

ALTERNATIVE HEALTH & REHAB. CENTRE, PLLC
Alternative, Complimentary and Preventive Health Care Services
A Treatment Centre with a Holistic Personal Approach.

Open: 8am-8pm Monday-Friday, 9am-6pm Saturday, by appointment.
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DETAILS OF THE ION CLEANSE

The Water used - we start out with the city of Flint's "safe drinkable" tap water and run it through 3 more filters (sediment, a reverse osmosis and a carbon filter) to clean it up more. This is done to remove more than the city has and to remove items that the city may have been placed into the water intentionally (chlorine, fluoride, etc.). We have 3 filtration systems in the office, which produced about 5 gallons per day each, totaling 15 gallons. We have extra gallon jugs filled so that we have enough purified water to handle the Ion Cleanse need, ahead of the filters and the water coolers for patients. Each procedure requires about 1.5 gallons of water. This is the same water we have available in the water coolers. It is so clean that the electrical conductance is usually between 0.03 to 0.05 amps. This additional filtration process helps remove any of the following leftover items: Arsenic, Chromium, Lead, Cysts, Copper, Chlorine, Sodium, Sulfate, Ammonia, Magnesium, Tannins, Nitrates and Nitrites.

This is the water we put your clean feet in (if your feet are not clean, we will have you do a pre-therapy wash to remove any oils, lotion, powder, etc.) We are removing toxins and heavy metals from your body, so we need clean feet and clean water to do so. After the session we want you to wipe your feet again to get off any residual debris and stickiness before you put on your own shoes and socks.

We recommend that you drink 16 ounce of water prior to the Global Wellness and Ion Cleanse process.

The Salt - now that we have cleaned the water, we need the water to assist us in the detox process. Remember when your mom use to tell you "when you are sick, go soak in a warm "Epsom" salt bath to get the toxins out". The warm water would relax you and open the pores of the skin, the "Epsom" salt (magnesium sulfate) would create a salt solution which would draw the toxins out of your body and into the bath water. The magnesium is also a muscle relaxant and would help your muscle relax. The problem with using "Epsom" salt is that some of the magnesium is soaked back into the body and can cause loose muscles and stools in some people. (Not a good idea if you are going back to work.) So instead of "Epsom Salt" we use gourmet purified all natural food safe sea salt from an underground mine (to avoid air pollution contamination) from Redmond, Utah. This salt comes from an old sea that has dried up, Gourmet All Natural Sea Salt. (This salt is mined from deep ancient sea beds near the town of Redmond, south central Utah and has not been polluted by man, with additives, chemicals or heat processing, but still contains 50+ trace minerals along with sodium chloride - salt.) We use food base so that we know it is safe to be absorbed and used by the body on a routine basis (1-2 times/week detox cleanse). We use just enough to bring the conductance to between 1.80-2.50 amps. The water opens the pores, the salt matches the bodies interstitial fluid make up (like the ocean - "evidence" of our "evolution" from the ocean) and the small direct current breaks the water molecule into H⁺ and OH⁻ to help attach to and draw the toxins out faster. Toxins are removed due to semi-permeable membranes, oxygen reactions, concentration factors, heat and magnetic field generation.

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Ion Cleanse cont.

How the electrodes work - AC electricity is converted to low power DC electricity which flows through a patented electrode system that sits in the footbath. The electricity and the metal combine to split the water molecule into H⁺ and OH⁻ ions and create a magnetic field. These ions get absorbed through the feet and travel through the body, neutralize oppositely charged particles and the osmotic salt concentration in the bath water draws these neutralized particles out of the body through the skin surface that is in contact with the water due to concentration gradients.

The neutral color - even without any feet being in the water there will be a mild color change to the water due to the sea salt. This color is a “Navajo” white color (like the walls in the Centre - light beige). This is our color goal. Some “health nuts” can reach this level quite quickly, most of us will need at least 2 to 3 - 12 sessions’ periods (as your color changes we increase time between each session).

End colors seen - when toxins are removed from the body and go into the water they react with the electrodes and change color due to the reaction with the electrodes. The color represents:

Yellow-green - kidney, bladder, urinary tract, male and female systems (residual waste),

Orange - joints, joint problems, arthritis, possible high or absorption problems of calcium.

