



IonCleanse by AMD Detoxification

From Mom to Researcher: Unveiling the Science Behind IonCleanse by AMD
Footbath Detox



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Disclosure Statement

- Director of Marketing, New Beginnings Nutritionals
- Integrative Wellness Practitioner
- Previously Engaged In Research On IonCleanse By AMD technology through my previous practice, Real Food Mum –
- * I am not an employee of AMD
- Previously Employed By The Great Plains Laboratory (Now Mosaic Dx)

About Me

Terri Hirning, NHD

- Bachelor's of Psychology and Doctorate in Traditional Naturopathy
- Mother of a Son Recovered from Autism

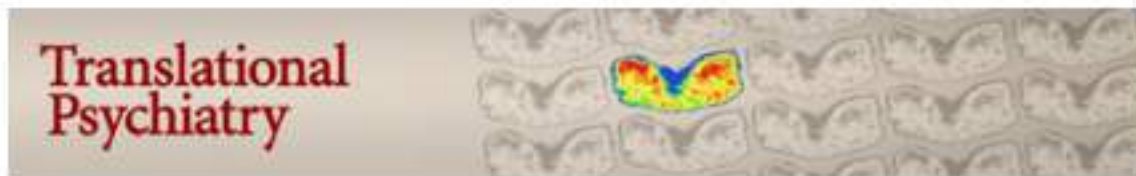


Toxins are on the Rise

“The simple truth is that we are living in a sea of toxins and it is destroying our bodies and brains.”

—Dr. Hyman

Autism and Environmental Toxins



[Transl Psychiatry](#). 2014 Feb; 4(2): e360.

PMCID: PMC3944636

Published online 2014 Feb 11. doi: [10.1038/tp.2014.4](https://doi.org/10.1038/tp.2014.4)

PMID: [24518398](https://pubmed.ncbi.nlm.nih.gov/24518398/)

Environmental toxicants and autism spectrum disorders: a systematic review

[D A Rossignol](#),^{1,*} [S J Genuis](#),² and [R E Frye](#)³

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ADHD and Environmental Toxins

> [J Child Psychol Psychiatry](#). 2010 Jan;51(1):58-65. doi: [10.1111/j.1469-7610.2009.02135.x](#).
Epub 2009 Nov 23.

Confirmation and extension of association of blood lead with attention-deficit/hyperactivity disorder (ADHD) and ADHD symptom domains at population-typical exposure levels

[Joel T Nigg](#) ¹, [Molly Nikolas](#), [G Mark Knottnerus](#), [Kevin Cavanagh](#), [Karen Friderici](#)

Affiliations + expand

PMID: [19941632](#) PMCID: [PMC2810427](#) DOI: [10.1111/j.1469-7610.2009.02135.x](#)

[Free PMC article](#)

Neurodevelopmental Disabilities and Environmental Toxins

Neurobehavioural effects of developmental toxicity

Dr Philippe Grandjean, MD, A. B. • Philip J Landrigan, MD

Published: March, 2014 • DOI: [https://doi.org/10.3015/53474-422\(13\)70276-3](https://doi.org/10.3015/53474-422(13)70276-3) • Check for updates Check for updates

4 JANUARY 2007

Introduction

Unicode

waterproofing of
the developing
brain

New Findings

about known

Keywords

NINETY

insurance is not

Summary

Neurodevelopmental disabilities, including autism, attention-deficit hyperactivity disorder, dyslexia, and other cognitive impairments, affect millions of children worldwide, and some diagnoses seem to be increasing in frequency. Industrial chemicals that injure the developing brain are among the known causes for this rise in prevalence. In 2006, we did a systematic review and identified five industrial chemicals as developmental neurotoxicants: lead, methylmercury, polychlorinated biphenyls, arsenic, and toluene. Since 2006, epidemiological studies have documented six additional developmental neurotoxicants—manganese, fluoride, chlorpyrifos, dichlorodiphenyltrichloroethane, tetrachloroethylene, and the polybrominated diphenyl ethers. We postulate that ever more neurotoxicants remain undiscovered. To control the pandemic of developmental neurotoxicity, we propose a global prevention strategy. Untested chemicals should not be presumed to be safe to brain development, and chemicals in existing use and all new chemicals must therefore be tested for developmental neurotoxicity. To coordinate these efforts and to accelerate translation of science into prevention, we propose the urgent formation of a new international clearinghouse.

