



FAQ's

It's a Two Step Process

1. The IonCleanse by AMD's proprietary and patented technology results in only biocompatible electrical frequencies entering the water. This elicits a relaxation response.
2. Concurrently, these frequencies create an ionic field that cleanses and purifies the body through the healing power of ions. The IonCleanse process ionizes the water as H_2O is split into OH^- and H^+ ions. These ions attract and neutralize oppositely charged toxins.

Things to Know When Explaining This to Clients

- Color change does **not** equal detox
People can and do detox through their feet, but the main detox benefit happens after the footbath, through urine, stool, and sweat.
- The color will change with or without feet in the water
The ions will neutralize everything, including minerals in the water, salt added, and there may also be plate residue. The color change is fascinating, but the most beneficial part of the cleanse is everything that comes afterwards.

How often is it recommended to use the IonCleanse® foot bath?

Typically clients use the foot bath 2-3 times per week as a starting point. Younger users, especially those with special needs, may use the foot bath 4-6 times per week. When the body is fairly well detoxed, a maintenance program of at least one session per week should be followed as part of a healthy lifestyle program.

Steps to Success

Are There Contraindications?

Yes, there are contraindications with the IonCleanse® Systems. Click [here](#) and scroll down to page 4 of the IonCleanse® Premier® instruction booklet and view the complete list. We recommend any person falling into one or more of these categories NOT use the IonCleanse® System. Please have the client check with their medical physician for further advice.

This is not an exhaustive list, but rather the most common questions we receive.

- People who have a pacemaker.
- Organ transplant recipients.
- Pregnant or nursing women.
- Anyone on medication, the absence of which would cause mental or physical impairment, such as psychotic episodes, seizures, etc.
- Anyone on blood thinners (Coumadin or warfarin) or medications that regulate heartbeat.

Does this pull good minerals from the body?

The IonCleanse won't pull anything from the body that the body is using or needs. If you have an excess of minerals in your body, the IonCleanse may help the body detox them.