



Bethune Oriental Medicine Center

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Business Hours

- Mon - Fri 9 AM- 7 PM
- Sat - Sun 9 AM- 4 PM



You can take Bus 70, drop off at 32 Ave.

Ion Cleanse

What is Ion Cleanse?

Ion cleanse is an external detoxification method which removes toxins through the feet. The body detoxifies while you are comfortably seated with your feet placed in a container of warm water.

Why do you need a detoxification?

Never before in our planet has there been such an overwhelming volume of toxic materials dumped upon us through our air supply, water supply and food supply. Fast-paced modern society creates high stress which produces toxins from inside. This increases our need to implement natural organic forms of food, diet and purified water along with methods of detoxification. For this reason alone, we feel that it is very important to periodically detoxify our body. With the increase in the number of chemicals introduced in the last fifty years, there has been a dramatic increase in incidences of auto-immune disease, allergies and common infections.

There are chemicals in use today and more than a fourth of these are known to be toxic and nothing is known about their interactive effects. Body fat has been tested that contains residue of hundreds of chemicals. Metals, such as mercury, cadmium, and antimony are everywhere and impossible to avoid. Lead can block red blood cell formation. Chemicals can act as toxins that can block receptor sites on cells, because changes in calcium homeostasis selectively kill cells, and alter expression of gene products; metals and chemical toxins weaken the immune system and cause increased vulnerability to virus, bacterial, fungal and parasitic infections. In an attempt to detoxify these substances, our bowels, kidneys and liver are being overloaded.

Our eliminative channels have become blocked or dysfunctional, because, in conjunction with these synthetic chemicals, the western diet is so acid forming and de-vitalized. To relieve the strains on the kidneys and liver it is more important than ever to maintain a detoxification regimen.

Cancer can be viewed as a toxic condition. It therefore stands to reason that any attempts at detoxifying the body will benefit anyone who is either trying to prevent the disease or getting cured from it. A successful detoxification process is clearly essential to maintaining health and avoiding diseases.

How does the Ion Cleanse works?

A water molecule is composed of two hydrogen atoms and one oxygen atom. 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 the negatively charged ions, which alkalize the blood and tissue.

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 require the maintenance of an alkaline environment throughout the body. The Ion Cleanse creates precisely the same environment as a walk along the beach, only more powerfully because your feet are in direct contact with the ions being manufactured in the water. Place your feet in the water, turn on the unit and within seconds, millions of ions enter your body and begin to neutralize tissue acid wastes.

Who will benefit from Ion Cleanse foot bath?

Almost all people will benefit from Ion Cleanse foot bath. Most people should immediately experience an increased sense of well being and more energy. Many children have reported greater mental clarity as a result of the foot bath; people with diseases like diabetes, arthritis, fatigue, obesity, allergies, eczema, and the like will benefit more from Ion Cleanse.

What can you expect from the session?

Healthy individuals can expect to feel lighter and experience a greater feeling of well being from each session. Some people with pain, edema, swollen and deteriorating joints, even some people who have high blood sugar levels reported symptomatic relief from these sessions.

Rashes, dark circles under the eyes, swollen joints, yellow-green and blotched complexions indicate a buildup of tissue acid wastes inside the body. Several Ion Cleanse sessions, along with dietary modifications have been shown to substantially reduce and even eliminate these conditions.

The Ion Cleanse is proven to be a thorough and efficient way to maintain high energy levels and long term wellness.

What are the meanings of different colors in the water?

Several colors and many objects appear in the water during Ion Cleanse 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 combined may result in color as shown in Table 1.

Table 1: Water Color and Indications

Water Color	Toxin locations
• Yellow-green	Kidney, bladder, urinary tract, reproductive
• Orange	Joints
• Brown	Liver, tobacco, cellular debris
• Black	Liver
• Dark green	Gall bladder
• White foam	Mucous from lymphatic system
• White cheese-like particles	most likely yeast
• Black flecks	Heavy metals
• Red flecks	Blood clot material, dead RBC

How often should you cleanse?

Generally 1-2 times a week for 14 sessions, a break for 3 weeks and repeat; 20-30 minutes a session.

Chronic conditions: 1-2 times a week periodically
Autism children: 1-3 times a week continuously.

Your Acupuncturists or TCM practitioners should be able to tell you how much toxin you have left. It is recommended that you talk to them after several sessions for the reassessment.

Is there any risk of Ion Cleanse?

There is no risk for normal people. You should drink a glass of water and take multiple minerals after each session. Do not use Ion Cleanse for those who are using a pacemaker, taking arrhythmia medication or mental health medication.

Personal testimonials

My once swollen ankles are now normal size after six treatments. They tend to retain fluid when I am under stress.

~ Ellen Zimmer, Spring Valley, WI

The liver spots that used to be all over the back of my hands and arms are almost completely gone.

~ Louise Webb, Durango, CO

My 85 year old mother could not work in the garden because of severe pain and stiffness. She can now work a few hours every day and fights me for the Ion Cleanse.

~ Gordon Pierce, Littleton, CO

I have had the unit for three weeks and have thirty-three appointments booked for next week. My patients love it.

~ Scott Melrose, D.C., Calgary, Alberta, Canada

References

- Walker M and Walker R. Ion Cleanse Detoxification – Getting the Issues Out of Tissues. Medical Journalist Report of Innovative Biologics. Accessed on Oct 15, 2005. www.Drmortonwalkerc.com

Website:

- <http://www.healingdaily.com/conditions/free-radicals.htm>
- http://www.polymvasurvivors.com/what_you_know_food_ph.htm
- <http://www.falconblanco.com/health/alimentation/ph.htm>