Autoimmune Conditions and Environmental Toxins

IMCJ Integrative Medicine:
A Clinician's Journal

[Integr Med \(Encinitas\)](#). 2021 Apr; 20(2): 20–24.

PMCID: PMC8325494

PMID: [34377090](#)

Exposure to Environmental Toxins and Autoimmune Conditions

[Datis Kharrazian](#), PhD, DHSc, DC, MMSc, FACN

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Mercury and Neurodevelopmental Disorders



Adv Neurotoxicol. Author manuscript; available in PMC 2020 Apr 28.

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Adv Neurotoxicol. 2018; 2: 27–86.

Published online 2018 May 24. doi: [10.1016/jbs.ant.2018.03.005](https://doi.org/10.1016/jbs.ant.2018.03.005)

PMCID: PMC7188190

NIHMSID: NIHMS1580310

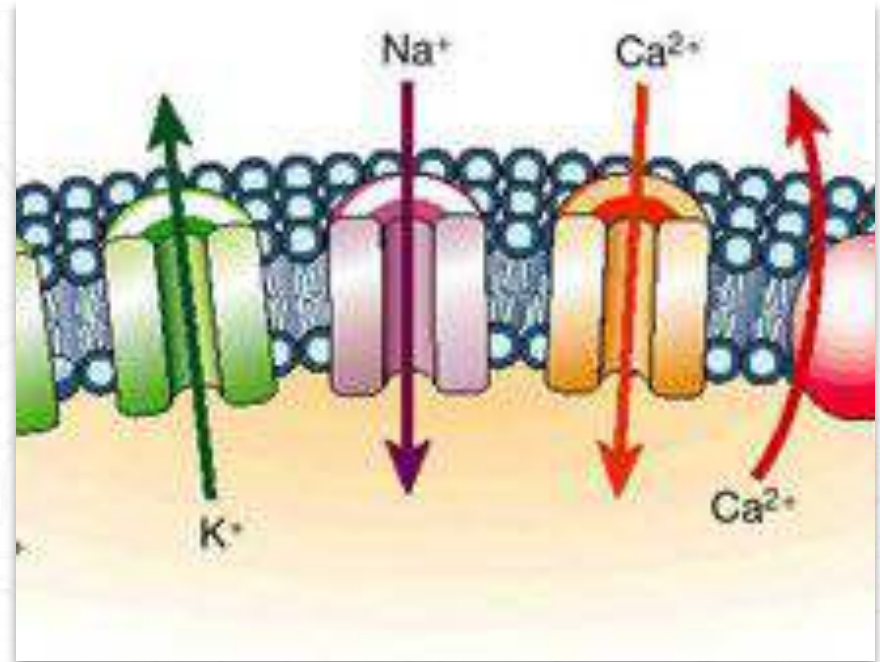
PMID: 32346667

Neurodevelopmental Effects of Mercury

[Cláudia S. Oliveira](#) and [Pablo A. Nogara](#)

How Toxins Interfere with Cells

- Voltage Gated Ion Channels (VGICs) regulate communication in and out of the cells.
- These VGICs become blocked with toxicity:
- Metals, bio-toxins, inflammatory responses, histamines, etc.
- VGICs no longer function properly.





Impaired Detoxification

- Genetics (MTHFR, PON1, COMT, GST/GPX)
- Early environment (in utero, mercury fillings, phthalates, BPA)
- Food supply (GMOs, glyphosate, pesticides)
- Vaccines
- Lack of glutathione
- Oxidative stress
- Sympathetic dominance (stuck in 'fight or flight')

So What CAN be Done?



