

ION SPA DETOX - FAQs

WHY DETOX WITH AN ION SPA

The human body is electric because our cells are electric. Disorders and diseases of the body have vibrational frequencies that are incompatible with healthy cells, thus, they disrupt the cells natural oscillation and polarity.

These disruptions creates imbalance and chaos within each affected cell, and are unable to facilitate the body's functions needed for healing, including ridding itself of heavy metal, parasites, chemical and other toxins. When cells are fully charged, they have more oxygen and are able to experience electrical balance, which results in a feeling of a healthy attitude, vitality, wellbeing and enables the body to heal itself.

WHAT ARE THE POSSIBLE BENEFITS

- Improved Liver and Kidney function
- Improved Circulation
- Skin problems Acne
- Hot flushes
- PMS
- Menstrual pain
- Releases Headaches
- Significant pain relief (Gout and Arthritis)
- Metabolism
- pH balance
- Increase in Energy levels, (both physical and mental)
- Purges the body of heavy metals
- Parasite cleansing

WHAT TO EXPECT

Some people experience the sensation of slight tingling of the feet/hands, this won't cause any harm. During the course of your session, the unit's water will most likely change colour and bits of foreign matter may appear as sediment (toxins being removed by the Ion Spa). This is to be expected. The water colour change in the foot bath is caused by a reaction between the toxins being pulled from the user's body and particles in the water, salt added to the water, the metals in the ionizer and the acidity or alkalinity of the user. You may see the excreted toxins, including parasites in the water. The water may change colour and consistency. Colours can vary from orange, brown through to black there may also be lymphatic fat or mucous floating on the water.

WHAT RELEVANCE ARE THE COLOURS ?

The colour of the water is not the most important or best indicator that the detox has been successful though you may notice with subsequent sessions the display could be less and of different observable colours. To have an idea of how much colour change is related to the individual using the Ion Spa it is suggested that initially the Ion Spa is Calibrated to the water supply.

CALIBRATING YOUR DETOX FOOT BATH

Initially on receipt of the Ion Spa it is advised to test the water to see the level of discoloration in the water alone without anyone's feet or hands in the bath. You simply connect the Ion Spa fill with water turn it on and add salt to bring the Ion Spa to its optimum operating energy. The amount of the discoloration then becomes your base any further change beyond this will be directly from the person using the Ion Spa.

WHERE ARE THE METAL FLECKS COMING FROM?

Some flecks will come from the array however if there are more than 20 it would be considered that these come from the user's body.

WHAT DISEASE OR CONDITION CAN I TREAT WITH THE ION SPA?

The Ion Spa does not heal or cure any disease or condition. The Ion Spa enables the body to re-balance its bio-energetic fields which stimulates self detoxification. When the electro-magnetic fields are balanced, the body organs will naturally function better.

THE ION SPA IS NOT SUITABLE IF YOU HAVE THE FOLLOWING:

- Pacemaker
- Pregnancy (or suspected Pregnancy)
- Organ/Joint Implant (metal joint)
- Epileptic
- Under going Chemotherapy or Radiotherapy
- Diabetes type 1
- Open wounds on feet (can detox through the hands as an alternative)
- Under 5 years
- Immediately after surgical operation
- Life sustaining Medication (Heartbeat or Mental Health regulating medication Mild depression OK)

WHAT IS THE IDEAL DETOX PROGRAM?

The initial commitment is to undertake 2 Detox sessions per week for 7 weeks. Each session should be at least 2-3 days part. Following this maintenance Detox can be considered based on the individuals needs either weekly or fortnightly or continuing the 7 week program after a 2week rest.

Each session consists of 30 minutes. Before and after the Detox it is essential that you are well hydrated having 8 -12 glasses water. The Detox process will continue for several days after the session.

WHEN TO MODIFY THE PROGRAM?

For children and young teenagers the program should be under the guidance of a health care professional and modified;

5 – 7 years 10 minutes

8 – 15 years 20 minutes

Older adults can also have the session modified if frail or generally not in good health;

Do the whole 30 minute sequence but at a low drawing power, to achieve this do not add salt to the water or less than you normally would.

Anyone who is confronted with ongoing illness should modify the sessions the same as for older adults using initially a lower drawing power and adjusting the drawing power up with each successive session.

Not feeling well on the day you should be doing your next session it would be better to leave it until the following day when you are feeling better.

Diabetes type 2 have available sustenance that the client would normally have at the ready. You choose to modify the sessions by reducing the drawing power 10% until you are confident the client is benefiting from the Ion Spa.

WHAT ELSE SHOULD I DO?

It is suggested that while undertaking the Detox with the Ion Spa you are supported with a good mineral supplement.

You may find that modifying your diet and lifestyle enhances the result of the Detox. The usual things first suggested are to stop smoking and reduce alcohol and sugar intake.

Your health care professional would be able to assist with your particular needs and circumstances. Other references are the many books available on Health/Diet and Lifestyle and Wellness.

UNDERSTANDING THE IMPORTANCE OF DETOXING

If you would like more information a very well written book in everyday English is available @ WWW.HEALTHYEAT.NET

This book comes in 3 sections;

DETOX FOR HEALTH AND WEIGHT

PART 1 THE MIND BEHIND IT ALL

PART 2 THE BODY AT WORK

PART 3 PUTTING IT ALL TOGETHER

Although the author Leah Marmulla doesn't make specific references to using a Ion Spa, Leah does use a Ion Spa in her practice together with diet and lifestyle monitoring and advice.