

# Toxin Awareness Guide

Presented by  IonCleanse  
by AMD

An Introduction to Toxicity: How to Live  
Your Healthiest Lifestyle

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# What Are Toxicants?

tox-i-cant |tok-sih-kent|

noun

A toxic substance introduced into the environment, such as a pesticide. The term “toxin,” while not the same, has become popularly synonymous to “toxicant.”

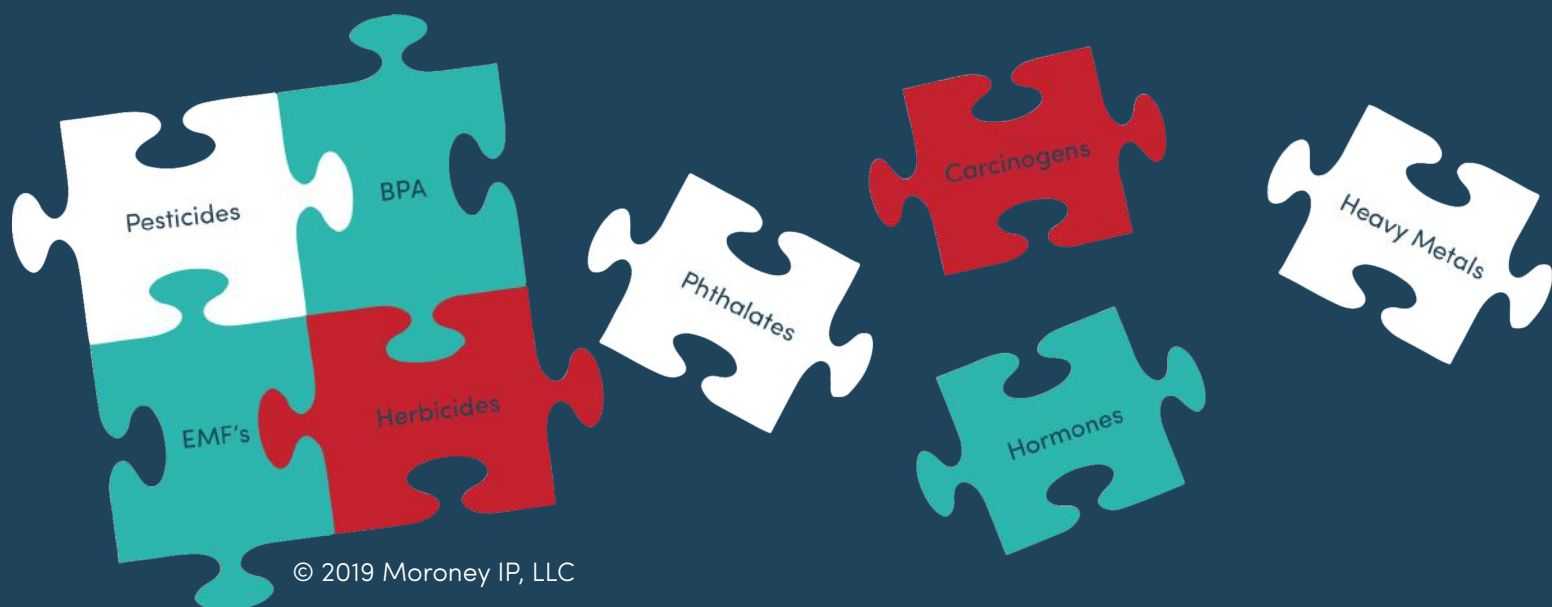
In short, toxins are harmful to your body. Your body has systems in place to address toxicity, including the liver, lungs, kidneys, colon, and the lymphatic system.

However, exposure to toxins in our environment is at historic highs<sup>1</sup> and there is a lot of evidence that our bodies cannot handle the toxins on their own.

The CDC released a 2018 report with updated tables on the levels of over 300 chemicals found in our bodies.<sup>2</sup> High levels of flame retardants (chemicals linked to cancer) have even been found in the breast milk of women across the country.<sup>3</sup>

## Why do toxins matter?

The new factor in the equation of toxicity is the discovery that toxic substances may have harmful effects even at very low levels<sup>4</sup>. Synthetic chemicals are very powerful, and it is practically impossible to avoid them.



