

Detoxify your Life!

By April Snyder

I've read that Jennifer Aniston does it. And Nicolas Cage too. It's the latest health rage in Hollywood. They claim you'll have more energy, lower your stress, eliminate headaches and even breathe better, among other benefits. No acupuncture needles, no uncomfortable colonics, no gag-inducing secret formula to drink. In fact, to take part in this unique method of detoxifying your body, you simply sit, relax and soak your feet. That's it. Soak your feet, right here, in Ellicott City. It's called the Ion Cleanse.

Being slightly skeptical and highly curious, I decided to accompany a friend to her detox appointment. Once inside It's About Health, the body toxin detox center, my interest was piqued. It's a modest, slightly clinical, holistic center for cleansing your body to eliminate years of toxic substances that are collecting inside us, both with and without our own doing. Founders Jed Castelbaum, a successful Ellicott City businessman, and Dr. Robert Kay, a Holistic Practitioner and a Certified Nutritional Consultant, are pleased to be Howard County's first such center.

I watched as Castelbaum set up my friend's detox foot bath. She looked so relaxed that I decided to give it a try. Unfortunately, I didn't have an appointment and quickly learned that the growing interest made it necessary to book a session ahead of time. Within a few minutes the room filled up with scheduled clients, and I was left to my role as a spectator.

Castelbaum explained that we all have a lifetime of toxins stored in our bodies. These are substances that are ingested, inhaled or even internally produced. They can include alcohol, nicotine, caffeine, refined sugars, pesticides, chemicals and heavy metals from cosmetics, even hormonal by-products. Just thinking about my college years made me cringe at the possible toxins I'm housing. Well, the Ion Cleanse is designed to eliminate these toxins from our bodies through a series of detox sessions. Here's how it works. Each treatment uses a basin of water. An electrical unit called an array is placed in the water. This array generates alternating positive and negative ions around the feet. The ions enter the body through your feet and begin neutralizing the toxins. As the toxins are released into the water, the color and content begin to change.

Castelbaum was able to tell what parts of the body were being affected as the water changed. At first, it became slightly yellow, then more orange and browns came out. Over time the water took on a mucky, greenish tone. From the kidneys

and bladder to the liver and gallbladder. Each visible substance tells a small story about the body and person to whom it belongs. After the 25 minute session, it looked like my friend was soaking her feet in the famous La Brea tar pits. Either that or she switched basins with Stephen Baldwin! I was quite surprised to see the final result and yet, impressed as she spoke of renewed energy and a feeling of lightness. I'm told that not everyone feels the same results after just one session. In fact, they recommend a program of 14 treatments for real cleansing



success. In addition, Castelbaum also stresses the importance of reducing your toxin intake. Moderate use of alcohol and refined sugars, limit your red meats and dairy products, and stay away from artificial sweeteners. Drink plenty of water and exercise regularly. As with any healthy initiative, dedication is key. Sticking with good habits and breaking the bad ones is truly a major step.

For additional information and to contact It's About Health LLC, call 410-461-6060, located at 3217 Corporate Court, Ellicott City, 21042.



*Photographic Images by:
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"The Galapagos" on exhibit at Ranazul in Maple Lawn
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