The Process

- Electrolysis of water which splits the oxygen and hydrogen
- This creates a charge in the water
- Toxins of the opposite charge are attracted
- Dual polarity



The Charges of Toxins

Positively Charged

- Heavy Metals
- Radiologics
- Pesticides
- Histamine

Negatively Charged

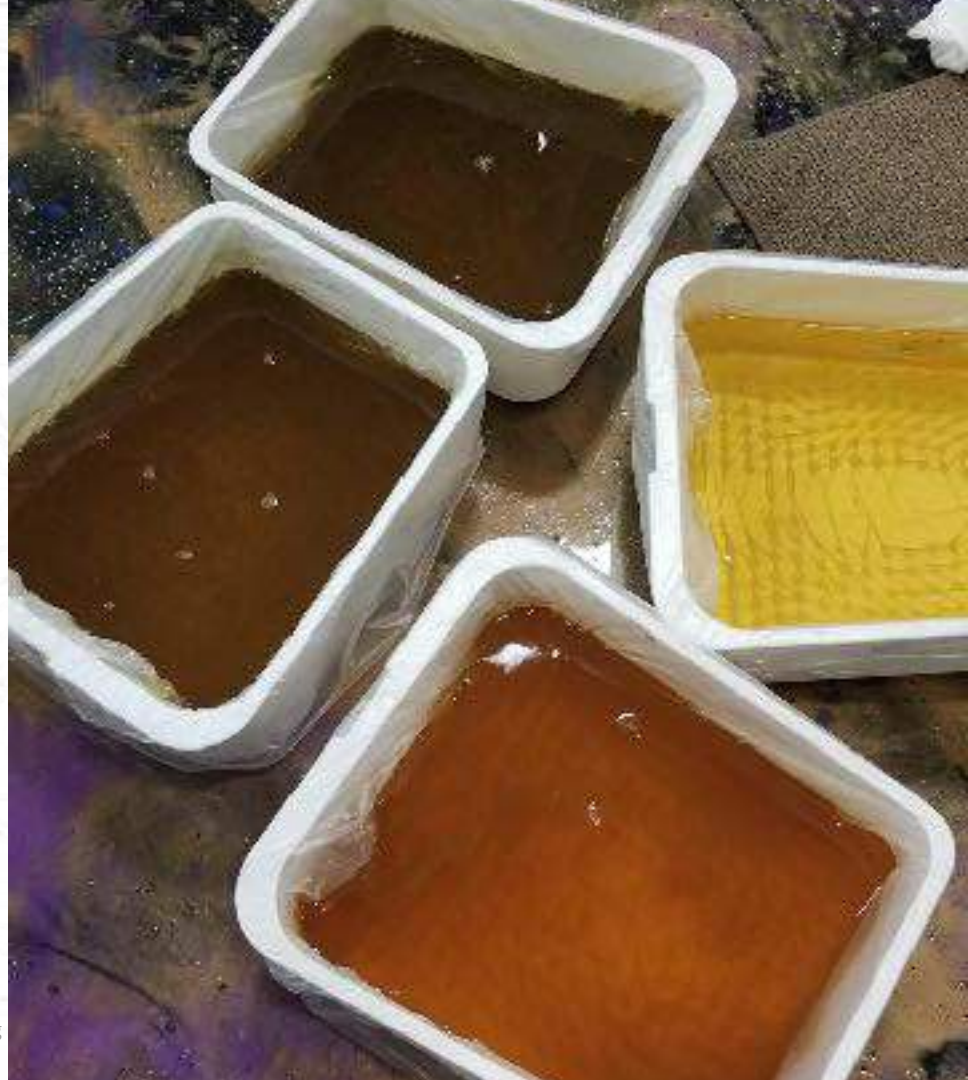
- Ammonia
- Mycotoxins
- Endotoxins
- Herbicides
- Candida
- Organic Acids
- Glucose
- Hormones

Working with the Body

- Relaxation response is stimulated
- The body has earmarked these toxins for release
- Increased excretion through the normal detoxification pathways



But does it work?



My Initial Experiences with IonCleanse by AMD Footbath Detox



Required initial ATEC scores (Autism Treatment Evaluation Checklist)



Follow up ATEC scores required every 30 days



Every other day cleansing schedule



20 minute sessions



My Son's Initial Gains

- More complex thinking
- Starting with the first cleanse!
- Initiating interactions with his sister and peers

Additional Gains

- Oral biofilm resolved
- Was able to stop Methyl B-12 injections
- Fine motor improved dramatically
- ATEC 25 => 3!

