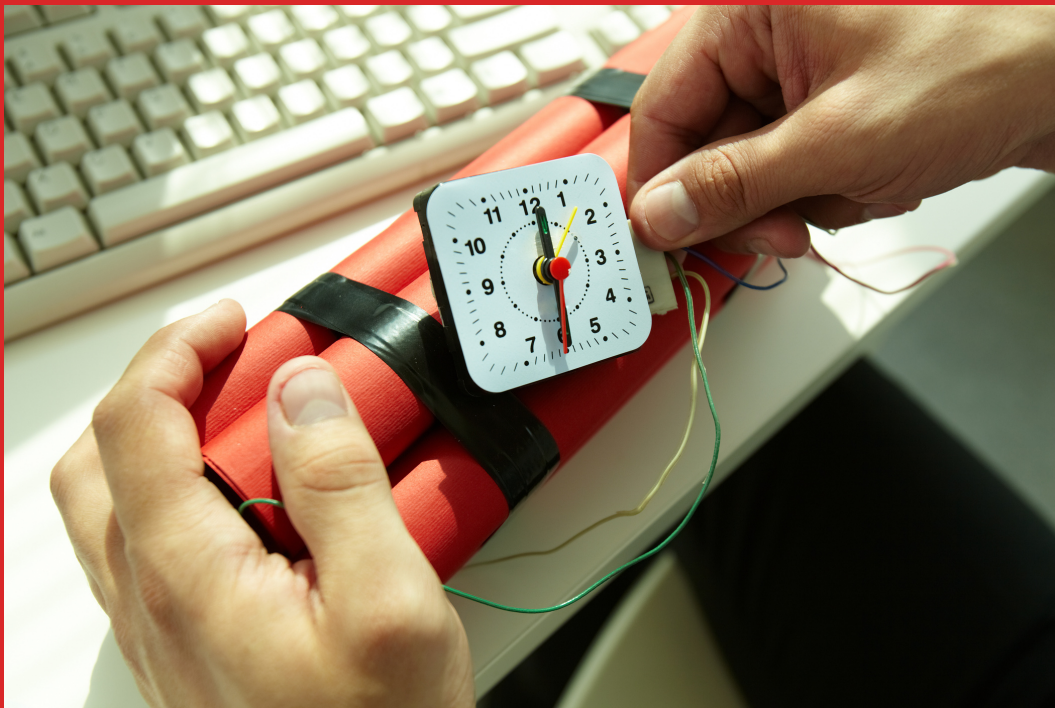


✦ Ionic Foot Detox

The DANGER of Trapped Toxins



By Dr. Terrance M. Cooper

✦ YourIonicDetox.com



Hello,

I am Dr. Terrance Cooper. I have personally had over 200 ionic detoxes, and I have given more than 1800 detoxes to my chiropractic patients.

I attribute my own good health to regular ionic detoxes. I am 78 years old. My blood pressure is 116/60 - pulse 58. I had my yearly medical checkup in 2018, and my doctor wanted to have my carotid artery checked for plaque, due to my age. The hospital called my doctor and wanted to know my age. The receptionist said I was 77 years old. They replied, there must be some mistake. The scan showed the carotid artery of a 45 year old man.

This booklet will help you understand what an ionic detox is and why it's so important to your health.

Yours in better health,

Dr. Terrance Cooper

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What Are Toxins

Our cells absorb chemicals from the food we eat, the products we use, and the air we breathe. The Environmental Protection Agency (EPA) estimates that we are regularly exposed to more than 20,000 chemicals in our environment, which our bodies cannot metabolize. The toxic substances that we do not eliminate are stored in our fat cells, and organs, causing an epidemic of modern diseases and obesity. It is believed that the average mature American carries over 5 lbs of toxins in their cells.

The Columbia University School of Public Health reports that 95% of cancers are caused by diet and environmental toxicity.

Some **diseases and disorders directly linked to environmental toxins**, include:

- Cancer
- Chronic Fatigue
- Diabetics
- Obesity
- Arthritis
- Gout
- Allergies
- Thyroid Disorders
- Fibromyalgia
- Drug addiction



Poisons in our body travel to our liver for detoxification. However, if your liver is overloaded and unable to properly detox your body, the toxins will be stored in other cells of your body.



