



Audrey Reiter

Wellness Options

Certified Reflexologist
Ion Cleanse & Reiki Practitioner
Blackfalds Chiropractic Centre

Ion Cleanse

Name: _____ Date of Birth: _____

Mailing Address: _____ City: _____ Province: _____ Postal Code: _____

Home Phone: _____ Cell: _____ Work: _____

Email: _____

Would you like appointment reminders? Email or Text (if text) Service Provider: _____

ARE YOU PRESENTLY RECIEVING ANY OF THE FOLLOWING:

Doctors Care? NO YES _____

Medication? NO YES _____

Therapy? NO YES _____

(Please Specify Type and How Long)

Are you currently or have you ever done any type of cleanse? NO YES
If so When? _____

Do you wear a pace maker or any other battery operated or electrical implant? NO YES

Are you on heartbeat regulating medication? NO YES

Are you an organ transplant recipient or donor? NO YES

Are you on medication that blood levels need to be maintained? NO YES

Are you Diabetic? NO YES

Are you taking blood pressure medication, seizure medication, depression medication? NO YES

Have you eaten? NO YES How long ago? _____

Are you pregnant? NO YES Are you lactating and/or nursing? NO YES

How did you learn about me? _____

What do you expect from an Ion Cleanse? _____

I REALIZE THAT AN ION CLEANSE IS NOT PRESCRIBED BY A DOCTOR AND CAN NOT BE PRESUMED TO BE A CURE FOR ANY SPECIFIC CONDITION.

Date

Signature



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Ion Cleanse

Because our bodies are approximately 70% water, we ourselves interact with this field (Ion Cleanse). The toxins in our bodies will look similar to the toxins predominant in a specific area: however, there will be more toxic particles in the water with the client's feet immersed.

What to Expect from an Ion Cleanse Session

“Healthy individuals can expect to feel lighter and experience a greater feeling of well being from each Ion Cleanse session. Some people with pain, edema and swollen deteriorating joints have reported symptomatic relief from Ion Cleanse sessions.”

AFTER the session you may experience: thirst, light headedness, light headache, hunger and/or a need to rest right after the session. Also, you may experience loose stool for a couple of days. These are all typical responses to detoxification. Many people; however, experience none of the above.

The Ion Cleanse helps your body to start a detox process and during that process you need to give your body a change to re-calibrate from the shift in toxic load.

REST is important in healing.

NUTRITION is important to healing.

WATER CONSUMPTION is important to healing.

ABILITY of the body to eliminate toxic load is important to healing.

AFTER your Ion Cleanse session you may need to replace the following:

ELECTROLYTES (calcium, potassium, sodium, and magnesium)

MINERALS and/or VITAMIN/MINERAL COMBINATION

FATTY ACIDS (omega 3 and 6 fatty acids found in fish oils, flax seed oil)

ANTIOXIODANTS (vitamin C, E, A)

Also, it is IMPORTANT that you are eating a balanced, nutritional diet, fresh food, drinking plenty of fluids, and taking the appropriate supplements to support your unique physical/psychological needs. Remember detoxification accelerates changes in the body and healthy lifestyle choices will support this process.

I understand that I take full responsibility for my own health and well-being.

Date

Print Client's Name

Signature