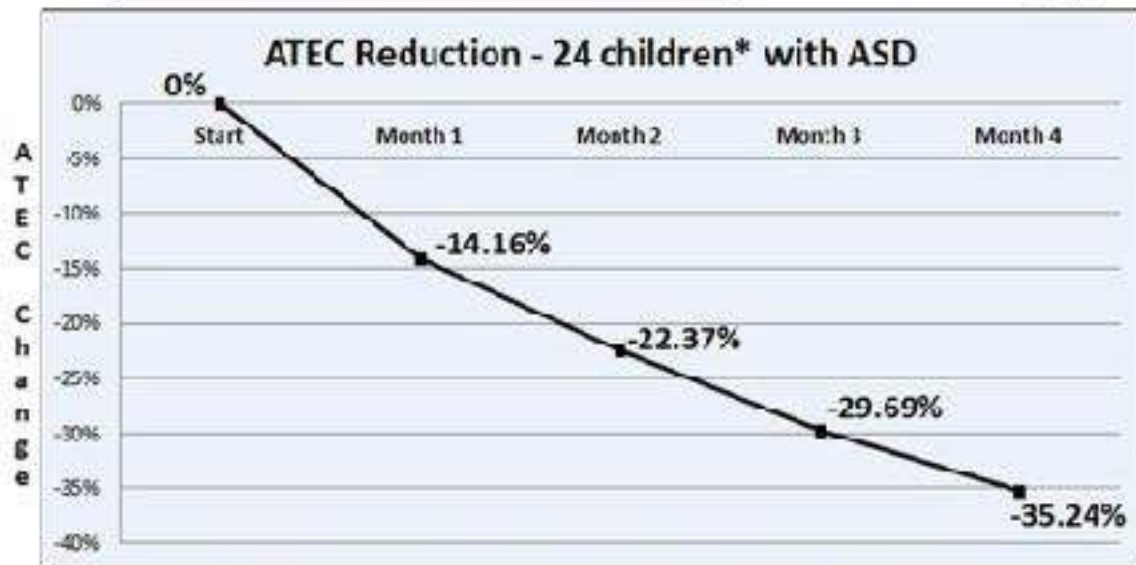


The Thinking Mom's Revolution Study #1



- 24 participants
- 2 to 13 years of age
- ATEC measurement
- Every other day cleansing schedule to start
- 20 minute sessions
- 120 day study

IonCleanse® by AMD
ATEC Study with TeamTMR



24 children with ASD used the IonCleanse® detoxification system by AMD for 120 days. Detoxification with the IonCleanse® system showed significant reduction in ATEC scores for these children with ASD. The age of participants ranged from age 2 to 13 years.

* There were originally 28 study participants. Four participants opted out of the study within the first 30 days. The data above reflects those participants that used the IonCleanse® system throughout the 120-day study.

Participant	Age	Gender	Baseline ATEC	30 Day ATEC	% Change	60 Day ATEC	% Change	90 Day ATEC	% Change	120 Day ATEC	Total ATEC Change
P1	2	M	83	63	-24.1%	83	0.0%	71	-14.1%	73	-12.0%
P3	3	F	87	46	-47.1%	40	-54.1%	39	-55.2%	36	-58.6%
P7	3	M	34	24	-29.4%	22	-29.6%	24	-29.4%	31	-8.8%
P4	4	M	55	26	-52.7%	30	-45.5%	34	-38.2%	20	-63.6%
P6	7	M	42	16	-61.9%	15	-64.3%	15	-64.3%	11	-73.8%
P5	7	M	45	35	-22.2%	31	-31.1%	30	-33.3%	28	-35.6%
P7	7	F	36	42	16.7%	43	19.4%	36	0.0%	37	2.8%
P11	8	M	30	20	-33.3%	20	-33.3%	20	-33.3%	22	-26.7%
P9	8	M	14	25	78.6%	15	7.1%	18	28.6%	15	7.1%
P12	9	M	5	5	0.0%	2	-60.0%	2	-60.0%	1	-80.0%
P15	9	M	29	13	-55.2%	9	-69.0%	9	-69.0%	8	-72.4%
P13	9	M	5	5	0.0%	5	0.0%	3	-40.0%	3	-40.0%
P14*	9	M	59	49	-16.9%	-	N/A	-	N/A	40	-32.2%
P18	10	M	60	57	-5.0%	52	-13.3%	46	-23.3%	46	-20.0%
P16	10	M	25	18	-28.0%	16	-36.0%	20	-20.0%	22	-12.0%
P17	10	M	39	35	-10.3%	30	-23.1%	20	-25.6%	37	-5.1%
P20	11	M	25	11	-56.0%	9	-64.0%	8	-68.0%	8	-88.0%
P19	11	M	30	30	0.0%	22	-26.7%	15	-50.0%	5	-83.3%
P22	11	M	62	62	0.0%	65	4.8%	49	-21.0%	34	-45.2%
P25	12	M	83	82	-1.2%	77	-7.2%	61	-26.5%	54	-34.9%
P28	12	M	58	54	-6.9%	54	-6.9%	51	-12.1%	45	-22.4%
P23	12	M	69	65	-5.8%	63	-8.7%	62	-10.1%	61	-11.6%
P24	12	M	4	4	0.0%	4	0.0%	4	0.0%	4	0.0%
P27	13	M	17	15	-11.8%	20	17.6%	14	-17.6%	12	-29.4%



