

# **HEALTHandMED's IonizeMe Maxx Ionic Detox Foot Bath System As Highly Effective for Reducing ASD Symptoms**

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**Abstract**

Because Autism Spectrum Disorder (ASD) is estimated to affect 1 in 54 children of all ethnicities and racial groups, discovering effective treatments for increased functionality in daily life is valuable. Included is HEALTHandMED's results for ASD study participants' functional improvement through HEALTHandMED's IonizeMe Maxx foot bath detox, measured by Autism Treatment Evaluation Checklist (ATEC). The study included 2 parts: 1) A series of repeated ATEC tests that parents fill out before detox begins, after 30 days, after 60 days, after 90 days, and after 120 days or after the study is completed, and 2) Individual weekly reports about the child's progress with qualitative insight to the family's experiences with the detox. HEALTHandMED's IonizeMe Maxx systems hold much promise for families and ASD individuals to heal and function more effectively.

*Keywords:*

autism, ASD, pervasive developmental disorder, PANS, PANDAS,  
ATEC, foot bath, ion, ionic, detox, cleanse, children, treatment

## **HEALTHandMED's IonizeMe Maxx Ionic Detox Foot Bath System As Highly Effective for Reducing ASD Symptoms**

### **Introduction**

In this report, descriptions of, a) how autism affects the world, b) ATEC score and, c) IonizeMe Maxx ionic detox foot bath system are given. The way these things fit together for individuals with ASD in need of healing and functioning in everyday life is demonstrated. The results of the HEALTHandMED research study, in general and individual ways are explained. Finally, the next step for future research and application of these results is suggested.

### **Background Information and Key Terms**

#### **Autism**

Most people have a friend or family member with Autism Spectrum Disorder (ASD), but what kinds of people are really being diagnosed with it? The CDC defines ASD as a developmental disability that affects social, communication, and behavioral aspects of life. And usually these people don't look significantly different, but they may need low to high amounts of help in their daily lives (CDC, 2010). According to Maenner MJ, Shaw KA, Baio J, et al.'s research posted on the CDC website, about 1 in 54 children are identified with ASD. ASD is 4 times more likely in boys than girls, and occurs in all racial, ethnic, and socioeconomic groups. The amount of people diagnosed with ASD has been steadily increasing in most locations as shown in figure 1 below (2016). Therefore, understanding and effective treating of ASD is now more important than ever.

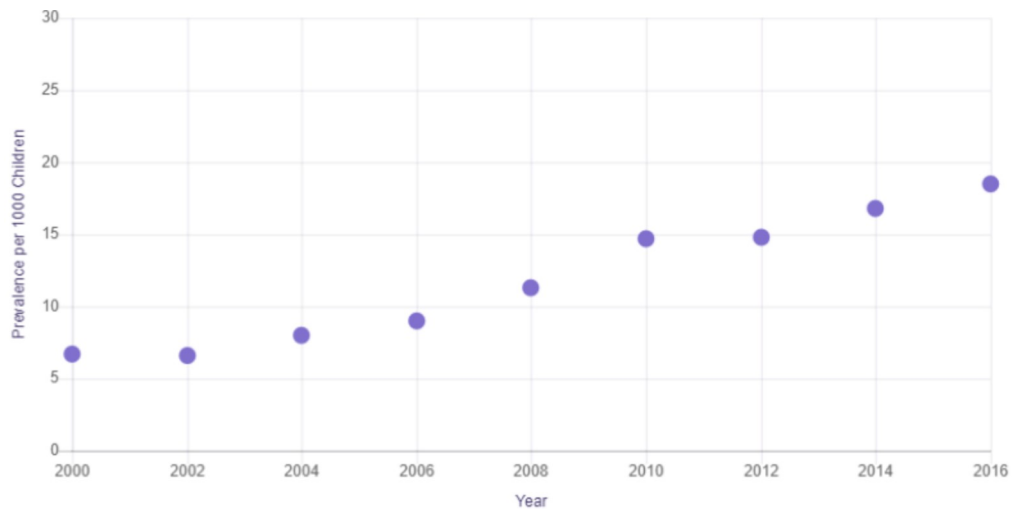


Figure 1: Maenner MJ, Shaw KA, Baio J, et al.'s Prevalence of ASD over time (2016).

