

# Ionic Foot Bath Protocols

## **Adults (Age 17+)**

Those with *good* health should detox:

- 3x per week for 1 month (30 minute sessions)
- Then 2x per week for 2 months
- Then 1x per week for maintenance

Those with *acute or chronic health problems* (especially seniors) should detox:

- Daily for 4 days (30 minute sessions)
- Then 3x per week for 2 months
- Then 2x per week for 3 months
- Then 1x per week for maintenance

## **Young Adults (Age 13-16)**

Those with *good* health should detox the same as adults (see above)

Those with *acute or chronic health problems* should detox:

- Daily for 3 days (30 minute sessions)
- Then 3x per week for 1 month
- Then 2x per week for 2 months
- Then 1x per week for maintenance

## **Children (Age 6-12)**

Those with *good* health should detox:

- 3x per week for 3 weeks (30 minute sessions)
- Then 2x per week for 2 months
- Then 1x per week for maintenance

*\*Children ages 6 – 12 will receive an ionic foot bath on a lower voltage setting of <17v\**

*If your child has an acute condition or serious health issues please contact your healthcare provider prior to receiving an ionic foot bath.*

*For children with **Autism** please see Ionic Protocol for treatment of Autism Spectrum Disorder*

## Ionic Foot Bath Protocol for Autism

For children with Autism Spectrum Disorder, some hyperactivity is normal due to die off reaction. It is recommended that treatments are done early in the day. This schedule allows for a gradual increase in frequency of length of sessions:

- Week 1: Every 3 days for 15 minutes
- Week 2: Every 2 days for 15 minutes
- Week 3: 2 days on and 1 day off for 15 minutes
- Week 4: 2 days on and 1 day off for 20 minutes. Switch to 25 minutes later in the week.
- Weeks 5+: 3 days on and 1 day off for 30 minutes

### *If Reactions Occur:*

- Activated charcoal can be used as a “mop” for reactions. Use ¼ capsule of activated charcoal in a favorite flavored fluid in a lidded cup immediately upon seeing reactions start post foot bath.
- Drop treatment time 5 minutes at a time until no negative reactions are seen post foot bath. Once no negative reactions are seen for 1 week, then resume schedule above.