# Toxins Affect Your Whole Body



Heart and Circulatory System

Causing high blood pressure or irregular heart beats.<sup>5</sup>



Blood Vessels

Causing abnormal bleeding into the skin, joints, breasts, urine, and elsewhere.<sup>26</sup>



Reproductive System

Affecting hormones, fertility, and the future health of a baby.<sup>5</sup>



Immune System

Causing an increased tendency to allergies and recurrent respiratory (nose, sinus, or lung) or ear infections.<sup>27</sup>



Skeletal System

Causing chronic swelling and stiffness that eventually lead to pain and permanent joint deformities.<sup>28</sup>



Brain and Nervous Systems

Causing headaches, difficulty thinking or remembering, inexplicable emotional ups and downs, inconsolable depression, irritability, moodiness, aggression, hyperactivity, or extreme fatigue.<sup>29</sup>



The Defense Systems

Impairing the defense systems of human bodies making them prone to cancer.<sup>5</sup>



Muscular System

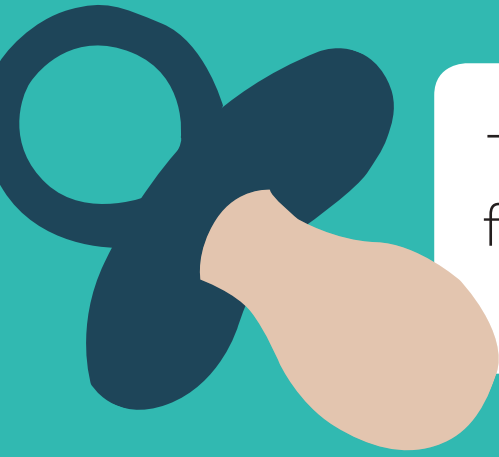
Causing twitches, tics, muscle pains or weakness, in time possibly leading to fibromyalgia, multiple sclerosis, amyotrophic lateral sclerosis or Parkinson's disease.<sup>10, 11</sup>



Endocrine System

Contributing to illnesses such as diabetes, thyroid disease and weakened adrenal glands.<sup>30</sup>

# Did You Know...

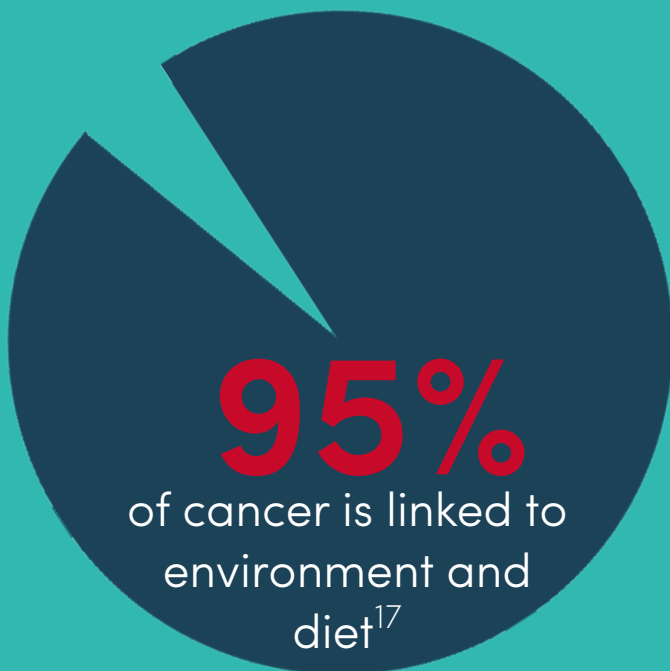


The Environmental Working Group (EWG) found that blood samples from newborns contained an average of **287 toxins**<sup>13</sup>

Multiple studies show that most of us have between **400-800 chemical residues** stored in the fat cells of our bodies.<sup>14</sup>



City water has been shown to contain more than **267 chemicals**<sup>15</sup>



The average American child gets **5+ servings** of pesticide residues in their food and water every day<sup>16</sup>





# You're “Cleaning” Your House with **Toxins**

We assume they are safe, but in actuality, many popular household cleaners are dangerously toxic. There is minimal federal regulation<sup>18</sup> of chemicals in household products. With ingredients in common cleaners being linked to asthma, cancer, reproductive disorders, hormone disruption, and more, it's time to address toxicity in products and in our bodies. Here are the top toxins to look for in your cleaning products.

