

Welcome to *IonCleanse* Foot Spa



Reducing toxins in our bodies is a major key to regaining and maintaining health. The Ion Cleanse foot spa is a powerful adjunct to our other detoxification protocols and stimulates your body's natural detoxification processes. It does this quickly, effectively and with little or no stress to the body, and is easy to do on a periodic maintenance basis.

What to Expect from a Foot Spa Treatment

The removal of stored toxins, be they heavy metals, harmful chemicals, the by products of faulty digestion and leaky gut or just ordinary metabolic wastes is just one of the beneficial outcomes of a foot spa treatment. There are also benefits to the immune system that can have direct positive effects on body inflammation, oedema, digestion, and the joints. While lots of toxins are removed during your foot spa treatment, the body's activated toxin removal systems continue to clear toxins for days after the treatment. Toxin reduction normally gives the body an energy boost and creates an opportunity for the body to heal the specific areas where toxins were stored. Healthier people can expect to experience a greater sense of well-being and feel lighter even after their first foot spa session. Some people with inflammatory soreness and pain caused by a lifetime of toxic build up, have reported symptomatic relief after only a few sessions.

The IonCleanse foot spa is especially beneficial for:

- **Assisting osteoarthritis, oedema/fluid retention, gout, pain and inflammation and a myriad of other symptoms exhibited by overly toxic bodies.**
- **Stimulating and invigorating the immune systems natural detoxification processes.**
- **Producing hydrogen peroxide (H₂O₂). Oxygen is the chief detox molecule in the body and is nature's most potent anti-microbial agent.**
- **Improving sleep quality, enhancing energy and oxygenating brain tissue.**

- **Supports skin health - ie. skin problems are generally toxin related.**
- **Regulating pH and neutralising uric acid**

How does it work?

Your feet are placed into a warm, specifically saline water with the ion cleanse array. Positive or negative ions are generated into the water and absorbed through your feet and into your circulation. Here, they bind on to toxins and flush them out through the skin in the feet and into the water. These toxins are often visible as discoloration in the water.

How long does it take?

The foot spa is a very pleasant treatment and you should allow around 40 minutes depending on your body's requirements.

Do you have to have a problem to have foot spas?

No, many people have them simply to feel better and prevent the buildup of toxins. They are great for improving wellbeing, the immune system, lymphatic system, liver detoxification and also for increasing energy levels.

How often can I have a foot spa?

For healthier people, every second day for a month or until the desired results are achieved. Those who are less well, twice a week. Maintenance treatments are good once a month depending on toxin exposure.

To reserve an appointment, speak to Terry on:
0408 186 243.

All About Your *IonCleanse* Treatment

Remember the way your body felt the last time you stood next to a waterfall or walked along a beach with the waves breaking at your feet. You breathed deeper into your lungs and abdomen; your brain cleared and the pains in your joints may have subsided. You felt relaxed and at peace with the world. These invigorating reactions were caused by the ionization of trillions of water molecules as they crashed to earth.

A water molecule is composed of two hydrogen atoms and one oxygen atom, H₂O. When the molecule loses a hydrogen atom, the remaining OH molecule takes on a negative charge. As you walk along the beach, your body absorbs millions of these negatively charged ions, which alkalize the blood and tissue. Because of poor diet and high stress, we tend to accumulate and store excessive quantities of acid waste products, such as diacetic, lactic, pyruvic, uric, carbonic, acetic, butyric, and hepatic acids.

According to Dr. Theodore Baroody, author of *Alkalize or Die*, acid wastes attack joints, tissues, muscles, organs, and glands causing minor to major dysfunction. He asserts that avoiding disease and maintaining vitality, as we age, requires the maintenance of an alkaline environment throughout the body - which is very difficult to accomplish in our high-tech, high-stress, toxic society.....unless we can walk on the beach twice a day.

The IonCleanse process creates a similar environment as the walk along the beach, only more powerfully because your feet are in direct contact with the ions being manufactured in the water. Simply place your feet in the water, turn on the unit and within seconds, millions of ions enter your body and begin to neutralize these tissue acid wastes.

The coloured particles, fat, and mucous residues found in the water after bathing reflect the residues in your tap water and wastes that have left the body during the 20 to 30 minute session.

Your body may feel lighter after the first session. You can sometimes think more clearly, have more energy and enjoy a greater sense of well-being

How the IonCleanse Works

Generating Ions

An ion is a charged atom that has gained or lost an electron which creates a magnetic field capable of attaching to and neutralizing oppositely charged particles. These neutralized particles are extracted from the body through the process called osmosis. Osmosis is a scientific term that is used to describe the movement of particles through a membrane from an area of lower concentration to an area of higher concentration. In this case, the higher concentration refers to the ion field that is set up by placing the array into the water while running the unit.

