



Ion Effect Canada



**DO YOU  
SUFFER FROM?**

**DIABETES**

**ARTHRITIS PAIN**

**HIGH BLOOD PRESSURE**

**ANXIETY      LOW ENERGY**

**DEPRESSION**

**MENOPAUSE**

**MIGRAINES**

**COPD / ASTHMA**

**POOR SLEEP**

**INDIGESTION**

**ION EFFECT CAN HELP!!**

# **Ion Effect Bracelets**

Contain

Tourmaline

FAR Infrared

Volcanic Ash

Neodymium Magnets

# TOURMALINE

Tourmaline is a naturally-occurring semi-precious gemstone that is found in all parts of the world, but was first discovered in Sri Lanka in 1703. Since that discovery, some of the largest deposits of Tourmaline in the world have been found in Brazil, Pakistan, Afghanistan, America, Madagascar, and in many parts of Africa.

Known as the “Electric Stone”, Tourmaline is the highest-energy crystal in the world. In 1880, lab experiments performed by Pierre and Jacques Curie proved that Tourmaline generates a weak electrical charge. This electrical charge enables Tourmaline to produce far infrared photon energy, negative ions, and alpha waves.

These three main characteristics of Tourmaline combine to provide many benefits to our health, such as

- prevention of cholesterol build up
- purification of the blood
- improvement in circulation
- stimulation of the autonomic nerves
- calming of overly-excited sympathetic nerves
- promotion of sound sleep and mental alertness
- stress relief
- stimulation of cell metabolism
- enhancement of the immune system.

## TOURMALINE PRODUCES NEGATIVE IONS

Have you ever noticed how refreshed, invigorated and just plain “alive” you feel when you’re at the base of a waterfall, near a natural spring, walking along the beach or in the woods, or right after a good rain? The reason you feel that way is because negative ions are present in abundant numbers!

To best understand the benefits of negative ions, it’s important to understand the effects that positive ions have on our bodies. High concentrations of positive ions (and the lack of negative ions) are associated with most of the environmental stressors found in our daily lives, such as **exhaust fumes, cigarette smoke, pesticides, dust and soot, and the radiation released by high-voltage power lines, computers, cell phones and electric appliances**, to name a few.

These positive ions create free radicals, which are known to be harmful to our health.

Tourmaline converts moisture in the air into negative ions which neutralize the free radicals created by positive ions. The higher concentration of negative ions produced by Tourmaline result in the same healthful effects on the body as the negative ions produced in nature.

# TOURMALINE GENERATES ALPHA WAVES

The human brain generates several types of energy waves which pulsate at different speeds. Alpha brain waves are slow, and scientific research has proven that when people are in the “alpha state”, they receive more oxygen return to the brain, allowing them to rest or sleep more peacefully and deeply.

German and Japanese scientists have discovered that Tourmaline can radiate an energy of 8-13Hz per second, which matches exactly to the alpha wave frequency in the human brain. When exposed to this wave frequency, the brain can more quickly enter the alpha state, thereby bringing about a calm and peaceful sleep.

Studies have shown that the alpha state has many therapeutic effects on our health, including:

- Brain strengthening and an increase in intellect
- Improvement in mental clarity and focus
- Help with falling asleep
- Delay of the aging process
- Improvement in the body's ability to heal itself

# FAR INFRARED

Far Infrared Rays are invisible waves of energy that have the ability to penetrate all layers of the human physical body, penetrating into the inner-most regions of the tissues, muscles and bone.

This warming therapy of far infrared, and its other effects on the body are known to have many health benefits, including:

- Promotion of blood supply, circulation and body warming
- Purification of body fluids & elimination of harmful toxins
- Reduction of spasms through the warming of muscle fibers
- Increase in metabolism
- Strengthening of the immune system
- Relief from stress and fatigue
- Promotion of sound sleep
- Stimulation of enzyme activity
- Regulation of nervous system and reduction of nerve pain

Far Infrared therapy (FIR) involves the use of Far Infrared rays to gently heal, soothe, stimulate and detox the physical body, as well as the mind.

An ancient technique, Far Infrared Therapy uses these waves, or rays, of energy to slightly elevate the surface temperature of the body. When we slightly induce a very small temperature increase, we can enhance our body's functioning on multiple levels. Many types of thermal healing have been used in ancient civilizations including Japan, China, India, the Americas, Northern Europe and ancient Rome.