# 8 Toxins Hiding in Your Household Cleaners

## PERCHLOROETHYLENE

**Found In:** Dry cleaning solutions, spot removers, carpet and upholstery cleaners.

**Health Risks:** A neurotoxin, classified by the EPA as a possible carcinogen. Loss of coordination, dizziness, and other symptoms.<sup>19</sup>

**Instead:** Go to a “wet cleaner” instead of the dry cleaners – they use water-based technology rather than chemical solvents. As a natural spot remover, rub undiluted castile soap directly on stains before washing.

## TRICLOSAN

**Found In:** Most liquid dishwashing detergents and hand soaps labeled “antibacterial.”

**Health Risks:** An aggressive antibacterial agent that can promote the growth of drug resistant bacteria. A probable carcinogen.<sup>20</sup>

**Instead:** Use simple soaps with short ingredient lists, and avoid antibacterial products. Replace hand sanitizer with one that is alcohol-based.

## SODIUM HYDROXIDE (LYE)

**Found In:** Oven cleaners and drain openers.

**Health Risks:** Extremely corrosive. If it touches your skin, it can cause serious burns. Inhaling can cause a sore throat that lasts for days.<sup>21</sup>

**Instead:** Unclog drains with a mechanical “snake” tool, or use a baking soda-and-vinegar mixture. Clean ovens with a baking soda paste.

## 2-BUTOXYETHANOL

**Found In:** Window, kitchen, and multipurpose cleaners.

**Health Risks:** Law does not require this chemical to be listed on a product label, but it gives many window cleaners their characteristic sweet smell. Can contribute to narcosis, pulmonary edema, and severe liver and kidney damage.<sup>22</sup>

**Instead:** Clean windows with newspaper and undiluted vinegar.

## QUATERNARY AMMONIUM COMPOUNDS (QUATS)

**Found In:** Fabric softener liquids and sheets and most antibacterial products.

**Health Risks:** Another type of antimicrobial, with same issues as Triclosan. Also a skin irritant and suspected as a culprit for respiratory disorders.<sup>23</sup>

**Instead:** Use simple soaps with short ingredient lists, and avoid antibacterial products. Replace hand sanitizer with one that is alcohol-based.

## CHLORINE

**Found In:** Scouring powders, toilet bowl cleaners, mildew removers, laundry whiteners, household tap water.

**Health Risks:** A respiratory irritant at an acute level. It can be a serious thyroid disrupter.<sup>24</sup>

**Instead:** Use baking soda for scrubbing. Clean toilet bowls with vinegar. Install water filters to reduce exposure through tap water.

## AMMONIA

**Found In:** Polishing agents and glass cleaners.

**Health Risks:** A powerful irritant, it will affect you right away. Will especially affect those with asthma and elderly people with breathing problems. Can create a poisonous gas if it's mixed with bleach.<sup>25</sup>

**Instead:** Use vodka or toothpaste as a silver polish.

## PHTHALATES

**Found In:** Many fragranced household products. If the label says “fragrance,” it probably has phthalates.

**Health Risks:** Known endocrine disruptors, migraine and asthma triggers.<sup>26</sup>

**Instead:** Fragrance-free or all-natural organic products. Use essential oils or an open window to freshen the air. Better yet, adopt a plant – they're natural air detoxifiers!

Skin Irritation, Cancer, Infertility, Birth Defects, Breathing Problems, and Loss of Coordination are all Linked to Toxic Chemicals from Household Cleaners

# Cosmetics Are Sold Without Any Type of Approval by the FDA

According to the FDA: “Under the law, cosmetic products and ingredients do not need FDA premarket approval, with the exception of color additives.” The FDA tasks the companies that manufacture and market cosmetics with ensuring their products are safe for consumers, causing a huge conflict of interest.