How Do We Detox?

Our bodies detox harmful substances through our kidneys, liver, skin, bowel eliminations and breath.

Your body will always try to expel toxins through its normal elimination process. When your body is unable to flush the toxins out through its natural bodily functions, your immune system becomes compromised, making you more susceptible to illnesses, aches and pains.

Some people are exposed to more toxins than others. For instance, if you work in an oil field, you can absorb the fumes from the oil, and the acids used in treating wells. Cleaning Professionals and Exterminators are also highly exposed.



Trapped Toxins Are a Ticking Time Bomb

When toxins accumulate in our cells they interfere with our immune system, causing sickness and disease.



You can think of toxic cells like a backed up sink, that needs to be cleansed and flushed so it can function.



7 Signs Of Toxic Build Up

Constant fatigue

Even though you may be sleeping well, you struggle just to get through the day. Low energy levels could be due to an overworked immune system.

Stubborn weight gain

As we age it can be difficult to lose weight, however, if you are exercising daily and cutting calories, and still putting on the pounds, your problem may be hormonal. Your hormone functions can be greatly affected by the toxic build up in your body from processed foods, pesticides, cosmetics, medications, cleaning supplies, and environmental pollutants.

Bad Breath

If you brush your teeth on a regular basis, and gargle with mouthwash, but it doesn't seem to help, it could be due to digestive or liver problems.

Chronic Constipation, Flatulence, Poor Digestion

For optimal health we need to have bowel eliminations at least once a day. When fecal waste remains in the body for too long, toxins are reabsorbed and can cause headaches, fatigue, and joint pain.

Sensitivity to Fragrances

Fragrances are in everything from dish soap to cosmetics. Many of these products contain harmful chemicals that can affect your body. A sign of toxic overload is an upset stomach or sudden headache after exposure to certain fragrances.

Muscle and Joint Pain

It is natural to have muscles spasms the following day after a hard workout. However, if you are having muscle and joint pain, or flu-like symptoms on a regular basis, this can be due to toxic buildup in your joints and muscles.

Skin Conditions

Acne, rashes, boils, puffy eyes, eczema and psoriasis outbreaks are all signs that you are on toxic overload.

Other Symptoms Include: **hormone imbalance, poor nutrient absorption, excessive mucus, headaches, edema, memory disorders, depression, and strong body odor.**

ACID vs ALKALINE

97% of America's health problems are caused by high acidity in the body.

Toxins cause the body to be acidic.

All cancer patients and diabetic patients are highly acidic. Those who are on heavy medications are also highly acidic.

Ionic Detoxes Increase your Alkalinity

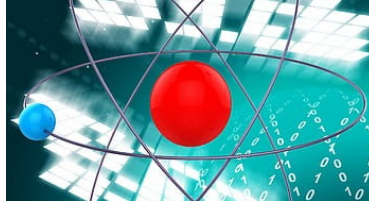


Any treatment that assists in removing acidic waste from your cells is beneficial.

BENEFITS OF INCREASED ALKALINITY

- Kills viruses, bacteria, yeast and fungus
- Relieves pain, tension, headaches
- Purifies the blood and lymph system
- Increases peripheral circulation
- Strengthens the immune system
- Enhances nutrient absorption
- Reduces inflammation and fluid retention
- Improves sleep
- Helps clear skin
- Assists weight loss
- Slows down aging and improves flexibility
- Quickens recovery time from disease or injury
- Increases oxygen in the body
- Rejuvenates and energizes your whole body

Ionic Detox Breakthroughs

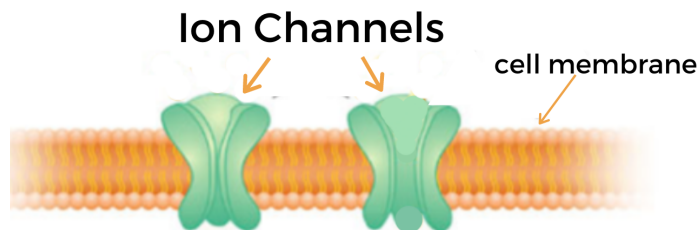


The technology of the Ionic Detoxification system has been in development for several decades.

