

# Ion Cleanse Detox

## What is It?



Detoxifying the body is essential to maintaining good health. We are all exposed to herbicides, pesticides, colourings, additives, preservatives and untold chemicals that get into our water, food and air. The body becomes bombarded and overloaded with these toxic chemicals. The toxins and chemicals get stored in the body's joints as well as your organs, arteries, nerves and tissues, disrupting their ability to function and creating an environment for disease, allergies and immune system breakdown.

Ion Cleanse Detox sessions provide a thorough and efficient way to detoxify the body of these toxins and wastes, in combination with

healthy lifestyle choices. A series of ionic foot bath sessions will help you to maintain high energy levels and long term wellness.

## What to Expect

Each session takes approximately 30 minutes. Your feet are placed in warm water along with the Ion Cleanse Detox array. Relax, within seconds the Ion Cleanse Detox system begins neutralizing and removing toxins. This unique method of treatment works through a magnetic field created within the foot bath. This magnetic charge pulls the toxins from the bottom of your feet where the pores are large allowing the toxins be released. Healthy individuals can expect to feel lighter and experience a greater feeling of well-being from each ionic foot bath session. This is one of the most Gentle, Safe and Simple ways of detoxifying!

## Colors and Particles in the Water

Many colors and particles will appear in the water during Ion Cleanse Detox sessions. Color is produced even if there are no feet in the water. This is a result of the interaction between toxins and particles already in the water, any added salt, and the array metals. This regional color depends on the toxic and chemical impurities in the water of a geographical area. As a general rule, regional toxins contribute 20 – 40 percent of the residues found in the water after an ionic foot bath. Typically, your purification session will override the regional toxicity of the water. A session done with someone's feet in the water will produce more particles and residues than one without. Based on EAV (Electro Acupuncture by Voll) testing, the table below shows what is believed the colors in the water represent.

<i>Color or Particle</i>	<i>Material or Area of the Body</i>
<i>Yellow-Green</i>	<i>Purifying the kidney, bladder, urinary tract, female/prostate area</i>
<i>Orange</i>	<i>Purifying the joints</i>
<i>Brown</i>	<i>Purifying the liver; tobacco, cellular debris</i>
<i>Black</i>	<i>Purifying the liver</i>
<i>Dark Green</i>	<i>Purifying the gallbladder</i>
<i>White Foam</i>	<i>Purifying from the lymphatic system</i>
<i>Black Flecks</i>	<i>Heavy metals</i>
<i>Red Flecks</i>	<i>Blood clot material</i>

## How the Ion Cleanse Works:

<http://www.youtube.com/watch?v=9fIEennarSEM&width=500>

An ion is a charged atom that has gained or lost an electron, and the magnetic field thus created is capable of neutralizing oppositely charged particles. These neutralized particles can then be pulled out of the body through the skin. This is the basic operating principle of the Ion Cleanse Detox.

The Ion Cleanse Detox array, in combination with its metals, the salt and water, generates positively or negatively charged ions by separating the water into its component parts, namely, oxygen and hydrogen.

These ions enter the body through the skin and then travel throughout the body in the blood stream and attach themselves to many different toxic substances, which are then pulled out of the body through the skin, (usually the feet), into the water.

When the Ion Cleanse Detox is set on positive, the current is directed to the positive pole and creates negative ions. This then raises the blood pH from acidic to alkaline.

When it is set on the negative ion field, the current is on the positive pole and creates positive ions. This then lowers the blood pH from alkaline towards acidic.

## Signs of Toxicity

Early warning signs of toxic overload can be indicated by headaches, skin conditions, inflammatory and autoimmune diseases, chronic fatigue and more. If you have any of the following symptoms you may want to consider having Ion Cleanse Detox sessions:

Acne, Allergies, Anxiety, Bloating, Candida, Cellulite, Chronic Fatigue, Cold Hands and Feet, Colds/Flu, Depression, Digestive Problems, Headaches/Migraines, Insomnia, Memory Loss, Muscle/Joint Pains, Parasites, Poor Concentration, Rashes, Swelling.

## Types of Toxins

Heavy Metal Toxins:

Lead, mercury, cadmium, arsenic, nickel, and aluminum are included in this category. These metals tend to accumulate in the brain, kidneys and immune system. Some common sources of heavy metals include lead from pesticides and cooking utensils, cadmium and lead from cigarette smoke, mercury from dental fillings, contaminated fish, and aluminum from antacids, cookware and soda cans to name a few.

Liver Toxins

Alcohol, solvents, formaldehyde, pesticides, herbicides and food additives. Despite varying chemical toxicity, the liver has the function of reducing toxins into compounds that the body can safely handle and remove through the kidneys (as urine), skin (as sweat), lungs (as expelled air), and bowels (as feces). Optimal liver function is therefore essential for good health.

Microbial Toxins

Toxins produced by unwanted bacteria and yeast in the gut can be absorbed which can cause a significant disruption of bodily functions.

Examples of such toxins include endotoxins and exotoxins from bacteria, toxic amines, toxic derivatives from bile and many carcinogens. These toxins have been implicated in many diseases including Crohn's disease, ulcerative colitis, liver disease, psoriasis, lupus, pancreatitis, allergies, asthma, and immune disorders. Antibodies formed against microbial molecules (antigens) can "cross-react" with the body's own cellular structure. This in turn causes autoimmune diseases such as rheumatoid arthritis, diabetes and autoimmune thyroiditis.

## Protein By-Product Toxins

Kidneys are mainly responsible for the elimination of toxic waste products from protein breakdown (as ammonia and urea) which are created by red meat.

## Cleanse Benefits

- **More Energy, Better State of Mind:** Feel lighter and have more energy.
- **Healthy Weight Loss:** Increase metabolism, reactivate the body's fat burning mechanisms, release the fat cells holding toxins and reduce cellulite.
- **Rejuvenation:** Look and feel great, inside and out, beautify skin and hair.
- **Restore and Regain Health:** Create a stronger immunity, fewer aches and pains, reduce allergies and flu symptoms, and help activate the body's intelligence to heal itself.
- **Easily Rid your Body of Toxins:** Eliminate the discomfort of detoxification, remove heavy metals, chemicals and toxins easily.
- **Receive Relief:** from discomfort, sore and aching joints, symptoms of arthritis and bursitis.

## Who should not do the Ion Cleanse Detox?

Please Note: If you answer YES to any of these questions it is strongly advised that you consult with a physician prior to starting an Ion Cleanse Detox session.

- Do you have a heart pacemaker or any other battery operated or electrical implants?
- Are you pregnant or breastfeeding?
- Are you a recipient of an organ transplant?
- Are you on mental health medications?
- Are you on a blood pressure medication?
- Are you on blood-thinning medication such as coumadin?
- Do you take medication for irregular heart beat?
- Are you currently taking a course of chemotherapy treatment?

## Research

Looking for more info about Ion Cleanse Detox? Check out these research articles and studies:

[The Alternative Health Research Foundation](#) conducted a study investigating the Ion Cleanse Detox in conjunction with relaxation techniques and mineral supplementation. The study consisted of 31 participants who did Ion Cleanse Detox sessions twice a week for 12 weeks.

[A Major Difference](#) the manufacturer of the Ion Cleanse Detox has also conducted and sponsored numerous studies designed to support or contest the accuracy of the system.

[Book an appointment](#) for the Ion Cleanse Detox today!