With no laws requiring cosmetic companies to share their safety information with the FDA, and no required tests to prove their products are safe for consumers, there aren't many safeguards in place. The FDA isn't even authorized to order recalls on hazardous chemicals from the market.<sup>27</sup>

## Chemicals CAN and DO Enter Your Body Through Your Skin

There's no debate that your skin absorbs – products like birth control and nicotine patches show that chemicals placed on your skin enter your body. There is a lot of debate about how penetrable your skin barrier is. One study published in the American Journal of Public Health found that the skin absorbed an average of 64% of total contaminant dosage from drinking water. **Sixty-four percent. That's huge.**<sup>28</sup>

Toxins from cosmetics can also enter through airways (fragrances) and be ingested (such as lead found in lipsticks).

## But MOST Products Are Free of Toxins... Right?

Wrong.

In a test of 49 different makeup items, Environmental Defence found heavy metal contamination in virtually all of the products.<sup>29</sup>

- 96% contained lead
- 90% contained beryllium
- 61% contained thallium
- 51% contained cadmium
- 20% contained arsenic.... And that's **only** heavy metals.



# The **UGLY** Truth About Cosmetics



# 5 Toxins Hiding - in your - Cosmetics



## PHTHALATES

**Found In:** Used to make products more flexible or able to hold color or scent. Deodorant, nail polish, fragrance, and more.

**Health Risks:** They mimic human hormones, and are linked with reproductive abnormalities, decreased testosterone in males, endometriosis in women, and premature delivery.<sup>30</sup>

## LEAD

**Found In:** It isn't added as an ingredient, but makes its way into mass produced products through contamination. Color additives are some of the most common sources. In one study, lead was found in over half the 33 brands of lipstick they tested.<sup>31</sup>

**Health Risks:** Proven neurotoxin linked to miscarriage, reduced fertility, and delays in puberty for females.

## PEG COMPOUNDS

**Found In:** Used to thicken, soften, and gelatinize cream-based products.

**Health Risks:** PEGs are often contaminated with 1,4-dioxane, a known human carcinogen and potentially harmful to the nervous system and human development. They also enhance the penetration of other ingredients into your skin, which is bad news if the product has other harmful ingredients.<sup>32</sup>

## QUATERNIUM-15 (QUATS)

**Found In:** Used as preservatives, conditioning agents, and germicides in mascara, pressed powders, eyeliners, and more.

**Health Risks:** When some chemicals break down, they release formaldehyde gas, which is a known carcinogen. It can also cause skin sensitivities and irritation. Main risk is through inhalation.<sup>33</sup>

## IMIDAZOLIDINYL UREA

**Found In:** Most water-based cosmetics, deodorants, hair dyes, shaving cream, and face masks in concentrations of 0.1-5 percent.

**Health Risks:** It remains on the skin for hours and has sufficient time to be thoroughly absorbed by the dermal cells. It serves as a preservative and releases formaldehyde. Known allergen and toxicant. A possible carcinogen.<sup>34</sup>

# Glyphosate

## The Herbicide You're Eating that Probably Causes Cancer

### Found in the Most Widely Used Pesticide

- Americans have applied 1.8 million tons of glyphosate since its introduction in 1974
- Worldwide, enough of the chemical has been sprayed on fields to equal nearly half a pound per every cultivated acre of land in the world
- Globally, glyphosate use has risen almost 15 fold since 1996 <sup>35</sup>

### Cancer Concerns

In 2015, the World Health Organization's International Agency for Research on Cancer (IARC) classified glyphosate as "probably carcinogenic to humans" after finding a particularly strong link between glyphosate and Hodgkin's lymphoma. There have been countless competing studies since then, but glyphosate has remained under public scrutiny ever since.

