



HAND BOOK

■ For your Body's Balance and cleaning

What is Ion Cell Cleanse?

The Ion Cell Cleanse is a self-contained high tech water detoxification system that can assist the body to heal itself.

The Ion Cell Cleanse is very user friendly and requires no special training to perform. It is a detox water foot bath which uses brass and stainless steel electrodes. It is used as a foot bath to cleanse, balance, and enhance bioenergy (the vital energy that is stored within the body and utilized by our cells.) Chinese medicine refers to this energy as "Chi". Complex energy fields permeate and realign the body's energy field while improving oxygen levels. While the foot bath is widely used to increase both physical and mental energy, vitality, and stamina, it can, at the same time, assist the body in ridding itself of toxins, chemicals, radiation, pollution, synthetics and other foreign material trapped in the skin layers that have clogged up it's systems of elimination. Internally, the machine can help to cleanse parasites and detox the liver. This cleansing can result in less bodily fluid retention, re-duced inflammation, improved memory, greater bladder control, a more balanced PH, a stronger immune system, & significant pain relief, including headaches, gout & arthritic pain.

As is believed in Reflex ology, each foot is actually a channel, a conduit, through which your body attempts to cleanse itself of toxic wastes and heavy metals. During the foot bath you may see the cleansing process take place, in part, as the water interacts with a compound



electric current and magnetic field structure. Cleansing the body of toxins results in the correct frequency required for cells to return to a healthy state, and to release waste that has built up over the years. The Ion Cell Cleanse detox therapy can enhance the effects of other detox therapies as well. This unit is among the best detox products available.

What are the Benefits fo the Ion Cell Cleanse

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. This disruption creates imbalance and chaos within each affected cell. When cells are in an imbalanced state they are unable to facilitate the body's functions needed for healing, including ridding itself of heavy metals, parasites, and other toxins. But when cells are fully charged, they have more oxygen and are able to experience electrical balance, which results in a healthier attitude, More vitality and a feeling of well being. This balance increases our awareness and our sense of the mind/body/spirit connection. Dark field studies have shown the machine significantly improves oxygen levels. Studies show that an overall balancing effect can occur, along with a significant increase in the number of negative ions. Ions are atoms or molecules that have lost or gained electrons (free radicals are unpaired electrons.) If the atoms or molecules lose electrons, they become positively charged ions. If they gain electrons, they become negatively charged electrons. The Ion Cell Cleanse technique can provide a full body purge of all vital organs, which can result in reduced menopausal symptoms, menstrual cramps, sexual health problems, restlessness, stress, toothaches, vaginal dryness, wrinkles and candida (yeast infections.) The internal cleansing process can also result in more rapid healing of diseases and recovery from injuries.

Water has an almost perfect balance of positive and negative ions. Since the body is composed of about 70% water, it's ability to interact with water is very high. When you immerse your body mass into water, the vibrational frequency of the water will affect the vibrational frequency of the body due to the interaction of the magnetic and electrical fields. Consequently the Ion Cell Cleanse is one of the more helpful detox products. It is an exceptionally wonderful and natural healing tool. It is painless, does not require the use of drugs, and has no side effects.

Partial List of possible benefits:

