

Ion Cleanse Test Subjects

I did a science fair experiment which included twelve subjects. Each subject used the standard setting for 30 minutes for seven sessions. Samples from each session were collected and compared as well as anecdotal information about the process. The results of the subjects were all different although certain patterns did emerge.

The specimens collected varied in color and content, some having more mucous than others. After evaporating off the water the debris was weighed and compared. The beginning baths for most clients showed more yeast and mucous with the debris looking like cornflakes as it floated down. Most subjects produced the greatest waste during their 4 or 5th bath. The material in the water became finer, darker and heavier. Heavy metals became more apparent earlier in the bath after the 5th session.

I went into the experiment with a healthy skepticism. The research I conducted was by no means official, but it did manage to make a believer out of me! I was the only subject who went through the entire 14 session protocol. The conclusion that I have come to is that supplementation, especially for electrolytes and minerals is very important in the IonCleanse detoxification process. Watching the effect it has on medications is also important. I believe that the machine removes enough debris to stimulate the body's natural detoxification processes.

Subject #1

Female, age 52 yrs. Thyroid removed. Taking mild thyroid medication.

Target symptoms: stiffness in the morning and neck pain.

Experienced detoxification symptoms including; stomach upset, slight headache and discomfort in toes. Some improvement in stiffness and neck. Able to loosen up a little faster.

"I felt by doing seven sessions...I was treating my body well. It was a simple, painless way to detoxify which I had never done before. I think the results are not always tangible immediately when we do something goof for ourselves, but it's important to have faith that as we heal ourselves we add something positive to the universe as well. I would do it again and recommend the Ioncleanse to others."

Subject #2

Female, age 51yrs. No organ removal and no medications.

Target symptoms: addictions, tobacco and alcohol.

Experienced detoxification symptoms including; diahrea, mucous secretions, stomach upset, well being out of balance, coughing.

"After my first session I experienced some diarrhea and after the second I had a little nausea. I wasn't sure at first the symptoms were related to the ion cleanse but later concluded they probably were. By the end of my sixth session my body was clearly showing results of detoxification in the color of the water and I was feeling energized and invigorated with a feeling of well being."

Subject #3

Male, age 52yrs. No organ removal, no medications.

Target symptoms: energy levels, sleep patterns.

Experienced detoxification symptoms including; mucous excretions, coughing.

"I did several ion sessions and noticed a change in both the color and the particulates in the water over the course of the sessions. This may indicate that, as I progressed through the treatments, I was eliminating different toxins from my system. The whole process was painless and made me feel like I was doing something good for my body."

Subject #4

Female, age 44yrs. No organ removal, no medications.

Target symptoms: skin, dark circles under eyes, sleep patterns.

Experienced detoxification symptoms including; mucous excretions, coughing, bruising.

“The first change I noticed was that the age spots on my hands faded significantly. Then some wrinkles on my face disappeared while others were softened. The dark circles under my eyes were improved significantly by the 8th session. I feel positive about the experience and am more mindful of what I am putting into my body. The side effects were worth the results!”

Subject #5

Female, age 69yrs. Hysterectomy.

Target symptoms: calcium deposit, stiffness, joint pain in fingers.

Experienced detoxification symptoms including; slight headaches at night, mucous, chills, well being out of balance in the morning, processing emotional release during dream time and waking up feeling lighter.

“It was a relaxing half-hour every time, and my feet and I left happy. Since I did a concentrated program, I found that I became deficient in some minerals. That was quickly remedied by taking cell salts. Once that initial phase was over, I seemed to have more energy and felt lighter and happier. I marked the success of the program by a small problem that I had with one of my finger joints. It had become swollen and sore. The discomfort was greatly diminished by the end of the program. It has since returned, so I know that I will need to continue on a regular basis to keep this small problem at bay. I recommend the ion cleanse program to anyone interested in improving their overall health.”

Subject #6

Female, age 38yrs. No organ removal. No medications.

Target symptoms:

Experienced detoxification symptoms including; slight headaches, red splotches on skin, hormone release.