Overall Gains Seen in Study #1

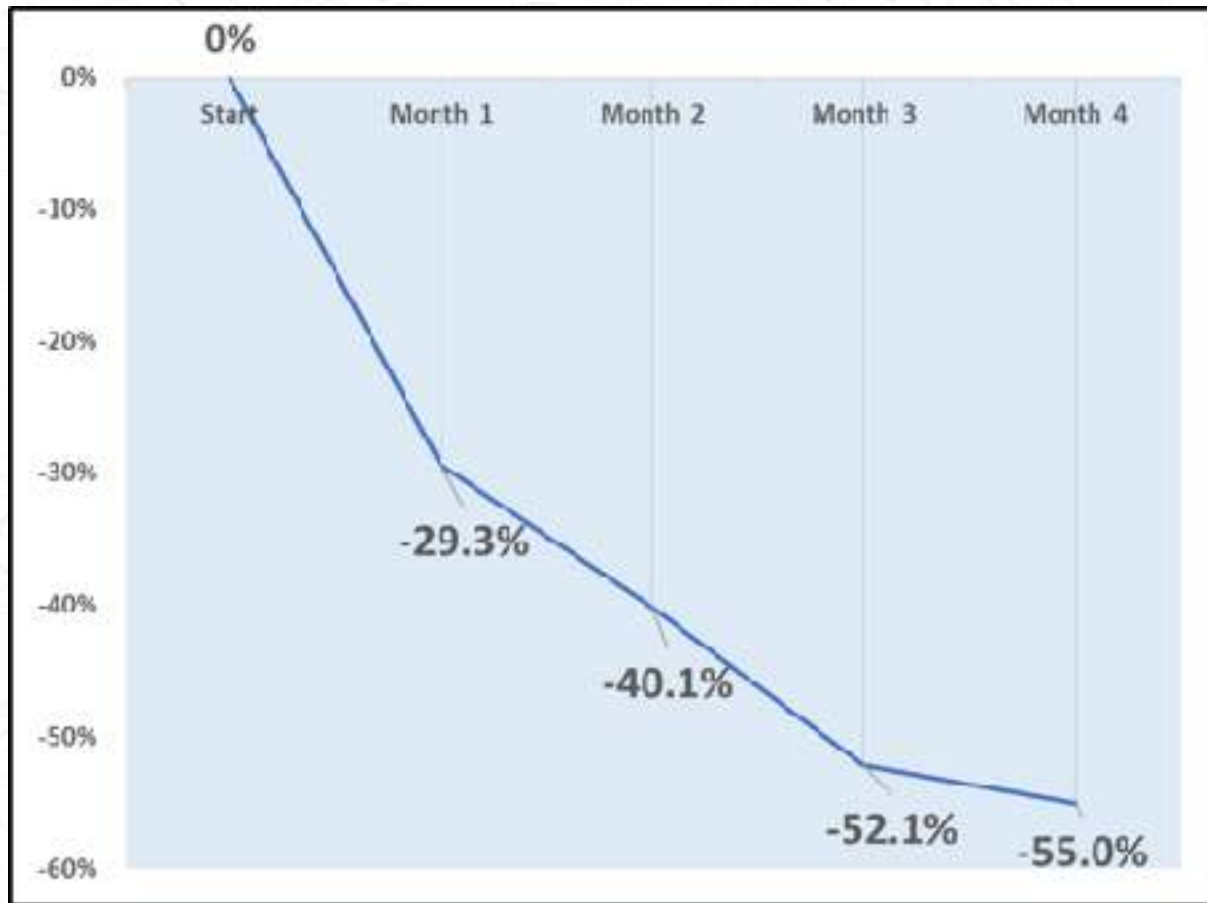
- Increased speech
- Potty training
- Reduction in meltdowns
- Fine motor improvement
- Improved sleep