Enhance Immune System

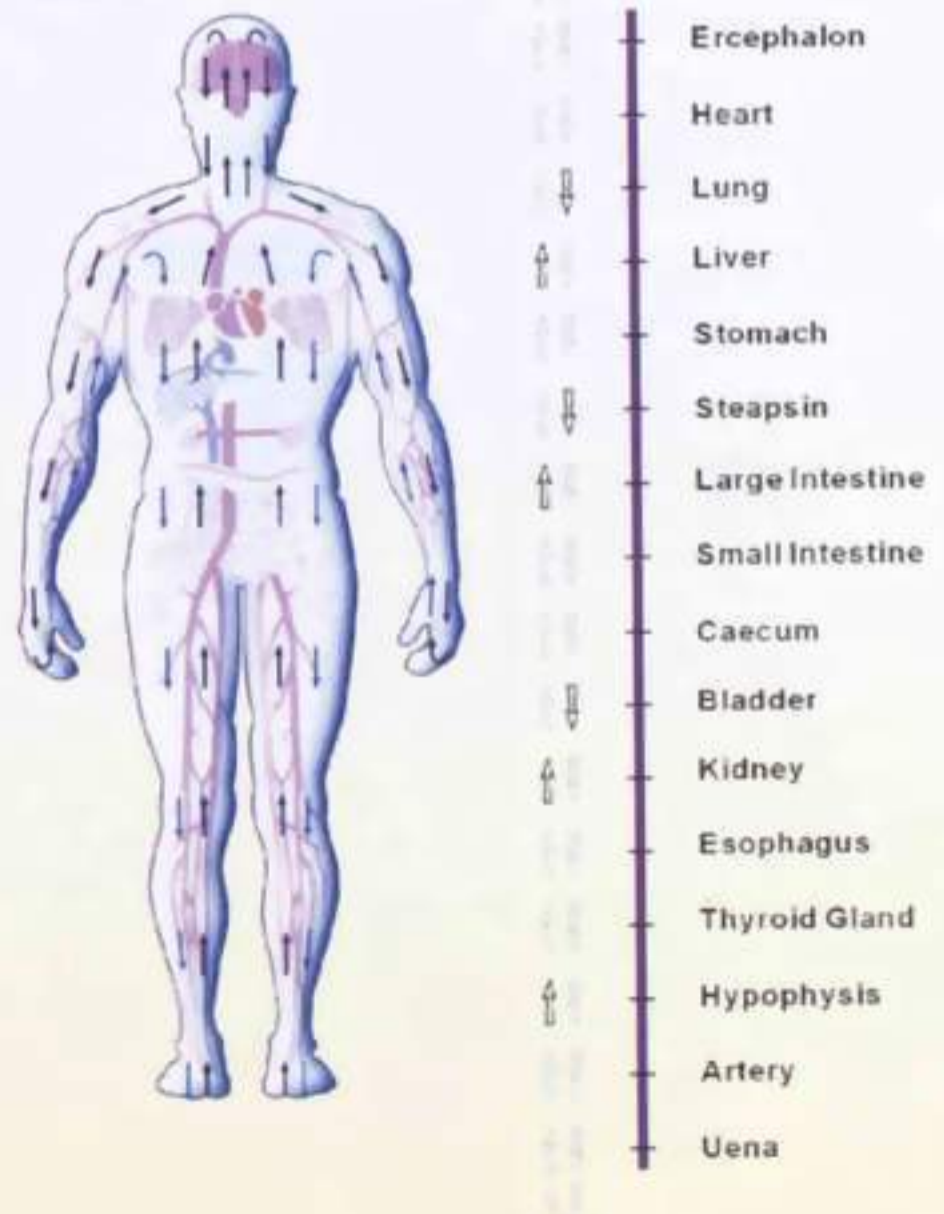
Balance Blood Sugar

Balance Blood Pressure

Arthritis Aches, Rheumatoid

Improve Memory and Sleep

Ion Circulate Picture



Ionization Theory

A water molecule is composed of two hydrogen atoms and one oxygen atom. When the molecule loses a hydrogen atom, the remaining OH molecule takes on a negative charge. As you walk along the beach, your body absorbs millions of these negatively charged ions, which alkalinize the blood and tissue. Because of poor diet and high stress we tend to accumulate and store excessive quantities of waste products, such as dietetic, lactic, pyruvic, uric, carbonic, acetic, butyric, & hepatic acids. Avoiding disease and maintaining vitality, as we age, requires the maintenance of an alkaline environment throughout the body which is virtually impossible to do in our high tech, high stress toxic society, unless we can walk on the beach everyday. The Ion Cell Cleanse creates exactly 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. Place your feet in the water, turn on the unit and within seconds millions of ions enter your body and begin to neutralize these acid wastes. The particles, fat and mucus residues found in the water after bathing reflect the wastes that have left the body during the 20 to 30 minute session. After cleansing the body of impurities you may find that you are thinking more clearly, are having more energy and are enjoying a greater sense of well being.

Why detoxify the body?