Traditional ASD treatment involves early intervention from birth to 3 years old and therapy for walking, talking, or interacting (CDC, 2010). There are alternative ways to treat autism from the standard ways that one might think. Kurtz explores the potential of energy therapies, biologically based methods, and alternative medical systems that work together for treating ASD (2008). Similarly, HEALTHandMED's IonizeMe Maxx foot bath system treats autism in an alternative way that attends to mind, body, functionality, and healing.

### **ATEC Score**

The Autism Treatment Evaluation Checklist (ATEC survey) was the method of ASD symptom evaluation during the HEALTHandMED detox study. This ATEC survey is considered valid for clinical diagnosis of ASD (Lu, J. P., Yang, Z. W., Shu, M. Y., & Su, L. Y., 2004). It can also be reliable for evaluation of treatments. It is one of the most effective evaluations to

measure ASD symptom improvement because of its ability to evaluate progress at a very individual level (Freire, M. H., & André, A. M., 2018).

A TEC evaluates ASD using the following categories: speech/language, sociability, sensory/cognitive awareness, health/physical. It is a trusted way for treaters and caregivers alike to measure the severity of ASD and consider the ways that ASD may be interfering with everyday life and functioning. Mahapatra, S., Khokhlovich, E., Martinez, S. et al. characterizes the survey to be a caregiver-issued response with 0-2 response scale for speech/language, sociability, and sensory/cognition categories, and 0-3 response scale for the health/physical category. The lower the score, the higher the ASD functionality (2020). It is one of the most commonly used scale in the ASD community for treatment, and research.

### **IonizeMe Maxx Foot Bath Systems**

Ionic detox works by splitting water up into its various possible components. A direct electrical current is applied to water, which causes the water to split into hydrogen, oxygen, electrons and different combinations of these. This process is known as electrolysis. Most importantly, hydrogen anions ( $H^-$ ) are formed. These are hydrogen atoms with an extra electron attached. They are introduced into the body through the thousands of pores in the feet in order to neutralize excess free radicals in the body. Free radicals are unstable chemicals formed in the body during normal metabolism or exposure to environmental toxins in our air, food and water. When there are excess free radicals, they attack healthy cells, causing them to age prematurely. They are positively charged, because they have lost an electron, making them extremely unstable and reactive. Several disease states may be attributable to free radicals. Negative hydrogen ions

act as supercharged free radical scavengers. Once free radicals are neutralized, they can be moved out of the tissues through osmosis, and the body's natural detoxification process can eliminate them through urination, defecation and perspiration. Thus ionic detox helps the body's normal detoxification processes to operate more effectively.

HEALTHandMED's IonizeMe Maxx units (as shown in figure 2) are foot baths that provide approximately 18 Volts and 2.2 Amps of output to maximize the electrolysis and ionization using a non-switching (linear) power supply. The voltage and amperage are measured and displayed accurately on the LCD screen. More features of this machine are as follows: water safe with UL certified GFCI power supply, built in the USA to last, FCC compliant, compact size at 7"x7"x4.5", quiet operation with no fan, and no wrist strap required (IonizeMe Maxx - Powerful Ionic Detox Foot Bath System, 2020). Compared to other foot bath systems on the market, the IonizeMe Maxx is one of the best for powerful ionization and safety.



Figure 2: IonizeMe Maxx Ionic Detox Foot Bath Machine (HEALTHandMED, 2020).



In a January 2009 survey, 126 ionic foot detox bath customers were asked what specific health benefits they or their clients had received from using various ionic foot detox bath systems sold by HEALTHandMED. They mentioned many specific benefits from the systems: including pain relief, increased energy, improved sleep, improved digestion, toxin reduction, decreased swelling, circulation improvement, reduced weight, skin health, emotional health, respiratory health, sensory improvement, improved immune system, improvement in blood sugar for diabetics, reduced yeast (candida) and more (Ionic Detox 2009 Survey of Benefits, 2009).

