

The FAQ of ION CLEANSE foot spa

A. Detoxifying the body is essential to maintain good health

We are exposed to herbicides, pesticides, colorings, 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 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 Ion Cleanse sessions will help you to maintain high energy levels and long term wellness.

B. What you can expect when you receive an Ion Cleanse Session?

- * Each session takes 30 minutes
- * Feet are placed in warm slightly salted water along with the Ion Cleanser
- * Relax, within seconds the Ion Cleanser begins neutralizing and removing toxins.
- * Your body will feel lighter after the first session. You will think more clearly, have energy and enjoy a greater sense of well-being.

C. How the Ion Cleanse Works?

An ion is a charged atom that has gained or lost an electron, and created a magnetic field capable of neutralizing oppositely charged particles. These neutralized particles are pulled out of the body through the skin via a process called osmosis, or the movement of the particles through a membrane, from a lower concentration to a higher one. In this case, the higher concentration is the ion field set up by the array in the water.

The array, in combination with its metals, the salt and water generate positive or negatively charged ions by separating the water into oxygen and hydrogen. These ions travel through the body and attach themselves to many different toxic substances. These are then pulled out of the body into the water.

D. Top 10 Reasons for receiving an Ion Cleanse Session

- 1. More Energy, Better State of Mind:** feel lighter, think more clearly, have energy and boost your well being.
- 2. Healthy Weight Loss:** increase metabolism, reactivate the body's fat burning mechanisms, release the fat cells holding toxins, reduce cellulite and easily maintain the weight that is correct for you.
- 3. Rejuvenation:** look and feel great, inside and out, beautify skin and hair.
- 4. Restore and Regain Health:** create a stronger immunity, fewer aches and pains, reduce allergies and flu symptoms, help activate the body's intelligence to heal itself.
- 5. Easily Rid your Body of Toxins:** eliminate the discomfort of detoxification, remove heavy metals, chemicals and toxins easily and comfortably.
- 6. Receive Relief:** from discomfort, sore and aching joints, symptoms of arthritis and bursitis.
- 7. Slow the Aging Process and Look Younger:** Clear skin, rough discolored areas smoothen, dark areas under the eyes lightened, our skins color and beauty radiates naturally through. The aging of our skin slows and we are able to gain a more youthful appearance.
- 8. Maintain Good Health:** Obtain high energy levels and long term wellness
- 9. Unburden Your Body:** of the herbicides, pesticides, colorings, additives, preservatives and untold chemicals that pervade our water, food and air.
- 10. Quick, Easy and Affordable:** Dr. Persani of Ottawa , Ontario states: "The more toxic we are, the faster we age and the body breaks down. The benefits to internal cleansing that most people experience are increased energy and well being, a healthier disposition and a better state of mind, weight loss, an increased metabolism, improved digestion, restoring balance to the body and its organs, lessening the body's symptoms of discomfort. The aging process is slowed and the skin is able to rejuvenate it's self correctly". Now that is enormous benefits in just 30 minutes.

E. Do you need an Ion Cleanse?

Unable to be excreted from the body, chemicals find their way into our liver, and then migrate to fat cells in organs throughout the body where they are stored. When our bodies exceed the limit for toxins we can excrete, those too are stored. Chemicals and heavy metals make up our "total toxic burden". This accumulation compromises our physiological and psychological health and leads to chronic disease.

Early warning signs of toxic overload include headaches, skin conditions, inflammatory and auto-immune diseases, chronic fatigue, and more!

F. Types of Toxins

1. Heavy Metals 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 sprays and cooking utensils; cadmium and lead from cigarette smoke; mercury from dental fillings, contaminated fish, and aluminum from antacids, cookware, and soda cans.

2. 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.

3. 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.

4. Protein By-Product Toxins

Kidney is mainly responsible for the elimination of toxic waste products from protein breakdown such as ammonia and urea which are created by red meat.

G. Beauty from the Inside Out

The skin does a great deal more than hold your bones, muscles and organs together. It acts as a barrier against environmental pollutants, chemicals and harmful bacteria. The skin also helps the body to rid itself of toxins through its sweat glands.

The skin absorbs all that we apply onto it. Cosmetics, lotions, creams and cleaners are all made from synthetic and chemical ingredients. Just read a hand lotion bottle labels to see what is being applied onto your skin.

The skin is our largest route of elimination, excreting more than 2 pounds of waste each day, and taking in air and sunshine. Our skin breathes! And yet, in most people, this vital route of detoxification is operating far below it's capacity, because it is clogged with dead skin cells and the un-removed waste excreted through perspiring and toxin levels that are too high.

In just 30 minutes the Ion Cleanse begins to reduce the levels of toxins and chemicals stored in the body. The results: Clear, blemish free skin, smooth and glowing with health, any dark areas under the eyes are lightened, the skin's color and beauty radiates naturally through. The aging of our skin slows and we are able to gain a more youthful appearance.

H. Losing weight vs. de-tox?

Your struggles with losing weight are not simply the result of too much food and not enough exercise. Body fat accumulation, especially around the middle section, is a visible sign of toxic build up and a good indication that the liver is not functioning as efficiently as it should.

Here is why. Everything that crosses your lips is used by your body or it must be neutralized or stored. When toxins build up faster than the body can deal with them, it creates fat to store these toxins. This fat serves as a "jail cell for toxins". They are stored away from the vital organs, on the waist, hips, under the chin, arms and back. Cellulite is a combination of fat, water and trapped wastes.

When you detoxify using an Ion Cleanse, the body, the liver and lymphatic systems are able to clean out "jail house toxins" and the fat is then free go. An added benefit is an increased metabolism and energy, and the body loses weight.

Ion Cleanses can result in cellulite and inch loss and is one of the healthiest ways to reduce fat and cellulite. Sweating therapy provides a fast way to eliminate excess bulk and fat soluble toxins that are stored in the body.

I. Therapeutic suggestion

A series consisting of 14 treatments is recommended. For age 50 plus, treatment can be done every 3 days whereas for age under 50, treatment can be done every 2 days. After completion of a series, it is recommended to take at least a two weeks break before commencing a new series.

Seeing is believing

1. Control experiment (no foot)



0 minute



10 mins.



30 mins.



after

2. Sample 1 (age 20 + female, highly stressed with slight problem in digestive system)



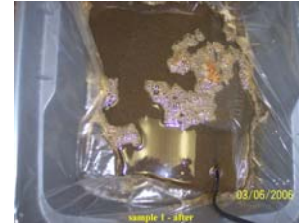
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10 mins.



30 mins.



After

3. Sample 2 (age 40 + male, no medical problem except highly stressed, had completed over 10 treatments)



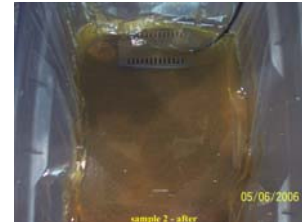
0 minute



10 mins.



30 mins.



After

What is your color?



Color or Particle	Material or Area of the Body
Yellow-green	Toxin from the kidney, bladder, urinary tract, female/prostate area
Orange	Toxin from joints
Brown	Toxin from liver, tobacco, cellular debris
Black	Toxin from liver
Dark green	Toxin from gallbladder
White foam	Lymphatic system
White cheese-like particles	Most likely yeast
Black flecks	Heavy metals
Red flecks	Blood clot material