The Thinking Mom's Revolution Study #2



- 27 new participants
- 4 to 19 years of age. Ten of the participants (37%) were teenagers.
- Recommended Cleansing Protocol
- Session Time:
 - Ages 2-4 15-minute sessions
 - Ages 5-7 20-minute sessions
 - Ages 8-12 25-minute sessions
 - Ages 13+ 30-minute sessions



Gender	Age	Base ATEC	120 Day ATEC	120 Day Change	ATEC by Age
M	19	100	51	-49.0%	Average ATEC reduction of teenagers is 64%
F	18	20	25	-13.8%	
M	17	63	17	-73.0%	
F	16	30	7	-86.7%	
M	16	34	5	-85.3%	
M	15	46	11	-76.1%	
M	15	29	11	-62.1%	
M	14	52	22	-57.7%	
M	14	70	33	-52.9%	
M	13	42	7	-83.3%	
M	12	65	19	-71.8%	Average ATEC reduction of 10-12 year olds is 57%
F	12	120	45	-62.5%	
M	12	30	18	-40.0%	
F	11	50	33	-41.1%	
F	10	68	14	-79.4%	
M	10	33	12	-63.6%	
F	10	75	43	-42.7%	
M	9	58	22	-62.1%	Average ATEC reduction of 4-9 year olds is 45%
F	9	18	12	-33.3%	
M	9	90	68	-24.4%	
M	7	30	12	-60.0%	
F	6	80	50	-37.5%	
M	6	88	37	-58.2%	
F	5	40	15	-62.4%	
F	5	64	53	-36.9%	
M	4	63	19	-69.8%	
M	4	53	43	-18.9%	
Average ATEC Reduction Among All Participants was 55%					
Average reduction for males was 53%; average reduction for females was 50%					



Comparing the Two Studies

- Increasing cleansing frequency from every other day (Study #1) to 3 days on, 1 day off (Study #2) yielded 57% better results in ATEC changes.
 - Study #1 – average ATEC reduction was 35%
 - Study #2 – average ATEC reduction was 55%
- All age groups responded very well:
 - Teenagers: Average ATEC reduction was 64%
 - Ages 10 – 12: Average ATEC reduction was 57%
 - Ages 4 – 9: Average ATEC reduction was 45%

Comparing the Two Studies

- Gender comparison:
 - Males: Average ATEC reduction was 58%
 - Females: Average ATEC reduction was 50%
- 27 of 27 participants experienced reductions in ATEC.



Real Food Mum Studies

Real Food Mum Clinical Trial Glyphosate Excretion 2018



19 participants



30 days, 3 cleanses per week for 30 mins each cleanse (12 cleanses)



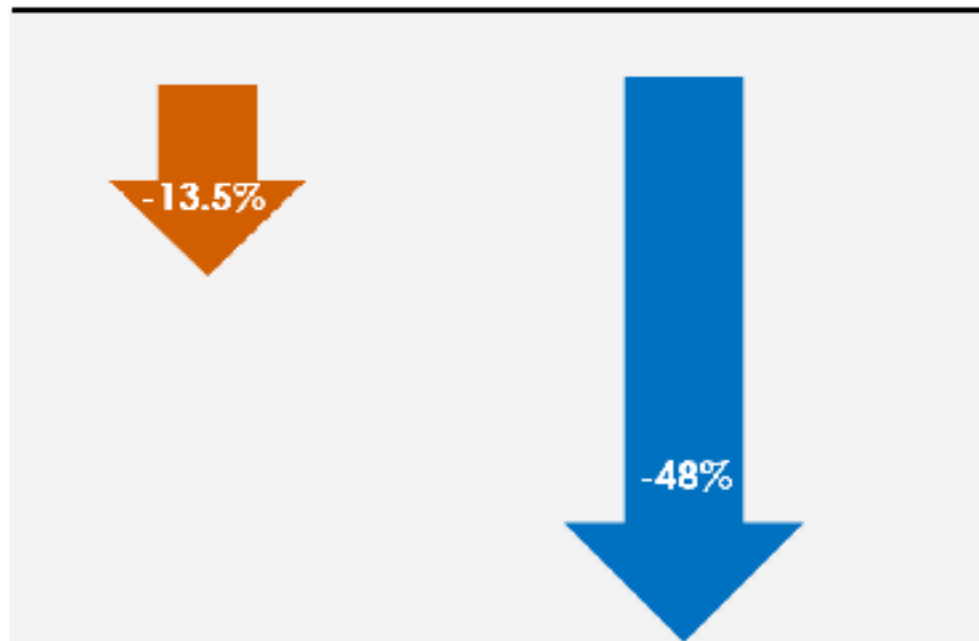
10 in the cleanse group, 9 in the control group