### **Disclaimer**

HEALTHandMED's foot bath systems have not been evaluated by the FDA, are not medical devices, and are not intended to treat or cure any disease.

### **Supplements Utilized**

The process of detoxifying the body can also deplete the body of essential minerals. So, anyone undergoing an ionic detox should also take a mineral supplement. However, it is known that ASD individuals typically suffer from poor gut health, so a mineral supplement that can be absorbed directly into the gut is necessary. Therefore, Chelate-Mate, which does not require digestion, was chosen to improve participants' experience. Chelate-Mate is a unique concentrated blend of liquid ionic multi-minerals formulated to help meet the nutritional requirements of kids with ASD (Matthews, 2008). It can help to prevent negative reactions that ASD individuals may experience during a detox process (Chelate-Mate Essential Mineral Formula, 2020).

The supplement facts for Chelate-Mate are listed below in table 1.

Supplement Facts: Chelate-Mate				
	Children under age 4		ages 5+ – Adults	
Serving size	7.5 ml or (1.5 tsp)	%DV	15 ml or (3 tsp)	%DV
Servings per container	63		31	
Iodine (potassium)	50 mcg	71%	100 mcg	67%
Magnesium (chloride)	25 mg	13%	50 mg	13%
Zinc (sulfate)	7.5 mg	93%	15 mg	98%
Selenium (tetrachloride)	50 mcg	**	100 mcg	143%
Manganese (chloride)	1.5 mg	**	3 mg	150%
Chromium (polynicotinate)	25 mcg	**	50 mcg	42%
Molybdenum (oxide)	25 mcg	**	50 mcg	67%
Potassium (chloride)	12.5 mg	**	25 mg	<1%
Boron (sodium borate)	25 mcg	*	50 mcg	*
Vanadium (citrate)	10 mcg	*	20 mcg	*
* Daily Value not established.				
**Daily Value not established for children under 4				
Other Ingredients: Purified water and Potassium Sorbate (to preserve freshness).				

Table 1: Chelate-Mate Supplement Facts (HEALTHandMED, 2020)

Some detox reactions are possible such as: hyperactivity or aggressive behavior due to yeast dying off. Activated charcoal was delivered to all participants in case they needed it as a “mop up” for reactions . Activated charcoal is one of the most effective natural adsorbent agents that help cleanse the digestive system.

Supplement facts for the Nature's Way Activated Charcoal used are shown below in Table 2.

Supplement Facts: Activated Charcoal		
Serving Size 2 Capsules		
Amount Per Serving		%Daily Value
Charcoal	560 mg	**
**Daily Value not established		
Other ingredients: Gelatin (capsule)		

Table 2: Activated Charcoal Supplement Facts (HEALTHandMED, 2020)

### HEALTHandMED's IonizeMe Maxx Study

#### Participants

Participants for the study were drawn from HEALTHandMED connections in a type of snowball sampling approach. All participants were required to have ASD, and all were officially diagnosed with autism - besides participant 1 who was diagnosed with pervasive developmental disorder, which is on the autism spectrum (see P1 in Table 3). All ages and genders were invited, but the end sampling was all male between the ages of 3 and 21 years old. Participants were given a discount off of the IonizeMe Maxx foot bath units used for this study, if they completed the study.

Since all ages and genders were invited to the study, 2 females began the study, without completion. One of these individuals completed 4 ATECS and saw scores decrease by 56% and the other completed 2 ATECS and saw scores decrease by 4%. It can be assumed that if these participants had completed the study, they would have had extremely positive results. With more resources, HEALTHandMED can study IonizeMe Maxx foot bath systems with females with

ASD, and would likely increase functionality and provide healing with them as well.

### **Restrictions to the Study**

Study subjects were not allowed to be on seizure medications. They were also not allowed to be doing the following treatments at the same time as the detox study: intravenous immunoglobulin, stem cell transplants, blood pressure meds, or ACC chelation therapy.

HEALTHandMED did not ask for details about other treatments that they may have been trying at the same time. Some parents said that they knew that the ionic detox had made a positive impact on their child because, he wasn't doing any other treatments during the study. Of the 18 kids that completed the entire study, 4 were taking medications. 3 of these did better than the average study participant. 1 did worse than average.