Brown - liver detox, petro-chemicals, tobacco, smoke inhalation, oil/chemical exposure.

Black - sick liver, very toxic body, heavy metals, chemo-therapy, heavy smoker/body weight,

Dark green - gallbladder, bile acid problems, oil digestion problems, bloating, gassy,

White foam - lymphatic system, colds/flu/sinus/virus problems/congestion, body swelling.

White particles - Most likely killed yeast, or viruses,

Black flecks - heavy metals/tar, loose iron/iron usage problem, side effect of much medication,

Red flecks - blood clot material, recent blood vessel damage, period, recent injury/bleeds,

spleen,

Brown flecks - residuals of dead cells material, cellular debris.

Recommendation - Past experience shows that the Ion Cleanse should be done 1 time per year of your age, in groups of 12 sessions at a time, (1-2/week) with 4 week rest between each group of 12. This is due to the accumulation of toxins over the years. If the 1st cleanse water is “real dark in color”, we recommend doing a series of 12 therapies at a rate of 2 times/week for 6 weeks, (dark color - 1/week for 12 weeks) plus take EDTA, DeeToX-201 and DeeToX-202 daily, (to block toxins from being absorbed and to help remove them from the intestines and blood). If after the 12th therapy, the water is still ‘dark’ we put you on a more aggressive detox cleanse and possible colonic cleanse for a month and begin again.

After 4 weeks of rest, we consider starting another series of 12 therapy sessions and continue this cycle until the water clears, close to neutral. For most people, 2 series, of 12, is enough to reach neutral. Once there, we re-check at 3 months. Finally moving to 1 time/year as a yearly maintenance. For those with a lot of metal in their system, we add Intramax to help neutralize the metal toxicity effect in their body. We individualize each patients/clients detox program.

End Results - you may find the following: headache relief, relief of arthritis pain, stiffness and swelling, improved sleep, breathing deeper, mental clarity, stronger immune system, reduce inflammation, sinus opens, memory increases, injury heal faster, you feel more relaxed, digest food better, blood pressure lowers, more energy and endurance during physical activity, skin clears up, hair color returns, sexual enjoyment increases, weight lose, food tastes better, nausea reduces, medicines work better, you are able to handle stress better, plus good improvements in many chronic health conditions. For more information visit: www.amajordifference.com. The ion cleanse gives an over all body improvement.

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Ion cleanse cont.

Heavy Metals Report - Ion Cleanse

Metal	*Before (ppb)	*After (ppb)	Percentage Change
Antimony (Sb)	1.09	2.48	128%
Arsenic (As)	2.53	3.93	55%
Copper (Cu)	363.66	3656.11	905%
Lead (Pb)	2.45	8.16	233%
Uranium (U238)	3.08	5.58	81%
Barium (Ba)	60.2	74.3	23%
Cadmium (Cd)	5.55	12.15	119%
Chromium (Cr)	13958.44	22838.88	63%
Nickel (Ni)	411.48	672.52	63%
Aluminum (Al)	216.33	950.33	339%
Iron (Fe)	50645.66	138918.11	174%
Manganese (Mn)	218.77	524.44	140%
Zinc (Zn)	148.44	288.22	94%

February 2002

As determined by Doctor's Data 3755 Illinois Avenue, St. Charles, IL 60174-2420

These statistics show the average increase in toxic metals found in the water after nine separate IonCleanse® sessions. Beryllium, Mercury, Thallium and Selenium were tested and showed no significant changes after IonCleanse® sessions.

*The "Before" column represents the water after a 30 minute IonCleanse® session without feet in the water. The "After" column represents the water after a 30 minute IonCleanse® session with feet in the water.

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Ion cleanse cont.

ION CLEANSE

How ions are produced by the Ion cleanse device.

Source: Bassam Z. Shakhashiri (1992) *Chemical Demonstrations: A Handbook for Teachers of Chemistry*, Vol.4. p156.

Description: Water is decomposed into hydrogen and oxygen gases using electricity. A Hoffman electrolysis apparatus collects the two gases separately and shows the 2 to 1 ratio nicely. If a pH indicator is used the anode becomes yellow and cathode becomes blue.

