
What is an Ion Cleanse

The Ion Cleanse is an ion generator which has two main pieces, a power supply and an array. The array goes into the foot bath and generates a small amount of direct current in the water, which causes the delivery of positively and negatively charged ions.

Ions are charged particles that have lost or gained an electron which causes them to set up a magnetic field capable of attracting and neutralizing oppositely charged particles and pulling them out of the body through a process called osmosis.

Osmosis is a term used to describe movement of a solvent through a semi-permeable membrane (like a living cell) into a solution of higher solute concentration that tends to equalize the concentrations of solute on the two sides of the membrane.

The Ion Cleanse helps detoxify our system of harmful substances so that our body can get back to a healthy state of balance.

Everyday our bodies come into contact with substances, which when in high concentrations can be toxic to the system. There can be heavy metals in the water we drink, the food we eat, and in the air we breathe. As well as toxins in everyday substances we use for work and play.

Over time these substances can build up in our body and overwhelm the system. These substances in excess can increase fatigue, pain, edema, and swollen joints.

ON THE RIVER MASSAGE &
HEALING ARTS

356 E. Elkhorn Ave., Suite 10
Estes Park
Colorado

Phone: 970-577-7455
Email: ontherivermassage@gmail.com

The Ion Cleanse



Tel: 970 577 7455

What to expect

Healthy individuals can expect to feel lighter and experience a greater sense of well being from each Ion Cleanse. Some people with pain, edema, and swollen or deteriorating joints have reported symptomatic relief from Ion Cleanse sessions.

Some people like to have a massage, colonic, raindrop therapy and other healing modalities right before an Ion Cleanse session as this further accelerates the detoxification process.

After the sessions you may experience: thirst, light headedness, light headache, hunger and or need to rest right after the session. Also you may experience loose stools for a couple of days.

Many people however experience none of the above.

What To Do After a Session

The Ion Cleanse helps your body to start a detoxification process and during that process you need to give your body a chance to recalibrate from the shift in toxic load.

Remember to replenish with electrolytes, vitamins, minerals, fatty acids, antioxidants and to eat a diet of 80% alkaline foods/20% acid foods.

REST, NUTRITION, HYDRATION, and the ability of the body to eliminate toxic load are all important in healing.

Some people believe that the Ion Cleanse session helps to facilitate emotional release.

Detoxification colors:

- Yellow/green-detoxifying from the kidney
- Orange-detoxifying from joints
- Brown-detoxifying from liver, tobacco, cellular debris
- Black-detoxifying from liver, gallbladder
- Dark green-detoxifying from gallbladder
- White foam-mucous from lymph
- White cheese like particles-yeast
- Black flecks-heavy metals
- Red flecks-blood clot material
- Turquoise-copper and aluminium

“Is all this coming out of my feet?”

The answer is yes, but, it does not come out in big pieces. It comes out in tiny particles that are then attracted to the array where they bind with other particles of matter. This way you see all of the debris floating up from the array.

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