### **Methods**

The study process involved 5 simple steps for the participants as listed below:

1. Complete initial pre-detox ATEC
2. Read the IonizeMe Booklet and Instructions that was sent with each IonizeMe Maxx Unit, and watch the IonizeMe video instructions on the HEALTHandMED website, if needed.
3. Help the child participant begin taking Chelate-Mate. Children over the age of 4 mix 3 tsp into water or juice once daily. Children under age 4 mix 1.5 tsp. (All participants took the Chelate-Mate except P8 in Table 3).

4. Weekly Log and detoxes as listed on the form (also listed below). Send in weekly reports through email: consisting of the date/time of detox, how your child is doing, and any medications the child is taking.
  - a. Week 1: 15 minute session every 3 days (2 detoxes total)
  - b. Week 2: 15 minute session every 2 days (3 detoxes total)
  - c. Week 3: 15 minute sessions, 2 days on, 1 day off (4 detoxes total)
  - d. Week 4: 2 of 20 minute sessions for 2 days, 1 day off, 2 of 20 minute sessions for 2 days (4 detoxes total)
  - e. Week 5-17: 30 minute sessions, 3 days in a row max (5 detoxes per week)
5. Submit ATEC evaluation survey forms after 30, 60, 90, and 120 days after the first detox.

3 out of 18 participants specifically said they used the activated charcoal in their weekly logs. The procedure was to put  $\frac{1}{4}$  of a capsule (~70g) in a favorite flavored drink of choice in a lidded cup. A small dose was chosen to prevent constipation. All detoxes were completed with participants' safety of foremost importance. A consultation with a parent/adviser very familiar with both ASD and IonizeMe Maxx was offered to all participants.

### **Results and their Significance**

#### **Decrease in ATEC score**

The goal of this study was to help participants with ASD to increase functionality in daily life, as measured by ATEC score. The following chart demonstrates the study results for all 18

participants, who completed the full ATEC surveys and weekly logs. The greater the % decrease in ATEC score, the more successful the detox was at reducing symptoms of autism.

	Age	Initial ATEC	30 day ATEC	% Decrease	60 day ATEC	% Decrease	90 day ATEC	% Decrease	120 day ATEC	%Total Decrease
P1	3	79	71	10	64	19	54	32	31	61
P2	3	119	124	-4	111	7	119	0	128	-8
P3	4	67	34	49	16	76	11	84	9	87
P4	5	68	43	37	47	31	37	46	32	53
P5	5	98	77	21	71	28	65	34	60	39
P6	5	39	36	8	20	49	14	64	12	69
P7	6	40	41	-3	32	20	51	-28	30	25
P8	6	110	69	37	69	37	54	51	47	57
P9	6	75	68	9	70	7	60	20	56	25
P10	8	29	24	17	26	10	17	41	13	55
P11	8	54	14	74	9	83	24	56	17	69
P12	8	72	57	21	47	35	52	28	48	33
P13	10	26	34	-31	41	-58	23	12	11	58
P14	10	5	2	60	0	100	1	80	0	100
P15	12	133	113	15	84	37	88	34	72	46
P16	14	40	16	60	7	83	12	70	6	85
P17	14	73	66	10	68	7	71	3	54	26
P18	21	21	11	48	10	52	7	67	5	76

Table 3: Study Results by Participant (from youngest to oldest)

It is interesting to note the trend that is happening, which is demonstrated in figures 3 and 4. The average and median 30 day ATEC score appears to have a high % decrease, and then it dips down and comes back to greatly exceed the % decrease by 120 days. More research needs to be done to determine the cause of this trend.

