, after reading this article, I contacted Dr. Klinghardt to get his thoughts on detox foot pads.

Here are the comments that Dr. Klinghardt shared with me:

“I object to the claims made by some pad manufacturers that significant amounts of toxins are pulled out through the feet. There are small amounts of toxins that can be found in the pads with a toxicological analysis. These include toxins such as pesticides, insecticides, and heavy metals.

The major physiological effect of the foot pads is in the stimulation of the liver and kidney meridians. This increases the metabolic rate at which the liver and kidney cells detoxify the blood and purify the body.

The ingredients in the pads are important. I prefer footpads with either fermented bamboo vinegar or ground gemstones such as tourmaline. These have a very specific effect which is not one of absorbing toxins but rather to stimulate the body’s energetic system.

I use the pads personally every time I fly or at night when I feel that my body needs additional detoxification support or I am experiencing a Herxheimer reaction resulting from Lyme disease treatment.

*There are a couple of insincere companies that produce pads that are not effective and no beneficial effect could be found, but others are very good. **I continue to recommend detox foot patches to patients.**”*