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## Detoxifying the body, and does the ion cleanse really work?

It's an electronic detoxification system that acts like reverse osmosis, magnetizing the ions with positive and negative electronic currents.

### A Walk on the Beach

The ION Cleanse creates precisely the same environment as the walk on the beach, only more powerfully because your feet are in direct contact with the ions being manufactured in the water. The ION Cleanse session offers a painless and efficient way to neutralize toxic accumulations no matter where they are located in the body. During your ION Cleanse session you will receive a mix of positive and negative ions; shortly after placing your feet in the water millions of ions enter your body and begin to neutralize these tissue acid wastes. The particles, fat and mucous residues found in the water after reflect the wastes that have left the body during your session.

### What you can expect from a session? **IG REEL VIDEO**

[VIDEO- Ask Ingrid? Best Detox Cleanse, natural therapy & remedies](#)

Healthy individuals can expect to feel lighter and experience a greater feeling of well-being from each ION Cleanse session. Some people with pain, edema, swollen or deteriorating joints, gout, and inflammation have reported symptomatic relief. Because some conditions are chronic or have existed in the body over a period of time it won't go away after one ION Cleanse session. A few sessions are recommended.





### How the ION Cleanse Works?

An ion is a charged atom that has gained or lost an electron, and creates 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 particles through a membrane, from a lower concentration to a higher concentration. In this case, the higher concentration is the ion field set up by the array in the water.

The array goes into the water with the hands or feet and the control unit delivers a small direct current into the array, which causes the metals within the array, in combination with the water and salt, to generate positively and negatively charged ions by separating the water into oxygen and hydrogen.

The ions generated by the ION Cleanse appear to travel throughout the body and attach themselves to many different toxic substances, thereby neutralizing their positive or negative charges.

Colour of particle	Material or area of the body being detoxified
<b>Black</b>	<b>Detoxification of the liver</b>
<b>Black Flecks</b>	Also from the liver, generally tobacco residue and/or cellular debris
<b>Brown</b>	Detoxifying from liver, cellular debris, tobacco etc.,
<b>Dark Green</b>	<b>Gall bladder detoxification</b>
<b>Orange</b>	<b>Joint detoxification for increased mobility and natural lubrication of joints</b>
<b>Red Flecks</b>	<b>Blood clot material being extracted</b>
<b>White particles (clumpy)</b>	<b>Yeast buildup from the body</b>
<b>White Foam</b>	<b>Detoxification of lymphatic system</b>
<b>Yellow-Green</b>	<b>Remove buildup from the kidneys, bladder, urinary tract and female/prostate area</b>

### What are the health implications of acidic pH?

As with most living organisms, the human body does not function correctly without a balanced **pH**. Research has established that disease and illness have difficulty thriving/surviving in an alkaline environment – yet they seem to thrive in an acidic environment. Acidic pH balance decreases your body's ability to absorb vitamins, minerals, food supplements and other nutrients; decreases cellular energy production; inhibits the natural process for repairing damaged cells; decreases your ability to detoxify heavy metals; allows tumor



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cells to thrive; and makes you more susceptible to fatigue, illness and disease.

### **How to maintain an alkaline balance?**

The ION Cleanse is designed to help balance the body's pH level. Some Studies have shown that after just one 30-minute treatment, your pH balance can be restored from 6 (acidic) to 7.5 pH (Alkaline) making it a very effective method of not only detoxifying but also balancing the body **pH**.

You can connect with me over on **IG** or **FB** or private message PM me if you have any questions OR Book a 1/2hr Happiness Consultation with me **Here:**

Find me over at **Wellnesstogo.ca**

With Love & Cheering on your Awesomeness!

xo, Ingrid