Average ATEC Score Decrease by Survey

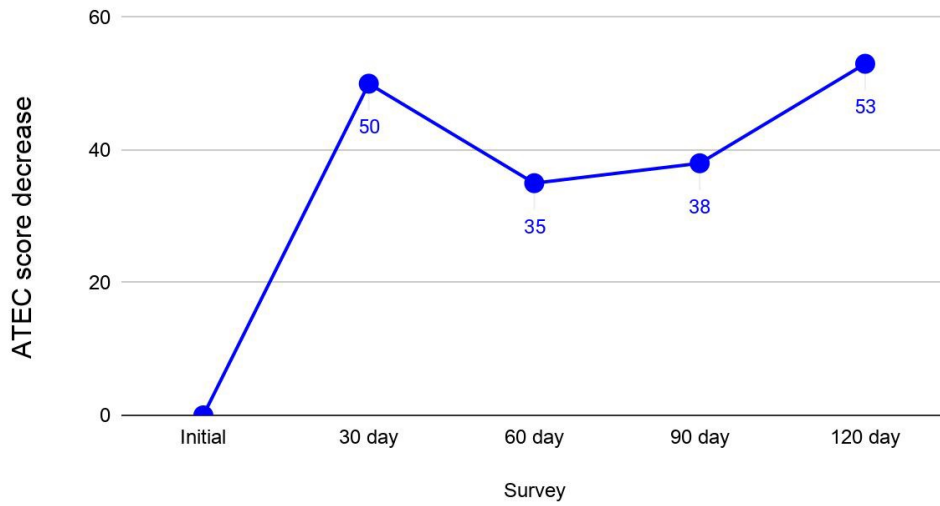


Figure 3: Average ATEC Score Decrease by Survey (HEALTHandMED, 2020)

Median ATEC Score Decrease by Survey

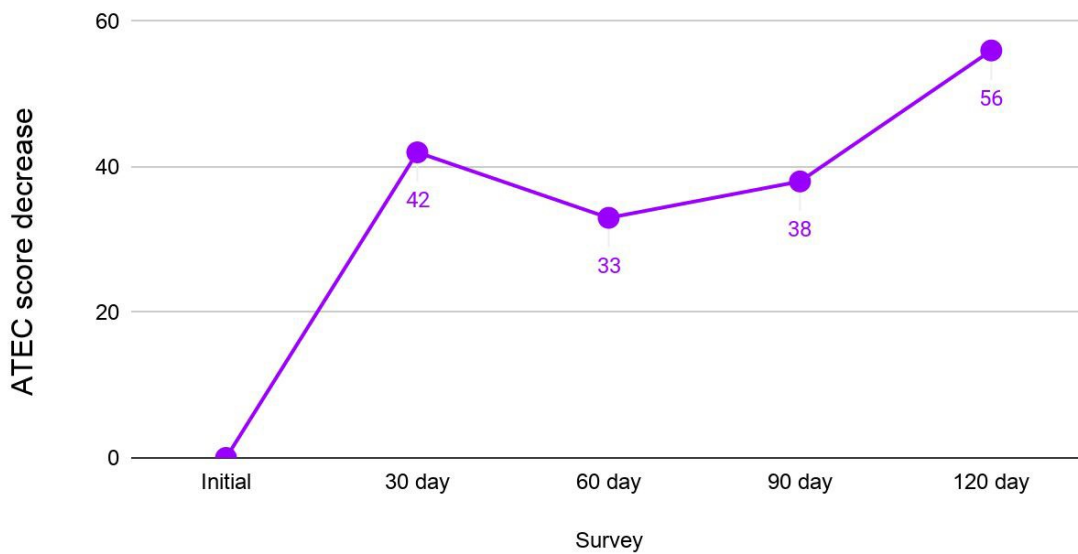


Figure 4: Median ATEC Score Decrease by Survey (HEALTHandMED, 2020)

Most importantly to note is how the % decrease reaches an all time high at the 120 day point with a 53% average and 56% median improvement ATEC score. 17 out of 18 (94%) participants had improvement in ASD symptoms through ATEC score. 11 out of 18 (61%) participants had symptoms improve more than 50%. 8 out of 18 (44%) participants had symptoms improvement more than 60%. There was a significant positive change in the lives of the participants with ASD when measured by ATEC scores.

Figures #5 and #6 below depict the % decrease for each respective ATEC category. All categories reflect an improvement in ATEC score after the detox. Participant survey responses show a 58% average or 62% median improvement in ATEC score for the health/physical category. More research could be done about this specific category and more benefits from the foot bath systems.



