

Frequently Asked Questions About Ionic Detox

Q: Can ionic detox hurt you?

A: No

Q: Should everyone detox?

A: Everyone is toxic to some extent and can benefit from a more efficient excretion of toxins. However, there are a few contraindications for ionic detox (see contraindications handout).

Q: Can I detox if I have an implant?

A: If you've had a knee replacement or any prosthesis, or any metals in your body, detoxing will not be harmful. To be on the safe side, implanted cardiac pacemakers or defibrillators are listed among the contraindications for ionic detox. The FDA recommends that persons with pacemakers should keep electronics that may create magnetic interference at least 6 inches away from their chest. Persons with pacemakers who want to undergo ionic detox should check with their cardiologist.

Q: Can I detox if I've had an organ transplant?

A: No

Q: Can I detox if I have an open wound in the foot?

A: No

Q: Can I detox if I am pregnant, breastfeeding, or lactating?

A: No

Q: Can I detox if I am taking medication?

A: Wait 3 hours after taking medication to detox. Do not detox if you are taking medication for anxiety, schizophrenia, or seizures. Persons taking prescription pain medications can have possible increased pain after ionic detox.

Q: Should I detox with the cold or flu?

A: For ongoing or oncoming illness, start detoxing daily for 3 days following the start of the condition. Then go back to the regular schedule. If there is a high fever or pain in a localized area, consult a medical doctor before ionic detox. Detoxing stops sickness as it pulls out those toxins that cause the disease. For COVID-19, detox daily for 3 days and then 3 times per week.

Q: Should I detox if my condition is acute?

A: If your condition is severe and sudden in onset, it could be a medical emergency and you should contact your medical doctor. For other conditions contact your physician prior to receiving an ionic detox.

Q: Can I detox if I have cancer?

A: Ionic detox does not cure cancer. But all cancer patients are highly acidic, and it is absolutely necessary to detox or alkalize the body. Many who were having radiation or chemo treatments found good results from undergoing ionic detox after those treatments. If you decide to try it, you will want to be drinking plenty of water. You may want to do the ionic detox 2 days after the cancer treatment, to better allow the other treatment to have time to work.

Q: What if I have a missing kidney?

A: Will it be harmful? No. Only do not overtax a body with one kidney by detoxing past 30 minutes, and drink plenty of water.

Q: Can I do 2 types of detox simultaneously?

A: Other types of detox, i.e. infrared sauna, should not be done on the same day, as that puts too much stress on the body.

Q: Why does ionic detox make me feel dizzy?

A: You may eat immediately before or after you detox. Hypoglycemic persons should eat prior to detox. If you get a little dizzy during a detox, it could be low blood sugar. Turn the machine off, get something to eat and then resume your detox, and don't forget to drink water. There have been some instances where a person with a highly toxic condition has reacted with a lot of dizziness as the toxins are pulled out too fast. Such persons should stop the detox. Then try again the next day at a lower voltage and amperage and less treatment time.

Q: Is it ok to put your hands in the tub instead of the feet?

A: Yes, there are some upper body situations when this is recommended and there are many success stories. Hands in the tub are suggested if you have swelling in your arms or hands, or have arm rashes. Also if you have acute headaches, try detoxing your hands.

Q: Will ionic detox in the bathtub be even better?

A: No. The concentration of ions in the water is too small with that method. The feet or hands have plenty of pores and are perfect.

Q: Can ionic detox help dogs, cats and other pets?

A: Absolutely, and there have been several amazing success stories. There was a lady with a small dog that was being treated for pancreatitis. She bought a small harness and held her little dog in the water so it would not lay down. She did it twice and a few days later her vet came to check on the dog. As the woman opened the door, the dog jumped up and ran to meet the vet. The doctor was so surprised and very amazed because the dog looked wonderful and was feeling so well.