Far Infrared therapy very gently increases blood flow by expanding the capillaries that carry blood. It also increases oxygenation and regeneration of the blood, deeply detoxifying it for the improved functioning of all of the major organs in the body, which depend on blood for energy. This detoxification is on the deepest level, allowing hidden toxins in the blood and tissue to be dissolved or immobilized.

Through the subtle heating, Far Infrared boosts your immune system, increasing the amount of white blood cells and killer T-cells. It is an excellent therapy for promoting healing, reducing muscle soreness, muscle spasms and relief for rheumatoid arthritis. Research by NASA has shown that far infrared on the cardiovascular system was a great way of keeping astronauts hearts' in optimal condition.

Heart studies done by The Mayo Clinic and the Journal of the American College of Cardiology found that infrared therapy significantly improved blood vessel functioning in high-cholesterol, diabetes and smoking patients. The therapy also was found to increase circulation, lower blood pressure, lower blood sugar, and help in weight loss.

Far Infrared acts as an aid in detoxification. This type of therapy may help in fat loss, chronic fatigue, water retention, skin disorders, as well as in the elimination of heavy metals, poisons, and carcinogenic material from our bodies.

Whenever we process food, and particularly when we have processed unhealthy food or meats, our bodies create lactic acids and free fatty acids, as well as excess sodium and uric acid. In patients who have skin problems, this type of therapy can help clean the liver and kidneys, instead of overworking the skin in processing our toxins out through the dermis.

Clinical studies done in both the United States, and in Japan, found, "Much of the stiffness, aches and soreness that comes with aging is reduced or eliminated"

# NEODYMIUM MAGNETS

A neodymium magnet, the most widely used type of rare-earth magnet, is a permanent magnet made from an alloy of neodymium, iron and boron

Developed in 1982 by General Motors and Sumitomo Special Metals, neodymium magnets are the strongest type of permanent magnet commercially available

The two main goals of magnetic healing are to speed healing and reduce pain. Additionally, some people believe that magnets can improve circulation and re-energize the body.

Reducing pain - some doctors believe that pain reduction with magnets works similarly to using a heating pad. The magnets are again placed on or near the body, and are used to stimulate nerve endings by acting to interrupt pain signals to the brain. The difference is that heat treatment can be more intense, while magnetic healing is more constant. So, while you can't wear a heating pad for hours at a time, you can wear a magnetic bracelet every day.

So, does it really work? Some studies have been done on magnetic healing, but with varied results. It seems that for every study with a high rate of success using magnetic healing, another study comes along with a low rate of success.

And it's important to remember all the variables, too, because every person's injuries are different. In addition, one magnet might work and another might not, so trying a different magnetic healing device might yield different results. The bottom line is that at this point there is limited scientific evidence to either support or deny the positive results of healing with magnets.

Some experts argue that those who use magnets and believe in their benefits are only suffering from the "placebo effect"—that they are experiencing healing or pain relief because the power of the mind simply wants it to be so. Still, golfers, football players, and several other athletes from a variety of sports backgrounds, as well as some doctors and many patients, swear by the benefits of magnetic healing; so, anyone interested in the option of healing with magnets needs to make his or her own decision.

Most researchers and experts agree that there are no negative side effects of magnetic therapy. However, if you are pregnant, have a pacemaker or automatic defibrillator, or use an insulin pump, you should not use magnetic healing. Likewise, magnets should never be placed over an open wound.

# VOLCANIC ASH

Basalt is an igneous rock that forms from the relatively rapid solidification of basaltic lavas and is one of the most common types of rock in the world. Minerals and trace elements in the ash cloud are extremely beneficial for the planet. The rocks themselves have the basic elements for life including carbon, phosphorous and nitrogen, only requiring water to complete the formula. It is high in silicates, iron, and magnesium.

The fertility of some of the world's richest and most productive farmland is due to the minerals produced by nearby volcanoes.

Basalt and volcanic ash can be used for healing the physical body, remediation of toxic waste, nontoxic 'enlivened cements', healing building materials, radiation shielding, etc.

Volcanic ash has 'anti-bacterial, anti-viral, anti yeast and overall disinfectant qualities.

It is high in sulphur, an active ingredient which not only helps the body to resist bacteria but actually destroys it. It disinfects the blood, stimulates bile secretion, aids the oxidation reaction in the body, and protects the protoplasm of cells for the synthesis of collagen'.

Volcanic ash can provide a multitude of health and beauty benefits.