

## Some possible benefits of an Ion Hydrogen detox foot bath

- Detoxification of entire body
- Heavy metal toxicity reduced
- Increased energy
- Reduced disease and injury recovery time
- Increased oxygen in the body
- Pain relief - not due to subluxation
- Bring pH into a more neutral range
- Reduced edema
- Reduced Inflammation
- Headache relief
- Immune system booster
- Relief of arthritis and gout
- Quick elimination of lactic acid
- Slow the ageing process

### How often can you use the Ion Hydrogen detox foot bath system?

We recommend that users only conduct a Detox session every 48 to 72 hours. A detox program of 6 -10 sessions is recommended. Any detox program is best performed in a pulsing fashion. This resting and repair period gives the user's body a chance to recover and rejuvenate from the detox session.

**It is important to note that the body continues to detox during the 48-72 hour detox period following a foot bath session and it is pertinent that you continue to support the detoxification pathways and improve the microbiome.\*1**

Disclaimer: This product is not intended to diagnose, treat, cure, or prevent disease. THE ISHSKO WELLNESS CENTRE makes no medical claims and makes no statements of validation. Always consult with your professional health care provider before beginning any health care regimen.

## Who CAN NOT use the Ion Hydrogen detox foot bath?

- Patients with Mercury amalgam fillings
- Wearers of a pacemaker, or any other battery operated or electrical implant
- Anyone on medication, the absence of which would cause mental or physical impairment, such as seizures, psychotic episodes etc.
- Persons who had part of their colon or intestines removed should start only with reduced the sessions, with longer time in between sessions
- Pregnant and nursing mothers
- Patients suffering kidney disease
- Patients with organ transplants
- Patients under Chemotherapy or Radiotherapy
- Children under 16 must have consent of their GP

**Fee: per session - €65.00**  
**6 sessions pre booked - €325.00**  
**(one session every three- four days)**

Sessions are to be supported with supplements specifically targeted for safe elimination of toxins at additional cost.

**Ion detox box 1:** €70.00 (contains binders and cilantro (basic heavy metals detox).

**Ion detox box 2:** € 310 (contains binders, cilantro, Humic/Vulvic acid minerals, Restore, sporebiotics and Kidney support (heavy metals and Glyphosate - environmental toxin detox and support of the microbiome).

### References

- 1 <https://www.amajordifference.com/wcontent/uploads/2016/08/IonCleanse-by-AMD-UA-Preliminary-Study.pdf>
- 2 Data show big rise in deaths of people with neurological disorders *BMJ* 2018; 360 doi: <https://doi.org/10.1136/bmj.k1278> (Published 19 March 2018)Cite this as: *BMJ* 2018;360:k1278
- 3 Non-cancer health effects of pesticides.M Sanborn,K.J.Kerr,LH Sanin,D.C. Cole, K.L.Bassil and C. Vakil. *Canadian Family Physician* October 2007;53(10)1712-1720
4. Glyphosate, pathways to modern diseases II: Celiac and gluten intolerance. Anthony SAMSEL<sup>1</sup> and Stephanie SENEFF<sup>2</sup>. *Interdiscip Toxicol.* 2013; Vol. 6(4): 159-184.doi: 10.2478/intox-2013-002.Published online in:www.intertox.sav.sk & www.versita.com/it

# ION HYDROGEN FOOT BATH DETOX



*Clinical research has shown that even ONE - 30 minute session increases the elimination of toxins through the kidneys, liver, colon and skin for up to 72 hours afterwards! 1\**

## Ion Hydrogen Foot Bath Detoxification

*Ion Hydrogen Detoxification helps to remove harmful toxins and cellular waste from your body through the kidneys.*

A safe and comprehensive body detoxification through the healing power of ionisation is available at the *ISHSKO WELLNESS CENTRE* as one of the most powerful technologies used in our DETOX SUITE.

When a body is properly detoxed it's amazing how great that person feels!

Detoxing the body can help with **insomnia, brain fog, digestive issues and weight loss** to name a few! When the body rids itself of toxic chemicals the body tends to speed up metabolism and returns to proper digestion.

Ion Hydrogen foot bath detoxification is great as a stand alone treatment, with a Lymphatic drainage therapy or with an Infrared Sauna session, for a more detoxifying effect. Please ask our staff for more information and how to book your detox sessions.

### WHY DETOX:

Our indoor and outdoor environment has changed dramatically over the last 3 decades. The amount of pollution our bodies are exposed to, is already shown to diminish our life span and reduces the quality of our wellbeing. This insult on our health, affects not only the older generation but is affecting each age group.

Research has found an indisputable correlation to this decline in health to our toxic body burden of heavy metals, environmental- agricultural toxins <sup>2,3,4</sup>

**THE MOST TOXIC OFFENDERS ARE MERCURY, LEAD ALUMINIUM NANO PARTICLES AND GLYPHOSATE.**

*At the ISHSKO WELLNESS CENTRE we believe that regular detoxification forms the best contribution to maintain and achieve good physical health.*

Since heavy metals, pesticides, herbicides, Electro magnetic and mold toxins hijacks our detoxification system, its effects impacts every system of the body. It is therefore good practice to regularly engage in detoxification under professional guidance.

## Activating the PNS

Preliminary Research

### Total Daily Excretion Levels

Genova's Comprehensive Urine Element Profile Test

- 5 day, 24 hour urine collection => IonCleanse session => 5 days of urine collection

Male - 35				Male - 69			
	Control	Therapy			Control	Therapy	
Day 1	31.575	37.054		Day 1	40.458	67.634	
Day 2	57.992	51.084		Day 2	490.045	930.733	
Day 3	56.55	20.907		Day 3	173.273	51.084	
Day 4	98.119	54.8		Day 4	98.94	126.449	
Day 5	184.86	925.82		Day 5	54.577	211.562	
Total	429.096	1,089.665	154.54% increase	Total	857.293	1,387.462	61.84% increase

**154% increase**  
in heavy metal excretion

**62% increase**  
in heavy metal excretion

With only 1 IonCleanse session!

### HOW DOES THE ION HYDROGEN FOOT BATH WORK?

The proprietary and patented technology results in **only** biocompatible electrical frequencies entering the water. These biocompatible frequencies elicit a relaxation response in the body. The Parasympathetic Nervous System (PNS) aspect of the autonomic nervous system is enhanced (healing and repair). The Ion Foot bath array ionises the water, as H<sub>2</sub>O is split into OH<sup>-</sup> and H<sup>+</sup> ions. These ions attract and neutralise oppositely charged toxins. After the process the user feels invigorated, refreshed, and relaxed.

## What does a detox session entail?

1 hour in advance of a footbath session the digestive tract needs to be loaded up with a toxin binder (Chlorella) and 30 minutes later with a chelator (Cilantro). This augments the effect of the Ion Hydrogen foot bath. ( see detox box 1 or detox box 2)

You will receive an electrolyte trace mineral drink to sip throughout the session and a heat waistband will be placed over the kidney area to support the kidney and lymph drainage.

You will be asked to put your bare feet into a tub of warm Kangen water for the duration of 30 minutes.

The ioniser will be put into the tub also and turned on. As you sit and relax you will see the water turn in colour and you might see some foam around the ioniser. This change is mainly to do with the reaction of the water constituents and due to some environmental toxins that are pulled out through the pores of your feet.



Proin sodales, orci nec feugiat sollicitudin, nulla sapien ultricies tortor, ut tincidunt augue libero ac odio. Nam congue elementum id vulputate