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Colours and Objects in the water of an Ion Cleanse and what they are.



To start with, one will notice the water will be hot. This helps open the pores of the skin on the feet.

This is tap water with a little salt in it.

The water will start to turn a light tan in colour.



This first light reddish brown colour comes from the reaction between the toxins and particles in the water and salt.

This will be the colour of the water if the Ion Cleanse would run without feet in the water.



In most cases, the first thing that shows up is white cheese like particles that float on top of the water.

This is most likely yeast in the body.

Getting this out of your body will give your immune system relief so it can concentrate on more serious stuff.



The white foam that is starting to appear is indicative of lymphatic drainage.

The orange is detoxifying from the joints.

The brown is from the liver detoxifying, tobacco and cellular debris.



Red flakes are blood clot material.

Yellow green is detoxifying from the kidney and bladder or the urinary tract, uterus or prostate in the male.

Dark green is detoxifying from the gallbladder.



Black is detoxifying of the liver.

Black flakes are heavy metals.

Little white specks are parasites.

If you end up with water as bad looking as this one, you got your money's worth.