In 1833, a French physician, successfully demonstrated that potassium iodine, (blue in color), introduced into the skin via a negative battery terminal on one arm, would travel to another area of the body attracted by a positive pole. Thus, proving electrical currents can stimulate, and transfer fluids and specific compounds into the body.

Iontophoresis is the process of passing a negative electrical current through the skin. The FDA approved Iontophoresis as a healing modality in 1970.

Nobel Prize Discovery



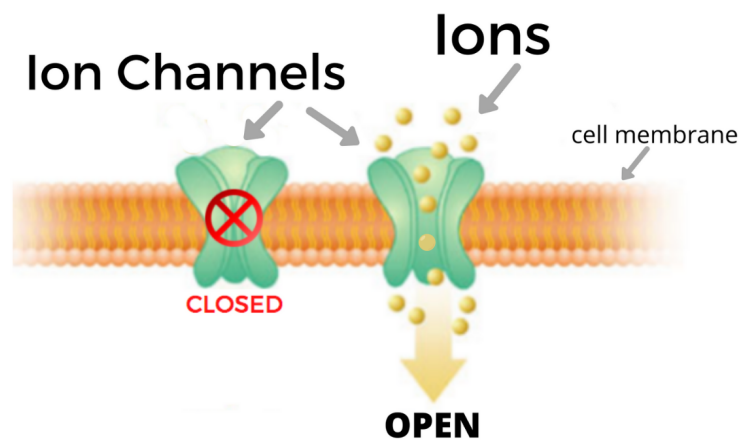
Ion Channels in the Cell Membrane

Respond to Electrically Charged Ions

At that time, it was not understood how fluids were transferred through cell membranes, but In 2003 Nobel prize chemists discovered an ion channel within the cell membrane that only responds to electrical signals. It's the micro-charge in the ions that enable the cell membrane to open.

Once an ion channel is opened, trapped toxins can be expelled and nutrients and fluids can be absorbed.

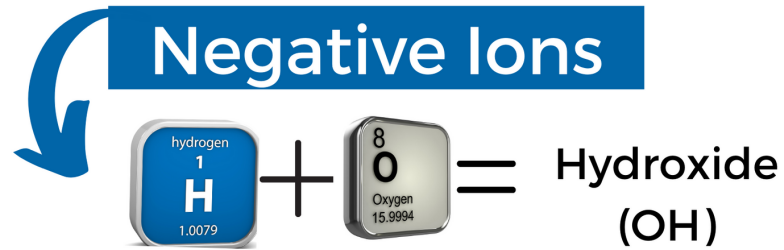
Ions Open Fused Cells



Dehydration is the problem.

All symptoms of aging and degenerative diseases are in one way or another associated with poor hydration within the cell. When cells dehydrate, they bunch up, fusing their membranes together trapping toxins inside the closed cell walls. Over time, the body becomes more and more toxic, starved for vital nutrients, and unable to repair or replicate itself.

The principle of the Ionic Detoxification system is to generate and infuse negative ions into the body to re-open blocked ion channels in the cell membrane.



**Are Small Enough
To Pass Through Skin Pours**

As the negatively-charged ion molecules enter your body, they attach to positive charged toxic molecules. These molecules are then pulled down through your circulatory system and expelled out of the body through one of the elimination systems, including the 4,000 pores of the feet.

Before



After



30 minute detox

How Does Ionic Detox Work?

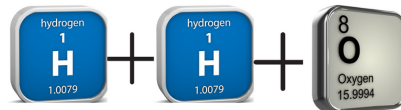
IonizeMe Maxx is an American-made machine with a special array used to make negative ions.

Procedure: Place your feet in a basin of water and set the array between your feet and then plug it into the machine.



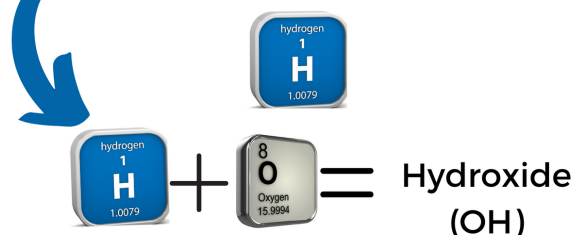
The Array

Splits The Two
Hydrogen Molecules



There is no way regular water (H₂O) can cross the skin barrier and enter your feet. However, with the special array in the water, the machine creates a miniscule electrical charge and one of the H (Hydrogen molecules) from the water H₂O is removed, leaving an OH molecule (Hydroxyl molecule) which is now small enough to be pulled through the 4000 pores of your feet and into your circulatory and lymphatic systems.

