



Wellspring Monthly

December 2007

What a rush this month has been. I am so grateful for the support that many of you have given me during the first month with my IonCleanse. I have been able to move to a new location at Southwest Family Chiropractic and work with a great doctor, Eric Durtschi, D.C.

I feel that I have a great newsletter this month that includes an in-depth look at a detox with a step by step description of what is happening, Please enjoy, be healthy and love life. -Tyler

Acid vs. Alkaline

Food Effects on Acid - Alkaline Body Chemistry, The Effect of common Foods on pH Balance

Most Alkaline	Alkaline	Lowest Alkaline	Food Category	Lowest Acid	Acid	Most Acid
Stevia	Maple Syrup, Rice Syrup	Raw Honey, Raw Sugar	Sweeteners	Processed Honey, Molasses	White Sugar, Brown Sugar	NutraSweet, Equal, Sweet N' Low
Lemons, Watermelon, Limes, Grapefruit, Mangoes, Papayas	Dates/Figs, Melons, Grapes, Kiwi, Berries, Apples, Pears, Raisins	Oranges, Bananas, Cherries, Pineapple, Peaches, Avocado	Fruits	Plums, Processed Fruits Juices	Sour Cherries, Rhubarb	Blueberries, Cranberries, Prunes
Asparagus, Onions, Vegetable Juices, Parsley, Raw Spinach, Broccoli, Garlic	Okra, Squash, Green Beans, Beets, Celery, Lettuce, Zucchini, Sweet Potato	Carrots, Tomatoes, Fresh Corn, Mushrooms, Cabbage, Peas, Potato Skins, Olives	Beans Vegetables, Legumes	Spinach, Kidney Beans, String Beans	Potatoes, Pinto Beans, Navy Beans, Lima Beans	Soybean, Carob
	Almonds	Chestnuts	Nuts/Seeds	Pumpkins Seeds, Sunflower Seeds	Pecans, Cashews	Peanuts, Walnuts
Olive Oil	Flax Oil	Canola Oil, Amaranth, Millet, Wild Rice, Quinoa	Oils Grains Cereals	Corn Oil, Sprouted Wheat Bread, Spelt, Brown Rice	White Rice, Corn, Buckwheat, Oats, Rye	Wheat, White Flour, Pastries, Pasta
			Meats	Venison, Cold Water Fish	Turkey, Chicken, Lamb	Pork Beef, Shellfish
	Breast Milk	Goat Milk, Goat Cheese, Whey	Eggs Dairy	Eggs, Butter/ Yogurt, Buttermilk, Cottage Cheese	Soy Cheese, Raw Milk, Soy Milk	Cheese, Homogenized Milk, Ice Cream
Lemon Water, Herbal Teas	Green Tea	Ginger Tea	Beverages	Tea	Coffee	Beer, Soft Drinks

References: *Acid & Alkaline* by Herman Aihara, *Alkalize Or Die* by Theodore A. Baroody, Ph.D., N.D.

Eat 80% alkaline foods and 20% acid foods for perfect pH balance.

“Diets that are rich in animals foods and low in vegetable foods, typical of industrialized countries, lead to a dietary net acid load that has a negative effect on calcium balance.” *The American Journal of Clinical Nutrition*, Vol. 73, No 1. pg. 118.

Stages of Detox

Everyone will be different when it comes to an IonCleanse detox. But for those who have not experienced the stages of detox yet, here is a step by step example. The client is a twenty-five year old female who came to me with the health concern of stress and emotional well being. She started the detox with a strong headache which reached from the back of the head to the front. She believed most of her stress to be bought by concerns about her ex-husband. This led to a lot of stress and emotional release such as crying.



0 Minutes:

We used tap water and sea-salt. The first color seen is associated with the use of city water. She has a pale complexion and her complaints are sharp headache, dull pain in the neck, and sharp stomach pain.



5 minutes:

Her feet felt a tingling sensation on the top. The colors represent detox from different areas of the body. We saw signs of the bladder and yeast during these five minutes.



10 minutes:

Her headache was sharp and she said it was stronger. Her feet were still producing a tingle but did not hurt. Reported it felt nice. What we see in the water is heavy metals, bladder, yeast, joint acid, and little bubbles. Her cheeks became more pink, resulting from greater circulation.



15 minutes:

Headache moving to the front of her head in the sinus region but no longer in the back of the head. In the water we see small bubbles, and a little production of cellular damage or carcinogens. The tingle is on the bottom of the feet.



20 minutes:

Headache is there, but very minimal. Neck feels sore/tired. Stomach ache is sharp. Feet are tingling on the bottom. There are large amounts of cellular damage, gas bubbles and some medicinal residue in the water.



25 minutes:

During this time her Ex-Husband called and she answered the phone. Headache reoccurred at this time with sharp pain at the brow line, and pressure behind the eyes, she felt like crying. Her stomach still aches. Neck is tired more than sore and the tingle at the bottom of her feet. In the water we see gas bubbles, cellular damage and medicinal residue.

After 30 minutes this is the result. She still had a brow line headache, but after ten minutes it was gone. I spoke to her the next day and she told me that the headache was obsolete. She also has gout and the swelling in her feet had subsided. This swelling did not reoccur for three days.



What do the colors mean?

IonCleanse TREATMENT SESSION COLOR CHART
(WATER COLOR AND DEBRIS ANALYSIS GUIDELINE)

Color or Particle	Material or Area of the Body Being Detoxified
Smell like ammonia	Toxin from the kidney
Smell like chlorine	The whole body is being detoxified
Bubbling	Gas in the gastro intestinal tract, toxins from the Colon
Black	Toxin from Liver and Gallbladder
Black Flecks	Heavy metals (chlorine, aluminum, carbon, cyanide, mercury, lead, etc)
Brown	Toxin from liver, cellular debris, (Tobacco, Pollution)
Oily Surface	Fatty acid, Uric acid, Oxalic Acid, and lactic acid
Dark Green	Excess bile usually toxin from gallbladder,
Orange	Toxin from joints and ligaments/uric Acid
Red flecks	Blood clot material, toxin from the blood
White Cheese-Like Particles	Most likely yeast (fungus, parasites usually carried by dust mites), parasites/pus also by STD..see article on Yeast infection
Teal Blue	Medication residue (usually harming liver and kidney)
White Foam	Mucous from lymphatic system (immune system)
Yellow or Green	Toxin from kidneys, bladder, urinary tract, female/prostate area

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15% OFF

Wellspring Monthly Deals!