

Healthworks

NUTRITION CENTRE

What is Ion Cleanse Detoxification?

Ion Cleanse Detoxification is one of the most relaxing ways to detox your system. This treatment is founded on the premise that encouraging a healthy balance of negative and positive ions to circulate within your body helps free up blocked energies and release cellular toxins that may have built up in the body over time.

During a session, your Inside Out Wellness Centre Ion Cleanse Detoxification therapist will ensure you are comfortably seated and then will have you immerse your feet in a foot bath of positive and negative ion-charged warm water. Within seconds the unit will begin to neutralize toxins, thanks to the magnetic field created by the ions in the footbath, gently pulling the neutralized particles out of the body through the skin via osmosis and diffusion.

You will actually see the cleansing process take place as accumulated waste material is released into the water. The water will also change colour, depending on which toxins are removed from the body. All you have to do is sit back, relax and soak your feet and watch as the Ion Cleanse Detoxification rids your body of harmful toxins.

Benefits of Ion Cleanse Detoxification

- Helps you gain more control over your health
- Enhances the immune system
- Reduces recovery time from injuries and surgery
- Relieves pain and joint stiffness
- Encourages more restful sleep
- Improves overall health and enhances well being
- Restores your body's natural harmony and balance
- Boosts energy levels

Conditions That May be Helped by Ion Cleanse Detoxification

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| • Accident recovery | • Hormonal imbalances | • Oedema (swelling) |
| • Anxiety and depression | • Impaired immunity | • Pain management |
| • Allergies | • Insomnia | • PMS |
| • Arthritis | • Irritable Bowel Syndrome | • Skin problems |
| • Cold hands and feet | • Heart and circulation problems | • Sinus congestion/allergies |
| • Chronic Fatigue Syndrome | • Heavy metal and chemical poisoning | • Smoking cessation |
| • Diabetes | • High cholesterol | • Stress |
| • Digestive disorders | • Liver and kidney problems | • Stomach, pancreatic and spleen disorders |
| • Eczema | • Lymphatic system disorders | • Ulcers |
| • Fatigue | • Obesity | • Urinary problems |
| • Gout | | • Virus, yeast and bacterial infections |
| • Joint pain | | • Weight management |
| • Headaches and migraines | | |

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