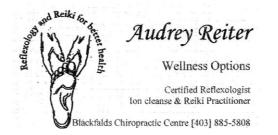
ood Reiki for to an the alt	Audrey Reiter Wellness Options Certified Reflexologist Ion Cleanse & Reiki Practitioner Blackfalds Chiropractic Centre			Ion Cleanse		
Name:		Date of Birth:				
Mailing Address: _			City:	Province:	Postal Code:	
Home Phone:		Cell:		Work:		
Email:						
Would you like ap	pointment remi	nders? Email or	Text			
ARE YOU PRESE	NTLY RECIEV	'ING ANY OF THE FOLI	LOWING:			
Doctors Care?	NO	YES				
Medication?	NO	YES				
Therapy?	NO	YES(Please Spec			. <u> </u>	
If so When? Do you wear a pac Are you on heartbo Are you an organ to Are you on medica Are you Diabetic? Are you taking blo Have you eaten? Are you pregnant?	e maker or any eat regulating m ransplant recip tion that blood NO Sod pressure me NO YE	eent or donor? NO evels need to be maintaine (ES lication, seizure medicatio S How long ago? Yes Are you lactating	electrical implant? YES YES ed? NO YES n, depression medica	NO YES	YES	
How did you learn	about me?					
What do you expec	t from an Ion C	leanse?				
		ANSE IS NOT PRESCRIB				

CURE FOR ANY SPECIFIC CONDITION.



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