In today's toxic environment, acid wastes, chemicals and heavy metal residues build up in the body faster than ever before, resulting in a greater incidence of allergies, and mental and physical incapacitation. We have begun to hear



more about herbal and homeopathic detoxification programs by alternative health practitioners as a way of reducing symptoms and maintaining health. All healing traditions Egyptian, Native American, Ayurvedic, Homeopathic, Chinese, Shamanic, most traditions other than Western Medicine offer body purification as a means of healing and avoiding disease. Ion Cell Cleanse sessions may support any body cleansing modality, and may even reduce the discomfort associated with rapid purification. Today we are exposed to the greatest toxic load in the history of our planet and ongoing periodic detoxification is essential to maintain health and avoid disease. The Ion Cell Cleanse, in conjunction with a healthy, low stress lifestyle, can provide a thorough and efficient way to maintain high energy levels and long term wellness while providing a comfortable purification support system.

Skin & Beauty Applications

Rashes, dark circles under the eyes, swollen joints, yellowgreen and blotched complexions often indicate a buildup of tissue acid wastes inside the body. Several Ion Cell Cleanse sessions along with dietary changes may have the ability to show to substantial reduction of and may even eliminate these conditions.

Who will benefit from Ion Cell Cleanse foot baths?



Most people should immediately experience an increased sense of well being and more energy. Many children have reported greater mental clarity as a result of the foot bath; young couples planning families may benefit from doing foot bath sessions prior to conception. Women seeking to maintain healthy breasts throughout their lives can benefit from whole body purification. Middle aged men and women have reported increased energy and greater mental clarity after completing our Ultimate Purification Program.

Regional toxicity

Water, metal and salt will combine to produce a light, water color change, as well as objects in the ion cell cleanse even without feet being submerged. The Ion Cell Cleanse neutralizes toxins in the water the same way it neutralizes them in the body. The predominant color of the deionized water is determined primarily by the chemicals used by local authorities in combination with the pollutants common to that area. Chinese acupuncturists understand the concept of regional toxicity as it relates to the ailments that predominate in a given area. Some areas of the country have higher joint complaints, while others report a higher

frequency of kidney bladder problems.

Could it be that the toxins peculiar to an area gravitate toward a specific part of the body, causing it to break down?

As a general rule, regional toxins contribute 20 to 40% found in the water after a foot bath. The black flecks can be created by heavy metals in the bath water as well as deterioration of the metal in the array. Experience and the observations discussed in this handbook will assist you to determine what is coming from the patient and what is coming from the array.

How the Ion Cell Cleanse works

Generating Ions

An Ion is a charged atom that has gained a magnetic field capable of attaching to and neutralizing charged particles. These neutralized particles are extracted from the body through the process called osmosis. Osmosis is a scientific term that is used to describe the movement of particles through a membrane from an area of lower concentrations to an area of higher concentration. In this case, the higher concentration refers to the ion field that is set up by placing the array into the water while running the unit. The array is placed into the water alongside the hands, feet or body while the power supply delivers a low level direct current to the array. This causes the metals within the array, in combination with water and salt to generate positively and negatively charged ions by separating oxygen and hydrogen in the water. (For the purpose of this discussion of the Ion Cell Cleanse process, positive and negative relate to electrical rather than chemical phenomena).

The practitioner determines the polarity setting

through the use of litmus paper (pH strips) or muscle testing. We speculate that ions generated by the Ion Cell Cleanse travel through the body attaching themselves to a multitude of toxic substances, thereby neutralizing their positive or negative charge. It may be possible to reduce pain and other symptoms caused by a lifetime of toxic buildup in the body (assuming the symptoms are caused by toxic buildup). The long term effectiveness of the Ion Cell Cleanse detoxification process depends on other life enhancing changes a person is willing to make.

When the Ion Cell Cleanse is set to positive, the current is directed to the positive pole, which results in the production of more negative ions in the water. Therefore, a positive polarity generates a negative ion flow which, we believe, raises blood pH from acidic toward alkaline.

When the Ion Cell Cleanse is set to negative, the current is directed to the negative pole, which results in the production of more positive ions in the water. Therefore, negative polarity generates a positive ion flow which, we believe, lowers blood pH from alkaline toward acidic.

Approximately, 95% of people in this culture experience a state of acidity. That is, their bodies possess an excess of hydrogen ions, and their blood pH is lower than 7.45. These people

will greatly benefit from exposure to high concentrations of negatively charged ions. However, we have found through muscle testing, that most people prefer a mixture of positive and negative ions in each Ion Cell Cleanse session.