Concept: When a DC current is passed through a water solution, water is oxidized at the anode producing O₂ and reduced at the cathode producing H₂. The solution becomes acidic at the anode and basic at the cathode.

At the anode: $2 \text{H}_2\text{O} (\text{l}) = \text{O}_2 (\text{g}) + 4 \text{H}^+ (\text{aq}) + 4 \text{e}^-$ (indicator blue) Acidic pH.

At the cathode: $4 \text{H}_2\text{O} (\text{l}) + 4 \text{e}^- = 2 \text{H}_2 (\text{g}) + 4 \text{OH}^- (\text{aq})$ (indicator yellow) alkaline pH

The IONCLEANSE array uses 2 sets of plates with different surface areas to generate different quantities of ions in the foot bath water. One method of measuring the quantity of positive or negative ions in the water is the pH reading.

When the **Ion cleanse** is in positive mode there are 4 cathodes and 3 anodes.

When the **Ion cleanse** is in the negative mode there are 3 cathodes and 4 anodes.

The plates produce a pH change in the water as current is applied to them. Hydrogen and oxygen bubbles are created as the water is broken down into gases through the process electrolysis.

Here are the results of a pH tests on the water treated with the **Ioncleanse** array showing the changing levels of ions in the water.

Ion cleanse water pH test 7/6/2002. Test time 15 min in 70% Pos. 30% Neg. mode. PH test meter was **Technika** 840037. Plain tap water with no salt added was used to do the testing. The array was removed from the water to take the pH readings. When the array is operating, the electric current causes the pH meter to off scale acid by the anode and alkaline when near the cathode. This data was taken over the period of 15 min to show the changes in pH caused by the changes in size of the cathodes and anodes. Pos. mode (4 cathodes 3 anodes) (NEG. Mode 4 anodes and 3 cathodes)

Time min.	Polarity	WATER pH	Time min.	Polarity	WATER pH
0	POS.	7.3	3	POS.	7.5
5	POS.	7.5	7	POS.	7.6
7	NEG.	7.6	10	NEG.	7.5
10	POS.	7.5	12.5	POS.	7.6
15	POS.	7.7			

The quantity of ions produced changed the pH to alkaline when the **Ioncleanse** was in the positive mode.

The quantity of ions produced changed the pH to toward acid when the **Ioncleanse** was in the negative mode.

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Ion cleanse cont.

The overall change in the water is alkaline indicating an increase in the quantity of antioxidant OH⁻ ions in the water. Micro-water machines also produce alkaline OH⁻ water.

The health benefits of the OH⁻ water have been well established in many studies in Japan and other countries.

As the polarity was changed, the surface area of the anodes and cathodes changed and so did the pH readings taken in the water.

POLARITY & TIME IN MIN

WATER pH

One theory as to how the **Ion cleanse** process produces a more alkaline state in the body.

Through the process of osmosis and diffusion OH⁻ ions are transported through the skin membrane due to ion charges. This process then produces a more alkaline state in body chemistry.

Acids are then transported toward the OH⁻ ions through osmosis and diffusion into the foot bath water. This process may be one factor in the color reactions noted in the water as the acids react with the OH⁻ ions.

Source: Fluid concepts Hyper-Physics Thermodynamics R. Nave

Diffusion

Diffusion refers to the process by which molecules intermingle as a result of their kinetic energy of random motion. Consider two containers of gas A and B separated by a partition. The molecules of both gases are in constant motion and make numerous collisions with the partition. The tendency toward diffusion is very strong even at room temperature because of the high molecular velocities associated with the thermal energy of the particles.

Rate of Diffusion

Since the average kinetic energy of different types of molecules (different masses) which are at thermal equilibrium is the same, then their average velocities are different. Their average diffusion rate is expected to depend upon that average velocity, which gives a relative diffusion rate. Where the constant K depends upon several geometric factors, including the area across which the diffusion is occurring.

Osmosis

If two solutions of different concentration are separated by a semi-permeable membrane which is permeable to the smaller solvent molecules but not to the larger solute molecules, then the solvent will tend to diffuse across the membrane from the less concentrated to the more concentrated solution. This process is called osmosis.

Osmosis is of great importance in biological processes where the solvent is water. The transport of water and other molecules across biological membranes is essential to many processes in living organisms.