### AVERAGE % Decrease in Each ATEC Category

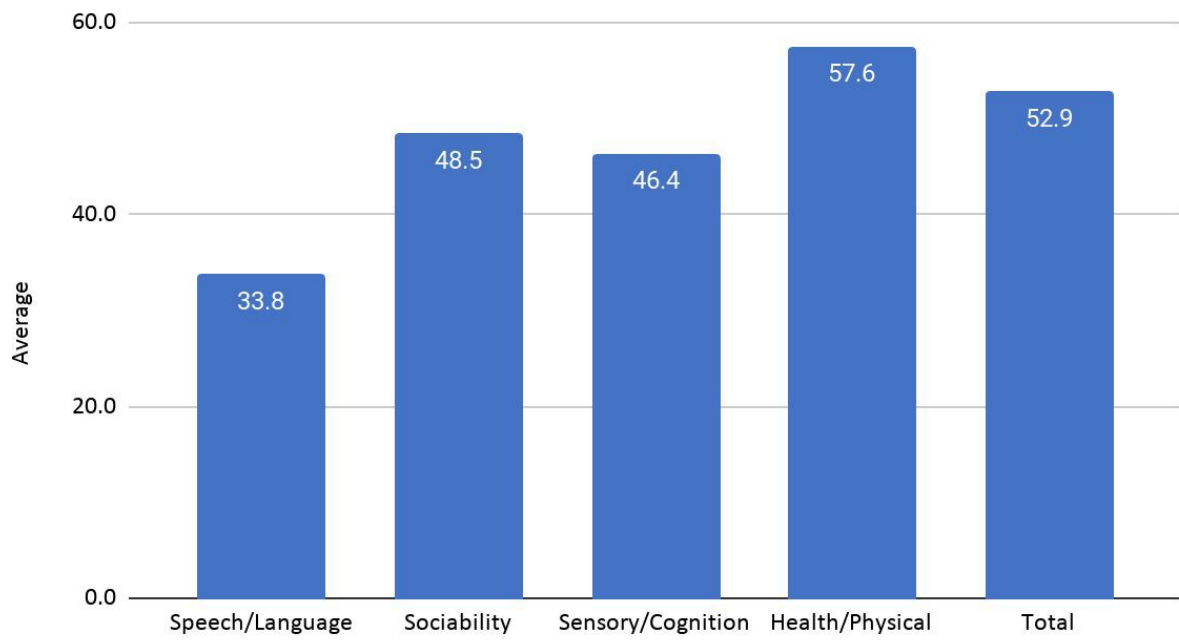


Figure 5: Average % Decrease in Each ATEC Category (HEALTHandMED, 2020)