Significant reduction in glyphosate levels in the cleanse group

Control

IonCleanse Therapy



Glyphosate level vs. baseline test

Real Food Mum Clinical Trial Mold Case Study 2018

10/18



11/18



**39%
Reduction**

Dr. Kartzinel's Study



Kartzinel Wellness Center ATEC Study

Completed September 2018

60 Day Evaluation

13 Participants “Tough Nuts”

Ages 3 - 22

No Other Protocols Added

**21%
Reduction
in 30 days**

**32%
Reduction
in 60 days**

<http://www.mendingnaturally.com/wp-content/uploads/2019/02/Repeated-Measures-Study-of-ATEC-and-IonCleanse-by-AMD.pdf>

Myasthenia Gravis

- Per the Mayo Clinic:
- Myasthenia gravis (my-us-THEE-nee-uh GRAY-vis) is characterized by weakness and rapid fatigue of any of the muscles under your voluntary control.
- Myasthenia gravis is caused by a breakdown in the normal communication between nerves and muscles.
- There is no cure for myasthenia gravis, but treatment can help relieve signs and symptoms, such as weakness of arm or leg muscles, double vision, drooping eyelids, and difficulties with speech, chewing, swallowing and breathing.
- Though myasthenia gravis can affect people of any age, it's more common in women younger than 40 and in men older than 60.

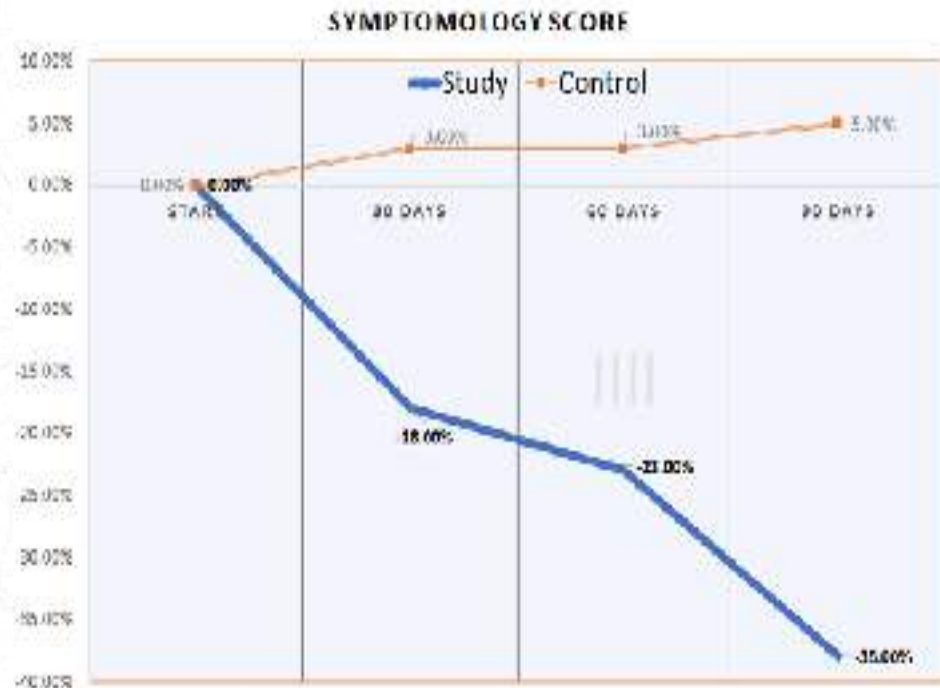
Myasthenia Gravis Study 2017

- The Myasthenia Symptom Evaluation Checklist (MSEC) was created.
- The MSEC used for the study contained 3 sections:
 - Symptoms (47 items)
 - Accommodations/Assistive Devices (24 items)
 - And a section for Additional Information that is non-scored.
- A baseline MSEC was completed and submitted prior to the start of the study. Subsequent MSECs were completed and submitted after 30 days, 60 days, and 90 days.