### A Wrecking Ball to the Human Body

Dr. Stephanie Seneff, an MIT senior research scientist and environmental toxins expert is known for having documented the link between glyphosate and autism.<sup>36</sup> She also believes that glyphosate is responsible for many other chronic diseases whose rates have soared in recent years. Aside from its effects on the gut, it has been linked to liver, kidney, pancreatic, thyroid, and colon cancer - as well as ADHD, Alzheimer's, birth defects, diabetes, obesity, and more.

# Where to Go From Here

## 5 Actionable Steps for a Healthier Lifestyle

1

### Replace Toxic Cleaners with Homemade Ones Where Possible

Take a peek under your kitchen sink. A lot of cleaning products aren't required to list ingredients, but do your research - are the products you're using safe? Change where possible. [Eartheasy.com](http://Eartheasy.com) and other websites have great recipes for homemade cleaners. You'd be amazed at what vinegar can do!

2

### Be Mindful of Ingredients in Personal Care Products

What you put on your skin matters, so pay attention to the ingredients in lotions, cosmetics, and even shampoos. Doing your own research is important, but to get you started [ewg.org/skindeep/](http://ewg.org/skindeep/) is a database of many personal care products with insight into their ingredients.

3

### Eat Organic, Wash Food Thoroughly, and Avoid Processed Foods

Aside from growing your own food, there are certain steps you can take to limit your exposure to toxicants. Consider the research here, explore options on your own, and try your best to make the best decisions for you and your family.

4

### Implement an Exercise Routine and Get Plenty of Sleep

Exercise is important for so many reasons - it keeps muscles strong, increases aerobic capacity, releases endorphins, burns calories, and so much more! On top of that, it also helps your body detoxify itself. Sleep is also important, giving your body time to recover and detoxify naturally.

5

### Detoxify with the IonCleanse by AMD

As you reduce your exposure to toxins, it's still important to maintain a detoxification program. While you can greatly reduce exposure, exposure to toxins will still occur. The IonCleanse by AMD is a non-invasive, full-body detox. It addresses toxicity on so many levels, and is a foundation to a healthy lifestyle.

# When Imperfection is Inevitable



We are not here to scare you. With the information about the toxins in our environment, we encourage you to make the changes that seem fitting for your lifestyle. Even while aware of the presence of toxins, there often isn't much we can do to limit our exposure, which is why it's so important to maintain a detoxification program.

## The Most Effective Detox Method

The IonCleanse® by AMD provides the most thorough and efficient way to cleanse and purify the body. It is a non-invasive, full body detoxification system that has a perfect safety record in its 15+ years in business.

Due to the overwhelming positive results, the IonCleanse® has become the world's #1 selling footbath detoxification system. The IonCleanse® by AMD helps the body detox through the healing power of ions.

Ions, because of their powerful charge, cleanse the body more effectively than any other method of detox. The process is safe and helps put the body into a natural relaxation state.

Before



After



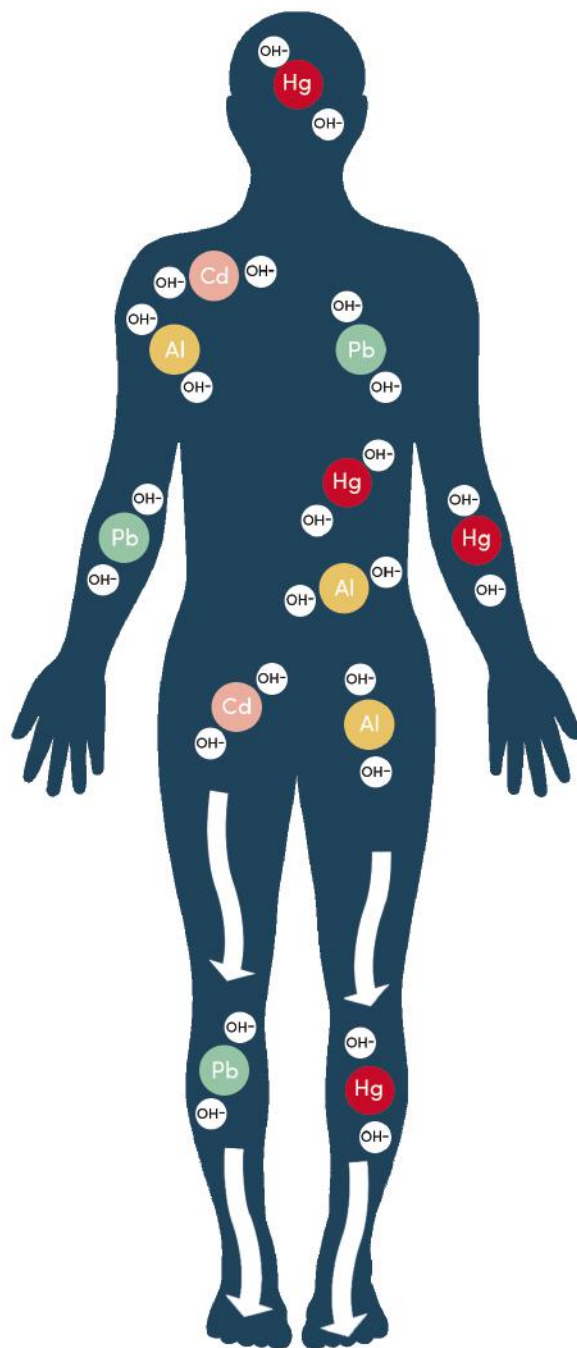
## FAQ: Is the material in the footbath really toxins releasing from my body?

