

## Are You Really Kicking Out Toxins?

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When it comes to alternative therapies we think of Eastern practices, natural products and home remedies. All of which are great and in some cases cost effective; however, when it comes to our health the root of most evils begin with toxins and the break down of our health internally.

As the Founder of BalanceBoost, Tiffany Houser discussed in her blog on weight management, how few people evaluate their overall health by what's happening on the inside of their body on a daily basis. Most of us begin to take action when something has already gone wrong. Preventative health and wellness begin with understanding your lifestyle and making changes to add to your optimal health, but more importantly, preventing harmful toxins and other red flags that lead to disease, chronic pain and speeding up the aging process.

There are hundreds of alternative therapies that can help eliminate toxins from your system, however, we are going to focus on one that caught our attention because it is receiving mixed reviews.

Ion Cleanse Electronic Detoxification is a process that magnetizes ions in your body, pulling out positive ions (bad) and putting in negative ions (good). It is normally done by placing your feet in a small tub of water which contains an ion cleanse machine and some sea salt to make the water more conductive. The ions travel through the body attaching themselves to different toxic substances and neutralizing their positive or negative charges. During this half hour process the water changes color- different water colors reflect the different areas of the body that are being detoxified.

Great concept, BUT there is skepticism in regards to what is really happening during these 30 minutes. Although there are no fact based conclusions, we gathered some interesting insight on the topic.

In a feature entitled, Detoxifying the body, does ion cleanse really work?, Dawn Slade, General Manager of the Mille Lacs County Times, located in Minnesota, explains:

It wasn't the most attractive tub of water. In the end, it basically looked like stagnant swamp water. I sat in disbelief at this toxic waste that was inside of me. If that much came out in one sitting - how much more is inside me, I wondered. Part of the way through the half-hour session I did experience some slight nausea and I was momentarily light-headed. Mary Marsh, the practitioner, said this was because a lot of toxins were leaving my body at that time. A glass of water and a few minutes time rid me of those symptoms.

Slade's feature also includes other testimonials from satisfied and returning customers.

Now looking at the other side of the Ion Cleanse story, the team at SpaIndex.com had this to say in response to a reader asking about the a spa guaranteeing results from Ion Cleanses:

You have good cause to be dubious. Sound too good to be true? Too easy to be real? We think so. There is the principle that everything is connected through the feet, but there is NO reflexology involved in an Ionic Foot Bath, itself. We don't doubt that many people who enjoy regular sessions of Ionic Foot Baths feel better, but we don't think the pleasant feeling has much to do with the "science" being claimed. Our advice to our readers? Seek out your favorite day spa for a long and thorough pedicure in a revitalizing jetted pedicure throne, and have your feet groomed for an hour. We bet you'll feel just as wonderful, at a lower price, and with some pretty toenails to admire.

The jury is still out on this one, just like most alternative therapies. Make sure you consult with your physician, an experienced practitioner or if possible get feedback from someone who has done this type of cleanse. Ultimately, the

final verdict is determined by your personal experience. You may want to ask the practitioner to run the machine without your feet in the water to see what happens like a reporter from The Healthline 3 Team, from an NBC affiliate in Las Vegas did in this investigative report.