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DETOXIFICATION

Detoxification has been getting progressively more difficult to manage. Many patients are unable to unwilling to take numerous nutritional supplements for a prolonged period or cannot tolerate the side effects. Our food, water, and contaminated air have added to each person's toxic load, and our current life style of fast food, bottled beverages and snacking on devitalized products has additionally contributed...

All of these circumstances by their very nature, added to the toxic burden. We have become a nation of adding chemicals to our body in the form of hair color, permanents, perfumes, creams, fabric softeners, water treatments, nail polish, artificial nails with adhesives and bonding agents, cosmetics and over the counter drugs all of which have further impacted our system. The importance of detoxification has been stressed by all members of the alternative medicine community. The IonCleanse provides a comfortable and relaxing way to rid the body of toxins without precipitating healing crisis and Herksheimer's reactions.

The concept of internal cleansing and detoxification has been around since the time of the Romans. The saunas and baths were an early form of detoxification. The problem of "toxicity" has grown as the number and quantity of poisonous compounds in our air, water, and food supply have steadily increased. There is a substantial growth in research and studies of the significance of acute and chronic exposure to toxins and the role they play in our health.

Why Detox?

As we are continually exposed to these toxins, our innate detoxification system becomes overloaded. The toxic substances accumulate and sensitivity to other chemicals, some of which are not normally toxic, become progressively greater. This accumulation of toxins can wreak havoc on normal metabolic processes and may be expressed through the symptoms of disease and a loss of energy.

How to Detox?

The body uses four primary organs to eliminate toxins from our system: bowels, urinary tract, lungs and skin. Most people think of the bowels and urinary tract for elimination, but not the lungs and skin.

Detoxification is a two-part process: 1) loosening or freeing the toxins from the body's tissues, and 2) expelling the toxins from the body. An ion cleansing foot bath encompasses both parts of the process during each session.

What is the Ion Cleanse machine?

Ion cleansing foot baths are a pleasant, non-invasive way for most people to detoxify the body. A computer program runs varying amounts of positive and negative current through a container of water. All you do is put your feet in the water and relax for 20 to 30 minutes. While you are relaxing, the water will start to change color as the ion cleanse runs through its cycles. The water will change color and consistency from orange, brown, and green through to black—due to the release of toxic substances through the 2000 pores on the sole of each foot. There may even be lymphatic fat or mucous floating on the water. With each session the water may look different depending on what toxins are present in the body and on what part of the body is releasing toxins during the session.

How Can It Help?

The ion cleanse foot bath technique provides a full body purge of all vital organs, which can result in the following:

- * reduced menopause symptoms
- * reduced menstrual cramps
- * fewer sexual health problems
- * fewer skin problems
- * reduced acne
- * fewer sleep problems
- * reduced restlessness
- * relief from stress
- * fewer toothaches
- * less vaginal dryness
- * fewer wrinkles
- * reduced Candida and yeast infections

Some patients with pain, edema, and swollen joints have reported relief immediately. Other patients with arthritis, allergies, gout, lymphedema, headaches, and neuralgia as well as other symptoms have experienced relief and benefits with multiple treatments. This internal cleansing can also result in faster disease healing and injury recovery. Healthy individuals have reported feeling lighter and have experienced a greater feeling of well being.

Multiple Sessions are recommended for maximum results.