Short answer - yes. We estimate about 70% of the material in the tub comes from your body. However, The color of the water will change with or without feet. That's because the ions also neutralize whatever is in your water source.

# How the IonCleanse by AMD Works

The IonCleanse® by AMD's proprietary and patented technology results in only biocompatible electrical frequencies entering the water. This elicits a relaxation response. Concurrently, these frequencies create an ionic field that cleanses and purifies the body through the healing power of ions.

The IonCleanse® process ionizes the water as  $H_2O$  is split into  $OH^-$  and  $H^+$  ions. These ions attract and neutralize oppositely charged toxins. After a session, the user feels calm, relaxed, and focused. Typical session times vary from 10–30 minutes, primarily based upon age.



## Toxins Removed\*

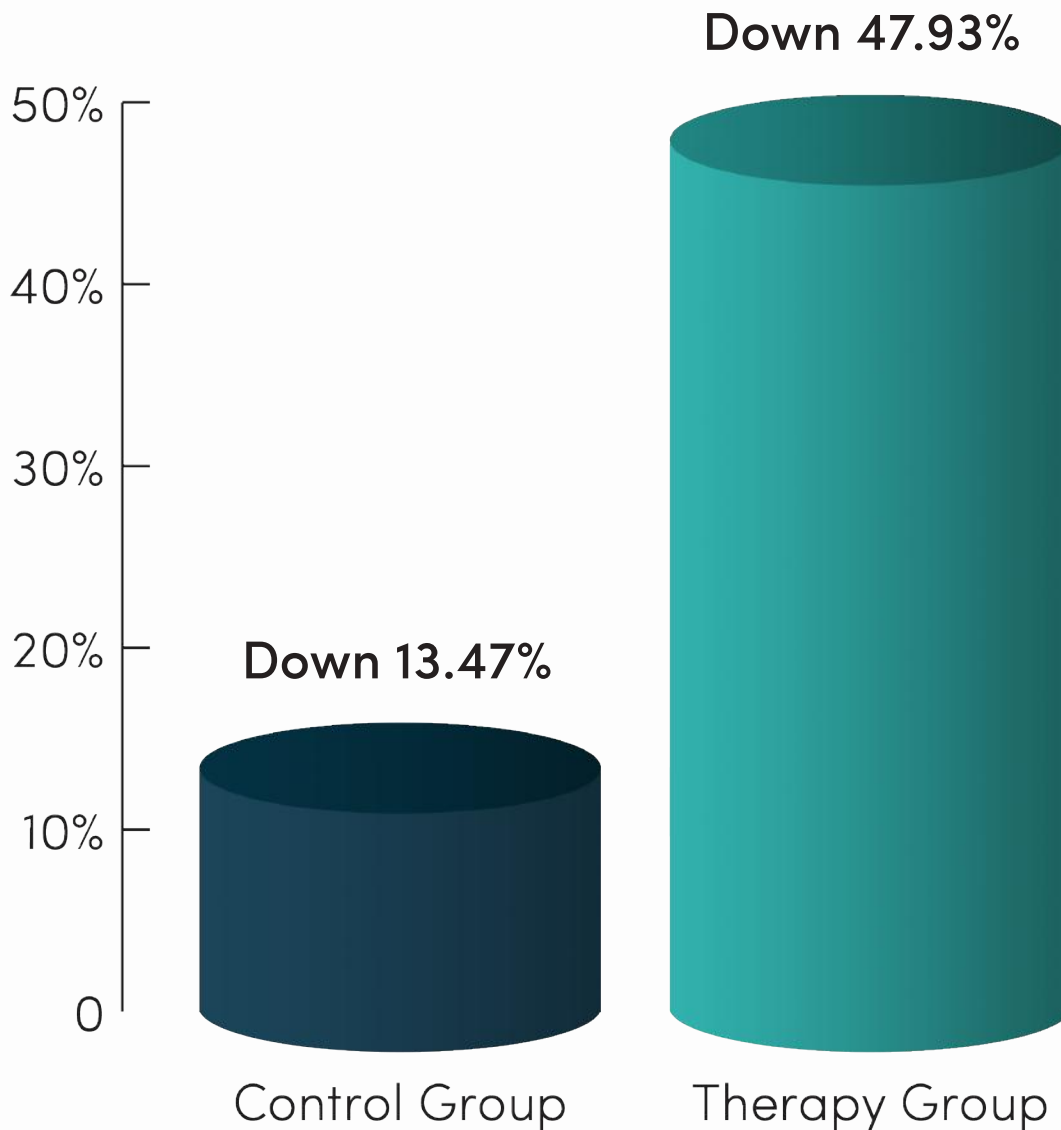
- |   |  |
|---|--|
|  Hg Mercury  |  Cd Cadmium |
|  Al Aluminum |  Pb Lead    |

\*Referring to heavy metals. Other harmful toxins are also removed.

# Does it Really Work?

Yes. We are very passionate about the service we provide, and want to spread the information of the importance of detoxification like wildfire. Investing in research to document the effectiveness of the IonCleanse by AMD is one of our main priorities. Below is a graphical summary of our Glyphosate research. Find more on our website!

## Glyphosate Reduction



The group that used the IonCleanse by AMD reduced Glyphosate 34.46% more than the Control Group in just 12 sessions.

