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As we age, our bodies retain toxins in our muscle and organ tissues. The effects from these toxic buildups can affect our health in any number of ways - the most obvious being the slow deterioration in our ability to fight disease. Toxic buildup is part of the aging process, but release of these unhealthy substances allows our bodies to operate at a higher capacity, leading to a healthier overall system. One highly effective procedure we use at Wellness Solutions is the Ion Cleanse Detoxifying Footbath.

Ion Cleanse is an electronic detoxification system that acts like a reverse osmosis system, magnetizing the ions with positive and negative electronic currents. Adding salt to the water increases the density of the solution, which accelerates the osmosis process.

The process works like this: The feet are placed in a tub of clear water, which contains the ion cleanse machine, and sea salt is added to make the water more conductive. The client is instructed

# What is Ion Cleanse?

to refrain from doing anything during the half-hour ion cleanse process except sit back and relax.

Once the Ion Cleanse machine is turned on, it generates ions that travel through the body attaching themselves to different toxic substances and neutralizing the positive or negative charge each carries. The energy generated causes the pores in the feet, the largest in the body, to open even larger. Toxins are pulled down to the feet due to the effects of gravity.

The water in the tub begins to change color. The manufacturer of the machines we use, A Major Difference and Focus, indicate that the water will change color whether or not the feet are in the tub; however the change will only be slight and is due to the added salt and the impurities in the water. The company also states that the different colors that appear during the process reflect the areas of the body being detoxified. The colors range from yellow, blue, orange, green, brown and black.

Normally yellow is the first color

to appear; this indicates detoxification of the urinary system (which consists of the kidneys and the bladder). This is often followed by orange which indicates detoxification of the joints. Toxins often settle in the joints and, over time, can deteriorate these areas, which may then lead to arthritis.

A brown color indicates tobacco and cellular debris are being released. Even a non-smoker can release tobacco during these sessions. It is often due to accumulation of second hand smoke from a variety of sources.



Release of yeast appears as scum floating on the water. We all have an excessive amount of yeast which is caused by a high level of sugar consumption.

On occasion, a client may report feelings of nausea or lightheadedness. However, quick relief is usually found within minutes after the client drinks a glass of water. These symptoms are typically caused by the amount of toxins being released.

One ion cleanse footbath will affect the body from three to five

days. Repeated footbaths gradually strengthen the body's immune system, increase the body's metabolism and enhance the activities of the lymphatic system. Most clients report experiencing more energy, balanced sleep patterns, more mental clarity, fewer aches and pains, clearer looking skin and a general sense of well being. Additional benefits may include increased circulation and sex drive and decreased allergy symptoms.

I'm often asked about the frequency of treatments. A series of 14 sessions is recommended but even one session per month would be beneficial.

Although the manufacturer, A Major Difference and Focus, states that the Ion Cleanse Detoxification Footbath is natural and safe, some people shouldn't use it. People that should avoid the Ion Cleanse Detoxifying Footbath are: lactating or pregnant females, clients with pacemakers, clients with open wounds. Diabetics must eat before use.

**Josephine Goffe-Gardner is a Naturopath and Colon Hydrotherapy. Her specialty is Nutritional Counseling, Colon Hydrotherapy, Ion Cleanse Footbath and detoxification Programs. For appointment, call (314)821-9222. 11730 Manchester Rd, Des Peres MO 63131. [www.solutionstowellness.com](http://www.solutionstowellness.com)**

At Wellness Solutions our services include Colon Hydrotherapy, Nutritional Counseling, Massage Therapy, Ion Footbath, and Sauna Therapy.

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