The array is placed into the water alongside the hands, feet, or body while the power supply delivers a low level direct current to the array. This causes the metals within the array in combination with water and salt to generate positively and negatively charged ions by separating oxygen and hydrogen in the water.

Your practitioner determines the polarity setting through the use of muscle testing for individual treatments or following a complete one-month program. It is believed that ions generated by the IonCleanse travel through the body attaching themselves to a multitude of toxic substances, thereby neutralizing their positive or negative charge. It may be possible to reduce pain and other symptoms caused by a lifetime of toxic buildup in the body (assuming the symptoms are caused by toxic buildup). The long-term effectiveness of the IonCleanse detoxification process depends on other life-enhancing changes a person is willing to make around diet, exercise, sleep, stress and nutrient levels.

The Meaning of Positive and Negative

For the purpose of IonCleanse discussions, positive and negative relate to electrical rather than chemical phenomena.

When the IonCleanse is set to positive, the current is directed to the positive pole, which results in the

production of more negative ions in the water. Therefore, a positive polarity generates a negative ion flow which, we believe, raises blood pH from acidic toward alkaline.

When the IonCleanse is set to negative, the current is directed to the negative pole, which results in the production of more positive ions in the water. Therefore, negative polarity generates a positive ion flow which, we believe, lowers blood pH from alkaline toward acidic.

Approximately 95% of people in our culture experience a state of acidity; that is, their bodies contain an excess of hydrogen ions, and their blood pH is lower than 7.45. These people will greatly benefit from exposure to high concentrations of negatively charged ions. However, we have found through muscle testing that most people benefit from a mixture of positive and negative ions in each IonCleanse session as the toxins in our system can be both negatively and positively charged.

Colors and Objects in the Water

Many colors and objects appear in the water during IonCleanse sessions. There is a reaction between the toxins and particles in the water, the salt added to the water, the metals in the array, and the acidity or alkalinity of the person being bathed. All of these combine to produce color. The basic color produced by these reactions varies from one geographic area to another.

It is important to understand that the water will change color slightly even if the unit is operating without feet in the water. The basic color change is a result of the reaction between all of the variables in the water and the array, as discussed above. This color change will vary in accordance with the toxic and chemical components of the water and air given a particular geographical area.

The toxins in our bodies will be influenced by the toxins predominant in the water; however, there will be a lot more toxic particles and variations in colour

Gift vouchers are now available for any one of our treatments including *IonCleanse*.
Surprise a friend and share good health.

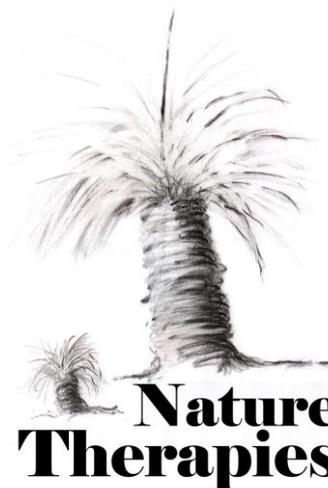
of the water with feet in it. You will also find that water-based toxins will not stick to the side of the bucket and array, whereas substances pulled from

Water Colors and their Meaning

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

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body will form sticky ring that be removed a detergent. Based on EAV (Electro Acupuncture Voll) testing, following table shows what we believe the colors in the water to represent:

Foot Spa

Operation Instructions

Quick Start Guide



You will need: Some sea or squirt bottle filled with

chair with access to a power point. You can have a foot spa where ever it is convenient to you and can meditate, read, do some desk work, just be quiet, or listen to uplifting music. Some people even watch TV, but remember you are trying to remove toxins so be selective with the program that you choose!

1. To begin a detox session, fill your plastic lined tub with about 7- 8 cm of warm water so that the grill of the array is completely covered when your feet are in the water. Add a pinch of sea salt and agitate to dissolve.
2. Insert the power cord into the back of the device and then plug in both the array and the wrist strap into the corresponding jacks on the right-hand side of the machine. Put your feet and the array in the water before turning on the rocker switch power button at the back of the unit.

3. After turning on the power, the screen display will read as follows.
4. The default detox time setting is 30 mins and is the standard time required for an adult detox. A child 12 years or below would require 15 to 20 minutes. If you need to change the time, pressed the arrow up or arrow down key to adjust.
5. Press "ENT" to confirm your time.

Enter Time 10-30
Time = 30 Ver 5.0

Your screen will now read as follows.

Time = 00.12 Pos+
T= 30 M= 3 E= ??

If it says "**no circuit**", check your wrist strap, put your feet in, dissolve the salt you added or add more.

6. Select your mode **M = 1,2 or 3** by pressing the "MODE" button. (You start your detox on **M=1**.)
7. Now check and adjust your water conductivity **E=** (See12.)
8. Sit back, relax and enjoy a little quiet time or read something inspirational.