Colors and Objects in the Water

Many colors and objects appear in the water during an Ion Cell Cleanse session. There is a reaction to the particles and toxins in the water, the metals in the array, and the acidity or alkalinity of the person being bathed. All of these combine to produce color and it is important to understand that colors will change color even if the unit is operating without anyone's feet submerged in the water. The basic color produced from these reactions varies from one geographic area to another. The color change reflects the interaction between all of the variables in the water and the array, as previously described. The toxins in our bodies will look the same as the toxins predominant to a specific area; however, there will be more toxic particles in the water with a person's feet submerged in it. You will also find that waterbased toxins will not stick to the side of the basin and the array, whereas substances pulled from the body will form a sticky ring that must be removed with a detergent.

The above photos show the results of independent Ion Cell Cleanse sessions. The photo on the left shows the results after the unit was run for 30 minutes using only the array system. The photo on the right shows the results after the unit was being run for 30 minutes with both the array and a person's feet submerged in the water. The photo on the right shows that many more colors and solids are present as compared to the baseline session.

* Note that the unit was run for 15 minutes in the positive polarity, 10 minutes in the negative polarity, and 5 additional minutes in the positive polarity. Plain tap water was used during both sessions.



before



run for 5 minutes



run for 15 minutes



run for 20 minutes



run for 30 minutes

What does the watercolor change really mean?

Here is an excerpt (from the manufacturer) about the color changes that might help you to better understand what is happening:

When the water becomes excited it ejects these tiny particles, and they become visually observable in the water. This will tend to make the water look dirty brown. Of course, just how dirty the water becomes is related to how much sediment is in the actual water. When you check a bucket of water to see this principle (with no body parts in the water), how dirty it actually becomes will generally be the same each time you use a new bucket of water from the same source. If you were to run this test over and over again but with a different person's feet in the water each time the results would be amazingly different. Sometimes the water will be dirtier and sometimes cleaner. Because everybody's ability to absorb energy is different, the reaction of the water will also be different. Note: While the color changes in the water can be dramatic, it is not the most important factor and one must be careful about making any judgements solely based on the water color. Some waters do not change color and it is not always an indicator of whether energy is being produced. The best indicator that may be found in the water after a treatment would be the presence of an oily substance located on the container at water level. It generally contains materials released from the outer layers of the skin. Another indicator after treatment can be found in the color change in the urine of the individual who has been treated.



What is the significance of each color?

It is important to eat a variety of colorful foods in order to assure balanced chemistry. Every color in our food is related to a chemical and has a chemical value. Chemical components of foods contribute to their acid-alkaline balance. As a general rule, green foods nourish the immune system, especially the liver and gallbladder. Red foods nourish the endocrine system, including the pituitary gland, as well as the heart and small intestines. Orange foods nourish the joints. Yellow foods nourish the digestive system, including the spleen, stomach & the pancreas. Yellow Green foods nourish the kidney, bladder, urinary tract, female/prostate area. Brown foods nourish the liver. White foods nourish the respiratory system, namely the lungs but also the large intestines, lymphatic system and skin. Black foods nourish the

circulatory system, kidneys, liver gallbladder and bladder. By the same token when the water is changing colors, each color represents the part of the body that is being detoxified. One of the most visual effects is the discoloration of the water, but while the color changes in the water can be dramatic, it is not the most important factor, and one must be careful about making any judgements based solely on the water color.









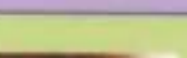
Some people claim that what you see in the water are toxins being drawn right out of your body, but some of what you see in the water is related directly to the water being used.

You can easily test this for yourself, if you have the opportunity to run the ion cleanse in a container of water with no body parts in it. You will probably see a pretty dramatic color change

take place - although some waters do not change color, (even with feet in the water), The person using the water does influence what the water will look like as well, so that even using the same water source, the way the water looks can vary greatly among individuals.