My personal experience with the Ion cleanses stimulated fascination more than anything. The waste that was excreted from my body correlated with how I was feeling inside which was validating. For instance, mucus was eliminated during a time when I had a mild cold. The changes were not dramatic for me mostly because I have done many cleanses over my lifetime and I live a very healthy lifestyle, which makes sense that there would not be extreme changes in my body. I did intuitively know that I was doing something to stimulate change in my body, it just happened to be more of a mild shift. I particularly liked having reflexology sessions afterward because I feel like Suzanne's touch combined with her knowledge of the oils stimulates healing on many levels. Personally, I feel it is the combination of the Ion Cleanse with the Reflexology and oils and Suzanne's intention that makes such a powerful healing tool. I recommend using the Ion cleanse in combination with Reflexology and oils to get a jump start on healthy living.

Subject #7

Female, age 47yrs. Gall Bladder removed. No medications.

Target symptoms:

Experienced detoxification symptoms including; mucous bowel movements.

“I found the ion cleansing process to be very interesting. I was impressed with how each progressive session showed different and improved results, and felt that toxins were indeed being removed from my body. The ion cleanse for me is one part of an overall health conscious lifestyle and I feel that combined with a wholesome diet, exercise, and other holistic treatments that it helps my body perform in a more efficient way. Suzanne has been very good at explaining the way the process works and in proactively monitoring my body’s reactions. The ion cleanse has been a very positive experience for me.”

Subject #8

Female, age 52yrs. Tonsils removed. No medications.

Target symptoms: energy levels

Experienced detoxification symptoms including; mucous, scratchy throat, slight headaches.

“My purpose in using the Ioncleanse was to detox from heavy metals, toxins, yeast & lactic acid. To remove any accumulated toxins from feet & ankles. To assist the liver in functioning better. To increase my immune system response since many of my clients have various degrees of dis-ease (physically, energetically, emotionally) and I have also had a lot of stress. I also wanted to clear and release any respiratory viruses, bacteria and stressors. Cleansing makes my energy levels increase & I feel better, lighter, clearer. Had slight detox reaction as noted the next day, then felt really good for several days with more energy. After the 4th session, The water was much clearer compared to my 1st session and the sessions I did several years ago.”

Subject #9

male, age 19yrs. Appendix removed. No medications.

Target symptoms: Digestion problems.

Experienced detoxification symptoms including; mucous, coughing.

“ It felt relaxing, but the bucket looked disgusting. Not only could I feel the energy in my body when it shifted cycles, I could see the changes. It is refreshing! It was stress relieving.”

Subject #10

male, age 20yrs. No organs removed. No medications.

Target symptoms: addictions tobacco.

Experienced detoxification symptoms including; mucous, coughing, stomach upset.

“Makes my feet feel better and cleaner than in the shower. No significant body changes. It’s a cool concept, but I’m still skeptical. I see some merit in it or I wouldn’t have done it. I know it makes me feel energized and charged.”

Subject #11

Male, age 59yrs. No organ removal, digestive problems, meds for depression

Target symptoms: addiction to tobacco, stomach complaints.

Experienced detoxification symptoms including; profuse sweating, mucous secretions.

"I'd had a previous experience with a similar machine,(biocleanse) leaving me skeptical. Suzanne patiently answered all my questions while lovingly tuning to my needs. I'd recommend Ion Cleanse to anyone needing detox or experiencing mysterious symptoms. Because I've been a long-term smoker, we expected some serious toxicity from me but the results were in more of a normal range. Perhaps it was because I live at a higher altitude and breath lots of fresh air above the smog belt."

Subject #12

female, age 28yrs. No organs removed. No medications.

Target symptoms: addictions tobacco.

Experienced detoxification symptoms including; mucous, stomach upset.

"I wanted to see if it could help me kick my tobacco habit. From the very beginning the water smelled like smoke and looked dark and gross. began sweating while I was doing the foot bath and also sweated more in my sleep. The scent of the sweat was different and felt like it was detoxing a lot out of my system. Although I have not managed to stop smoking, doing the bath has made me even more conscious of the negative effects it has on my body and is providing a deeper desire to be careful of what I put in. I have cut back substantially and am hopeful that if I do another seven sessions it will remove enough of the nicotine from my system to quiet my craving."