

Getting Started *Protocols*

General Guidelines

Our protocols are meant to be general guidelines. Every individual will have a unique response to the IonCleanse by AMD. Because of this, it is incredibly important to pay attention to your body and adjust the guidelines accordingly. If you feel tired, angry, or panicky after a session, you may want to space the sessions further apart. Fatigue indicates an overstressed condition, and emotional upheaval indicates that emotional toxins are being released along with chemical toxins.

Exceptions:

- People with chronic conditions may consider doing a footbath every other day without a break if they don't lose energy or become uncomfortable.
- Children with special needs may start with 2 days on and 1 day off and adjust from there. Session times can range from 15-30 minutes depending on age. More on this below.
- After 10+ sessions, you may increase time and/or frequency as you see fit. By then you will have an understating of what the therapy will do for you. Please make adjustments gradually.

Adults Under 50

As a general rule, the maximum session frequency for people under 50 years of age is once every other day.

Summary: A 30-minute session once every other day

Adults Over 50

For those over 50, we recommend waiting two days between sessions. A 30-minute session is the recommended maximum time for adults.

Summary: A 30-minute session once every third day

Children

Children considered generally healthy without chronic conditions are recommended to do cleanses every other day.

Time Recommendations Based on Age:

- **2-4** 15 minutes
- **5-8** 20 minutes
- **9-14** 25 minutes
- **15+** 30 minutes

Children with special needs may start with cleanses 2 days on and 1 day off and adjust from there. Session times should still follow the age guidelines above. If this program is too aggressive, you may notice an uncomfortable increase in behaviors. You may cut down on session length and reduce frequency as needed. The shortest session length tends to be 10 minutes, and the lowest frequency, every third day or twice per week.

If the program you start with is too mild for your child, you may not notice any differences. Feel free to increase the time and/or frequency. Give the detox time to express itself. Go slow and add 5 minutes at a time to a session and add sessions on consecutive days as you wish. Maximum session lengths are 45 - 60 minutes with maximum frequency of up to 6 days in a row with a one-day break.