The Ion Cell Cleanse is energy medicine, and we believe that the most benefit and detox is achieved AFTER a session - not necessarily during a foot bath. When the body is better balanced and charged, it will be better able to detox through it's regular channels such as the kidneys, colon and liver. The degree of detoxification will be reflected in symptomatic improvement, not water color change. The water color change has to do with the combination of industrial and chemical pollutants common to a given geographical area.

We have also found that a person's detox session will override the geo-graphical toxicity of the water. Based on EAV (Electro Acupuncture by VOLL) testing, the following table shows what we believe are the meanings of the color changes:

Color of the Water	Area of the Body it Represents
 yellow-green	detoxifying from the kidney, bladder, urinary tract, female/prostate area
 orange	detoxifying from joints
 brown	detoxifying from liver, tobacco, cellular debris
 black	detoxifying from liver
 dark green	detoxifying from gallbladder
 white foam	lymphatic system
 white cheese-like particles	Yeast
 black flecks	heavy metals
 red flecks	blood clot material

Water, salt and the metal in each of the units interact with each other to produce ions. These ions will neutralize everything they come in contact with including toxins that are in tap and filtered water. Generally one does need to add non-iodised salt to the water in order for it to be conductive enough. Darkfield studies have shown that the Ion Cell Cleanse improves oxygen levels.

The live blood cell analysis pictures on the right are photos of the blood before a thirty-five minute Ion Cell Cleanse foot soak. Amazingly the photo on the right is the same blood 35 minutes later.

What are the black flecks in the water and where do they come from?

The black flecks are metals that (A) come off the zinc bar in the middle of the array; (B) from the de-ionization of heavy metals in the water itself and (C) from the de-ionization of metals from the patients body.

How can I tell where the metal is coming from?

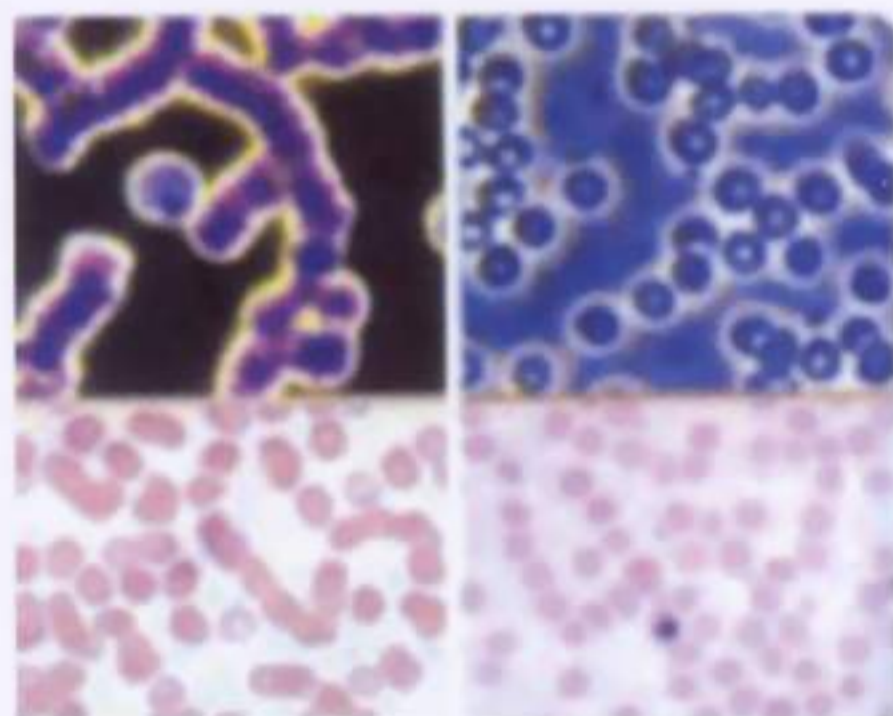
Sometimes you cannot tell where the metal is coming from. However, when there are many black flecks in the water (over 20), you can be fairly certain they came out of the patients' s body.

What diseases or conditions can I heal with the Ion Cell



Before

After



Cleanse?

The Ion Cell Cleanse does not heal or cure any disease or condition. If a patient's problem is caused by a toxic buildup the symptoms may be alleviated by detoxification. The cleanse can assist the body to release these toxins.

We do not make such claims because the results are unpredictable. Frequent detoxification with the Ion Cell Cleanse can give people a greater sense of well being and can help them to feel better especially when used in conjunction with a detoxifying diet.