More Detail (please read also)

9. **Time = 00.XXin** represents the amount of detox time which has elapsed.
10. **T=30** represents the time in minutes you have selected for your detox.
11. **M= 3** signifies that the machine is operating in the third mode. **Note:** generally the first five detox sessions should be in the first mode (**M= 1**), the next four sessions should be in the second mode (**M= 2**), and the final five sessions should be in the third mode (**M= 3**). The machine is preset to mode three, so to choose your mode, simply press the "Mode" key. It is recommended that 14 sessions be carried out no closer than every second day for one month for maximum benefit. If more toxins remain on retesting, then treatment twice a week can be commenced after two weeks rest.
12. **E=** indicates the conductivity (salt content) of the water and is adjusted by regulating the salt level. (It is easier to add salt than to try and take it out, so just add a little bit at a time till the conductivity is that the right level

for your selected mode. Mode one requires $E= 1.6$, mode two requires $E= 1.8$ and the ideal conductivity for mode three is $E= 2.0$.

Note: The conductivity of the water will vary with different water sources. Extra salt can be added to achieve the desired level for your mode. It is important to add extra salt in small amounts as the machines will deactivate if the conductivity moves beyond 2.5 ($E= 2.5$) i.e. add a pinch of salt and agitate it until dissolved before adding more. If you have already exceeded the recommended conductivity level for your mode, simply remove some water and add fresh water to dilute.

13. Press 'ESC' key if you choose to quit the detox procedure midway through a treatment. The machine will beep at the end of your treatment and switch off at the rocker power button at back of unit. Now rinse your feet warm water from the squirt bottle to remove the toxin residue and dry with a paper towel.
14. Your machine has been programmed to deliver the number of treatments you have purchased (usually 14). It will cease to function after this number.
15. **Alarm warning:** an alarm will be activated and text will flash if any of the following conditions occur:

1. The array is malfunctioning or not correctly immersed in water.
2. The wrist strap is malfunctioning or not correctly attached to the wrist.
3. The conductivity of the water exceeds 2.5.

Note: Please be aware that some of the water colour changes are related to the mineral content and impurities in your water supply and oxidation of the array, however there are distinctly different changes that occur when feet are placed in the water. This also varies from person to person and as treatment progresses.

16. Remove watches and jewellery prior to treatment.
17. Gently clean the array after each session with a soft brush and dishwashing detergent. Be sure to flush hot water at all angles into the array to clear deposits and remove residual detergent. The array will be professionally cleaned after your detox is complete or after 15 sessions.
18. Keep the unit away from children, and lock the case with the key if you prefer.
19. **Contraindications:** Persons fitted with a pacemaker or any other electromagnetic device.

During pregnancy or breast-feeding. Children under seven years of age. People with organ transplants, epilepsy, heart conditions, angina or stroke. Hypoglycemic people are advised to eat something immediately before a treatment. Type 1 diabetics should not use the device, nor should people undergoing chemotherapy or radiation. Do not use the bath if you have open wounds on your feet, metal pins or staples in your body.

We wish you all the best with your detox and the improved health that you deserve. If you have any further questions or concerns please do not hesitate to contact Terry.



Foot Spa Hire Instructions

Having a one-month session of detoxifying foot spas is one of the easiest and more enjoyable ways to rid your body of unwanted toxins. Here are the details associated with your hire.

- A detox foot spa at the clinic is usually \$45. By hiring the foot spa for a block of sessions to treat yourself at home, it is not only easier to get an effective number of sessions in a short period but also a lot cheaper. The recommended 14 sessions, over one month period will only cost you \$210. That's just \$15 per treatment and a huge saving.
- We can program the machine to provide as many sessions as you like. For example, you may like to do the detox with another family member, so we can program 28 sessions into the machine for that month. Extra sessions for two or more people attract a discount and are available at \$12 each. (You will need to return array for professional cleaning after 14 sessions have elapsed.)
- The unit is to be returned at the allotted time to allow other patients access to the technology or an extra fee may be charged.
- Any damage must be paid for by the hirer. Please note that the unit is not manufactured or repaired in Australia.
- The unit is to be returned in a clean and original condition, or a cleaning fee will be charged.
- You may return the machine to the clinic at any time to be reset for more treatments for other family members at additional cost. Please record your sessions on a calendar.
- Your credit card details will need to be supplied as security and your liability is limited to the replacement cost of the machine minus your hire fee.
- Any questions or concerns during your treatment and, please contact Terry on 0408 186 243.

I agree to the above conditions

Name: _____

Date: _____

Period of hire: _____ to _____

Return date: _____

Number of sessions: _____ Additional sessions: _____

Total sessions: _____

Hire fee total: \$ _____

Card details: Type: _____ Card #: _____ Exp: _____

Signature: _____

Best contact #: _____