# Will I Notice a Difference?

**Yes, most people do! But everybody is on their own timeline.**

Some will notice a physical change the same day as their first footbath, whereas others take a longer time to notice a difference. Some may even notice that they feel a little bit worse before they feel better – all are normal reactions and are positive signs.

**The reactions to detoxification are different for everybody.**

You know your body better than anybody else. We highly suggest everyone personally evaluate their wellness profile before and after a series of cleanses to track personal progress.

**What if I *don't* notice a difference?**

We are sure that you will be happy with the results, but we offer an unparalleled 60-day money-back guarantee for this very reason. If you are not satisfied, ship the unit back to us within 60 days and receive your money back – no questions asked.

**Will the IonCleanse by AMD help with my \_\_\_\_\_?**

Every day we receive testimonials on the IonCleanse systems' positive impact on people's lives. However, because the IonCleanse by AMD is classified as a non-medical device, FDA and FTC regulations do not allow us to share any testimonial that references a specific illness or condition. Our best advice is to try the unit, and if it doesn't help you in the way you were hoping, return the unit within 60 days.



### Promotes General Wellness

The cleaner the body is internally, the better other therapies may work, including nutrition, chiropractic, and more.



### Helps with Brain Fog

Feel like the best version of yourself. Calm, confident, clear, and focused.



### More Energy

Many notice more constant energy through the day.



### Better Sleep / More Relaxed

The IonCleanse by AMD initiates a relaxation response, and often helps customers achieve better sleep.

## Common Benefits

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