

To Help With the Healing

Whenever doing any detoxifying of the body be sure to drink lots of water to stay hydrated so tissues can eliminate toxins easier. Water helps the body flush pollutants. Also, it is important to have regular bowel movements, at least twice a day. You should have one within 12 hours of cleansing. This is necessary to prevent the toxins from being reabsorbed from the stools back into the body.

Replenishing the Body

Replenishing is an important part of the cleansing process, Ion Cleanse will pull some minerals out of the body which will need to be replaced, such as:

- Electrolytes (Calcium, potassium, sodium, magnesium, neutralizer)
- Minerals/Vitamins
- Fatty Acids
- Antioxidants

It is highly recommended that you replenish your body's minerals

Contact Me:

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Hours:

Monday, 9 a.m.–5 p.m.

Tuesday, 9 a.m. – 5 p.m.

Wednesday, 9 a.m.-5 p.m.

Thursday, 10 a.m. – 5 p.m.

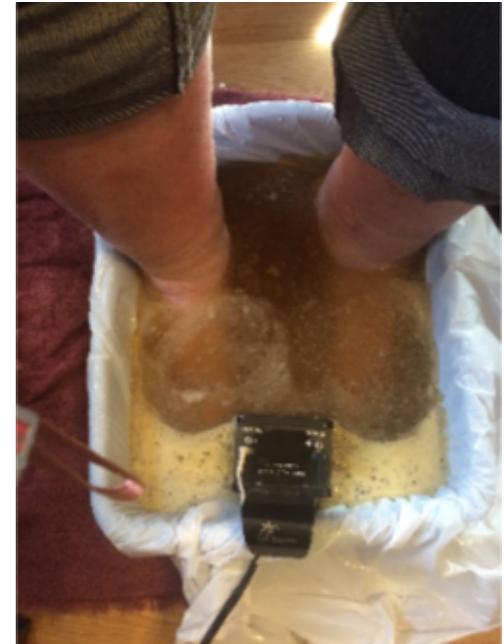
Friday, 10 a.m. – 5 p.m.

Saturday, 10 a.m. – 2 p.m.

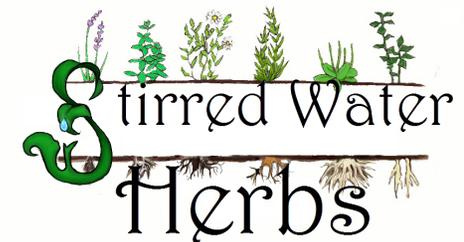
Sunday, Closed



A relaxing way to detox



Judi Ryan, Naturopathic Doctor



Ion Cleanse

In our environment, we have many harsh toxins coming at us from every direction. Pollutants in our air and water, chemicals added to our foods, our household cleaners; no matter where we go or what we do we are being affected by toxins. Imagine a quick, easy and relaxing way to detoxify. Ion Cleanse is that way! It helps us to keep up with the barrage of toxins coming against us from all directions.

What is the Ion Cleanse?

Ion Cleanse cleanses our bodies of the harsh pollutants we are exposed to daily. Ion Cleanse is a detoxifying process which uses positive and negative currents to create an ion flow that helps raise or lower the pH level of the body. The result is the body eliminating harmful toxins and operates under much more healthy conditions

What Can You Expect in Your Session?

You start the session by drinking a glass of water with electrolytes added. Sitting with your feet in warm water for 20-30 minutes, the water begins to change color as the body eliminates toxins. The color of the water helps explain which parts of the body are being detoxed, or what toxins are being removed

Some colors may include:

Orange.....Joint Toxins
Black.....Liver
Dark Green.....Gallbladder
White Foam.....Lymphatic System
Black Flecks.....Heavy Metals
Brown Flecks.....Skin Toxins
Red Flecks.....Blood Clot Materials
Red-Green.....Kidney Toxins
Brown.....Liver, Cellular
Brown-Black.....Tobacco Substance

What You Can Expect After Your Session

Results may be noticed as quickly as the first session. As toxins are released from your body, the organs, tissues and muscles may begin to heal or function in a more normal fashion again.

You may feel an increase of strength, increase of energy, mental clarity, less pain or stiffness or an increase in flexibility.

If you are highly toxic, side effects may occur. Side effects brought on by an Ion Cleanse session are usually short lived. Headaches, nausea, flu like symptoms, fatigue or loose stools can be a result of the toxins being released from the body and may be necessary to begin the healing process your body needs!