

SPA THERAPY NEWS ARTICLE 2019

IONIZING DETOXIFICATION

Most people have heard by now of Ionizing Detox Units. There is some controversy if it works or not, not for me. I have had 12 years of experience with the technology and I know it works. Take a walk along the beach and you should experience a natural detoxification. Your breathing usually becomes easier, while anxiety disappears and pain is lessened. Scientifically, as water molecules crash they release negative ions. Our bodies absorb these ions. This provides us the power to fight disease, improve organ function and eliminate waste regularly.

An Ionic Detox, helps to facilitate the alkalization process through the process of ionization, which removes “free radicals” from the body.

An alkaline body (producing more negative ions) is crucial to a person's health. Diseases thrive in an acidic environment. So basically, the less acidic your body is and the more alkaline, the less prone you are to contracting a disease, such as osteoporosis or cancer.

The Center for Disease Control reports that up to 85% of all illness are caused by toxins and pollutants in our bodies. The human body functions best when the ions are balanced at 80% negative and 20% positive. So how do we achieve this?

What we put into our body, such as the foods we consume, have either acidic or alkalizing properties. Check out the food charts for yourself at

<http://www.snyderhealth.com/foodash.htm>. The more of the higher alkaline foods you can incorporate into your diet the better. An ionic detox, helps to facilitate the alkalization process through the process of ionization, which removes “free radicals” from the body.

So, the crucial question: Does it work?

A pH test says yes! We perform a pH test on you before and after your detox. Post detox pH levels are noticeably more alkaline than before the detox. The detox continues to alkalize the body up to 48 hours after the treatment, via urination and sweat, which is an added benefit. One should not eat/drink acidic foods after a treatment, to help better facilitate the detox process.

Ion detox therapy programs focus on the feet to recharge the body and increase well-being, overall health, and balance. Through a short 30 minute session of warm mineral sea salt water, the unit helps flush out the toxins in the lymphatic system and energizes the blood. It has also been said, among many other things to relieve arthritis, help cancer patients increase energy, alleviate neck and back pain, and generally return the body to a more well-balanced state. A maintenance program of once a month will help keep control of toxins in your body. Results may vary, people with greater illness may take longer to detoxify and heal.

Detox treatments are a therapy aimed to improve among other things, liver and kidney function through an

electromagnetic detoxification process carried out on the feet. The treatment is activated with an array placed in the water. The water will change colour. It's not the colour change of the water that holds any information about your interstitial waste; it's the debris that begins to form in the water that give information about the health of your organs. It is the oily residue and flecks floating on top of the water that determines what your body is getting rid of. Independent clinical studies have been done that demonstrates high levels of heavy metals, fat and mucous residue present in the water after 30 minutes. This electrode causes ionization of the water and allows detoxification through the feet by sending a small current through the body. This generates negatively charged ions which attach to the positively charged waste neutralizing them. The body is then able to discard them through the approximate 200 pores that are on the bottom of your feet. The ionization process alkalizes pH balance, by creating more negative ions for better health-balanced ion ratio (goal is 80% negative and 20% positive). It's important to aid in your body's alkalizing process; you can't just come in and 'get fixed'. I suggest bringing the chart to the grocery store with you to help in purchasing alkalizing foods.

Other scientifically measured effects of this detox, besides alkalization, are lower blood sugar levels and lower cholesterol levels.

The benefit of this form of detox is gentle and safe, and not compromising because it bypasses the gastrointestinal system.



Reported Benefits:

- Increases Energy levels
- Relieves Allergies
- Support healthy blood pressure
- Relief of Joint Pains
- Reduces water retention
- Boosts the immune system
- Auto-immune disease support
- Increases blood circulation
- Relieve muscle aches
- Increases blood flow
- Pain relief
- Faster Healing injuries
- Assist in inflammatory issues
- Chemotherapy
- High Stress
- Chronic Illness