Myasthenia Gravis Study 2017

- Control group had a 5% increase in symptomology
- Cleanse group had a 38% reduction in symptomology
- 10 MG-related hospitalizations in the control group
- 0 MG-related hospitalizations in the cleanse group

- Source: <http://womenwithmg.org/wp-content/uploads/2017/03/WWMG-Study-Whitepaper-IonCleanse-by-AMD.pdf>



Preliminary Toxic Heavy Metals Urine Study 2017

- Toxic Element Clearance Profile Test by Genova Diagnostics
 - 2 participants over the course of 10 days
 - Results: 106% average increase in toxic heavy metals in urine post cleanse vs. the control
-
- Source: <https://www.amajordifference.com/wp-content/uploads/2017/03/Heavy-Metals-Study-Final-Report-9-9-08.pdf>

Toxic Heavy Metal Blood Study 2008



31 participants over 6 months



Results: Aluminum, Arsenic,
and Mercury showed lower
levels

Source: <https://www.amajordifference.com/wp-content/uploads/2017/03/Heavy-Metals-Study-Final-Report-9-9-08.pdf>

Considerations



What about color change?



Water will change colors without feet!



The machine is neutralizing chemicals and toxins in the water.



Color change does not equal detox!

With that said...



After performing hundreds of foot bath sessions for clients, myself, and my family, there IS an element of individual detox in the tub.



What percentage is that?



The key is to note changes in the individual using the unit.

What Supplements are Required?

- None
- Always tailor a supplement protocol to the individual needs
- The body can utilize more minerals while detoxing
- A well-balanced diet, multi-vitamin and mineral support and adequate hydration are important things to encourage while engaging in any detox protocol



Contraindications

- People who have a pacemaker.
- Organ transplant recipients.
- Pregnant or nursing women.
- Anyone on medication, the absence of which would cause mental or physical impairment, such as psychotic episodes, seizures, etc.

Are All Ionic Footbaths The Same?

- Does it have an independent, medical grade power supply?
- Safety when mixing water and electricity is of utmost importance.
- Does it require a grounding strap for safety?
- Has it passed radiated emissions testing?
- It is measuring the electromagnetic field (EMF) strength of the emissions that are unintentionally generated.
- Has it passed conducted emissions testing?
- Does it pass FCC regulations?

What Sets AMD Apart

- Safe, non invasive
- A+ rating with the BBB
- Medical grade safety and quality
- 60-day, 100% money back guarantee
- Proven research
- In business since 2002
- Made in the USA





TESTIMONIALS

Mom of a 19 month old with autism

“I promise I won’t be emailing you all the time but I had to share something with you. Last night, L slept for 10 hours straight (without any fussing) in his crib, for the first time in months and months! I know you mentioned seeing results with your son right away after his first foot bath. I’m not sure if that’s why L had such a good night but I’m hopeful. In addition, he had swim lessons and AZEIP came to work with him today. Both his swim instructor and therapist commented (without knowing what we did yesterday) that he’s “like a different kid today!” He laughed appropriately to a silly kid and to noises during floor time play, made great eye contact that wasn’t fleeting, and seemed super alert! I cannot wait to order our ion cleanse! Thank you!” ~M.C., Arizona

Update October 2023

- L just turned 7!
- Mom says he is “affectionate, sensitive, pretty darn smart, and hilarious (if you pay close attention). We’re so blessed that he’s ours.
- Able to take vacations with friends and family



FINAL THOUGHTS



PARADIGM SHIFT



ADDRESS
TOXICITY



ADDRESS
NUTRITION



ADDRESS
SUPPLEMENTS

Detox is for everyone!



- Safe, non-invasive, effective!
- People enjoy it
- Easy, lightweight and portable
- I wish I would have done the IonCleanse by AMD first!
- I believe it helps support the body in being able to utilize and absorb nutrients more effectively

THANK YOU!

Terri Hirning, NHD



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