Negative Ion



The Color May Indicate What's Being Expelled

| COLOR | Material or Area/System of the body |
|--------------|---|
| Yellow green | kidney, bladder, reproductory system |
| Orange Brown | joints, muscles |
| Dark Green | gall bladder, digestive system, inflammation |
| Brown | liver, smoking, free radicals, waste products |
| Black | liver, alcohol, respiratory system |
| Black Flecks | heavy metals, blood sugar |
| Red Patches | possibly blood |
| White Cheese | acidic wastes (uric, lactic or fatty acid) yeast |
| Bubbles | digestive system, immune system, lymphatic toxins |
| Oil film | fats, triglycerides |

Very Important

The array will cause the water to change color even without a person's feet in the basin. This is due to the electrical stimulation of the the minerals and deposits in the tap water. Some people use this as a reason to debunk ionic detox as a parlor trick. I can tell you from experience that my patients detoxed a variety of different colors, although they were all using the same water source.

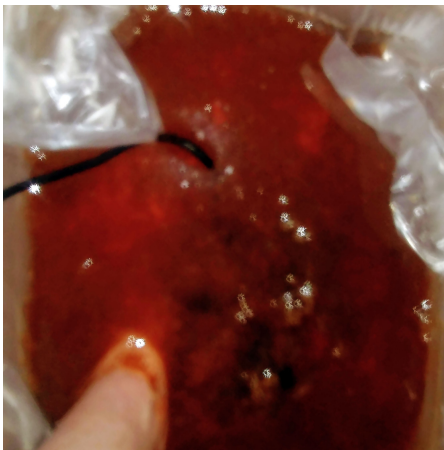
The color of the detox is not as important as the fact that your cells are being ionized and that the detoxification effects continue in the body for 24-48 hours. My patients health testimonials are what ultimately turned me into an enthusiastic believer in this treatment.



37 Year Old Woman



72 Year Old Woman



42 Year Old Woman



15 Year Old Teenager



77 Year Old Man



57 Year Old Woman

Why I Use The IonizeMe Maxx



It Makes A Difference What Machine You Use

Beware

Most ionic detox machines are made in China, and most are too lightweight. Meaning, they lack the electrical components to sufficiently effect the cells. Ionic detox machines with less than 13.6 volts are not as effective. I have even discovered that some foreign machines have fake voltage output.

The AMERICAN MADE IonizeMe MAXX machine has a whopping 18.2 volts and 2.2 Amp output of direct current - to maximize the principles of electrolysis and ionization. The extra voltage and American ingenuity in this product makes a big difference in your detox results.

 YourIonicDetox.com

Disclaimer

An Ionic Detox does not cure anything: It ionizes the body so the body can heal itself.

Evidence Ionic Detox Works

- 2008 study by Center for Research Strategies (crslc.org), 31 participants underwent ionic detox two times weekly for 12 weeks. The amount of aluminum and arsenic in their blood was measured before and after the 12 weeks. The average blood aluminum level decreased by 46%, from 79.8 ppb (parts per billion) to 43.1 ppb. The average blood arsenic level decreased 24% from 4.6 to 3.5 ppb.
- 2004 case study by Carlos A. Lopez-Moreno, MD, There was a significant deposit of urea, creatinine and glucose (Toxins, free radicals and body waste that can cause health problems) in the foot basin in 12 patients with chronic illnesses.
- 2002 study by Doctor's Data in St. Charles, IL. There was an average increase in toxic metals found in the foot basin from 9 independent sessions. Here is a list of metals that increased in concentration: Copper: 905%, Aluminum 339%, lead 233%, Iron 174%, Manganese 140%, Antimony 128%, Cadmium 119%.



Recommended Reading

- "Evaluation of Heavy Metals in relation to Ionic Foot Bath Session with the Ioncleanse." www.crsls.org.
- "IonCleanse" by AMD Footbath Detox and Glyphosate Excretion. infor@realfoodmum.com