Are there different protocols for different conditions?

In other words should I work differently with Peripheral Neuropathy than Osteoarthritis?

Yes, but remember, we are talking about detoxification and balancing meridians. A patient with peripheral neuropathy has greatly impaired nerve and circulatory function. It will take much longer to detox this person than someone with OA, but detoxing them will make them more comfortable and can possibly help to slow the progression of their disease. Some OA sufferers may experience immediate relief especially if they are willing to make lifestyle and dietary changes.

Can I bathe patients that are on Allopathic medications?

The Ion Cell Cleanse has been shown to lower medication levels in the blood, causing the symptoms related to those medications to intensify. You cannot detox anyone who is on life sustaining medication pacemakers or heartbeat regulating medication, mental health medication other than mild depression.

Is it wise to use the Ion Cell Cleanse every day?

The manufacturers recommend treatments once or twice weekly. For those suffering from illnesses the treatment should be less frequent. This is because for those who are unwell their bodies go into healing mode after a treatment, during which they might feel tired or lethargic. In our experience most people feel lethargic afterwards and feel the benefits over the following days. Some time is required for the body to recover and a followup session should not be given for a few days or until they feel fully recovered.

How long should a treatment last?

In an adult body it takes approximately 20 minutes for the blood to make one complete cycle. Therefore to stay on the machine for less than 20 minutes would not be harmful but would not be particularly beneficial either. The cycle is considerably less for children and the treatment times should be adjusted accordingly. Adults should have the full 30 minutes and children should have 15. It should not be used on children under 5.

Have you proof of what the detox cures?

The machine does not cure anything. It is



simply a machine which can assist your body to rebalance it's bioenergetic fields. This stimulates selfdetoxification. When the electro-magnetic fields are balanced, the body's organs will naturally function better.

What Improvements might I notice?

The Ion Cell Cleanse may assist the body in improving:

- Enhance Immune System
- Balance Blood Sugar
- Balance Blood Pressure
- Arthritis Aches, Rheumatoid
- Improve Memory and Sleep

This treatment can be used in conjunction with detox diet plans.



After a treatment will I be restricted in my activities?

No. You can go about your daily business as usual. The most common side effect we have experienced is that you may feel tired directly after the treatment and feel the benefits over the next few days.

How long can the effects last?

Results depend upon your lifestyle. We recommend an initial course of 5-7 treatments (once or twice a week) no more than twice a week then a top up session once a month or once every 3 months.

Will I need special training?

In our opinion, no special training is needed to operate any of these systems. Full instructions are supplied with each unit. There are certain organizations who offer "training" however, we believe this is not necessary. These units are sold to private households and individuals as well as medical practitioners. The only requirement that you may need if you are using the unit on clients is public liability insurance. This is considered a low risk treatment. Is there anyone

Is there anyone who cannot have the treatment?

Disclaimer:

The Ion Cell Cleanse is safe for most people,



however the following cannot have the detox treatment:

- **People with a pacemaker.**
- **Women who are pregnant or lactating.**
- **People with implanted organs.**
- **People with epilepsy**
- **People undergoing any form of radiation or chemotherapy.**
- **People with Diabetes.**
- **People with open wounds on their feet.**
- **People who have hemophilia.**
- **People who have a blood thinning disease.**
- **The Ion Cell Cleanse should not be used by children under the age of 6.**

How long do the arrays last?

Please note that some companies claim that these arrays last for longer than 40 to 50 sessions (about 40 hours). In our experience this is not the case and will result in only rust being created and no actual detox taking place.

Does the Ion Cell Cleanse

have any side effects?

If properly used the Ion Cell Cleanse has not been shown to have any negative side effects.

Can women use the Ion Cell Cleanse during menstruation?

Yes, this is perfectly fine.

Can patients use the Ion Cell Cleanse after surgery?

Patients can begin to use the Ion Cell Cleanse as long as they are recovered and should wait at least six weeks.

Can we get an electric shock

if our feet should touch the array?

When your feet touch the array, you cannot get an electric shock because the machine has an auto-protect measure that will shut off the electricity if it goes beyond a security range. The machine will simply stop at this point.