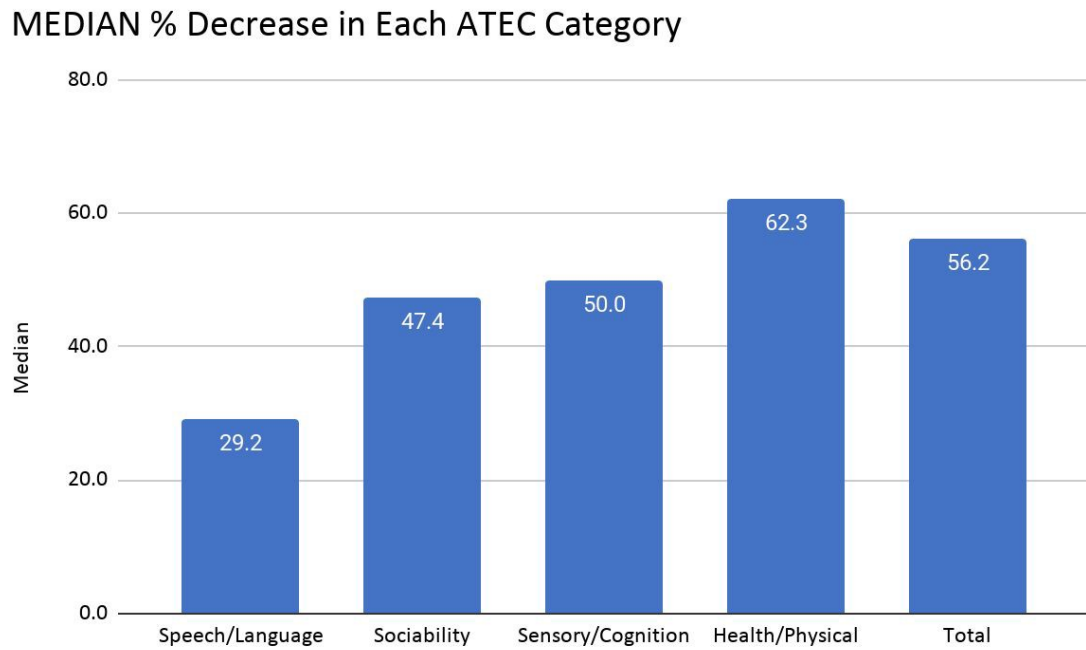


Figure 6: Median % Decrease in Each ATEC Category (HEALTHandMED, 2020)

**Other result factors**

**Age** - The youngest participant was 3 years old. The oldest was 21 years old. The only participant who finished the study with a higher ATEC score was a 3 year old with severe autism, however, another 3 year old did just great. Because of that, there does seem to be a relationship between age and % change, with trendline at 0.094, but future studies would need to be done to determine the trend more accurately. The following table shows the relationship between detox success (% decrease in ATEC score) and the age of the participant.

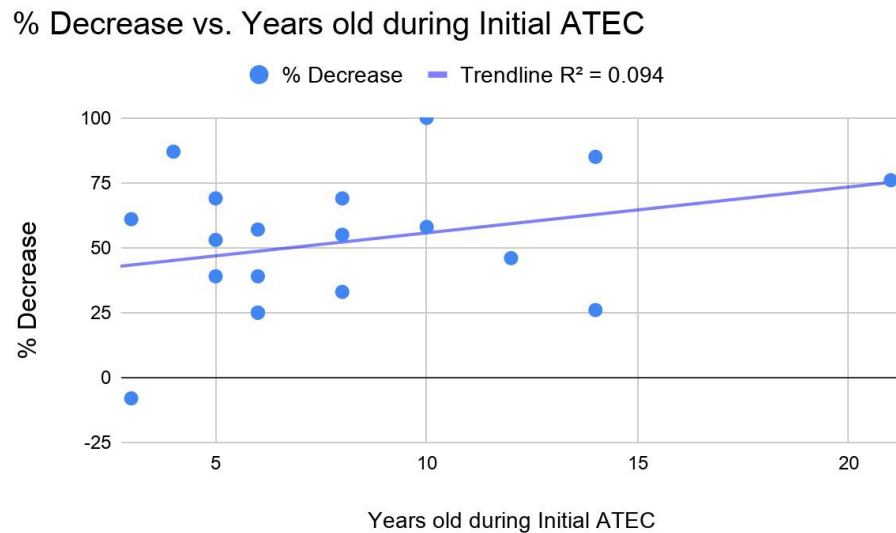


Figure 7: % Decrease vs. years old during Initial ATEC (HEALTHandMED, 2020)

Participants who were age 10 and above had their ATEC score improve by an average of 65.2%. Participants under the age of 10 had their ATEC score improve by an average of 47.1%. The detox was helpful to all age groups, however, greater improvements were more likely with an older participant.

**PANS/PANDAS.** 4 out of 18 study participants had PANS or PANDAS. 3 had PANS. 1 had PANDAS. PANS is Pediatric Acute-onset Neuropsychiatric Syndrome, with symptoms such as anorexia, anxiety, irritability, hyperactivity, sleep disturbances, mood swings and urinary problems. PANDAS is Pediatric Autoimmune Neuropsychiatric Disorders Associated with Streptococcal Infections. Because both PANS and PANDAS individuals have complex conditions, HEALTHandMED considered that they might need to slow down the detox plan if there were health issues, such as seizures; however, there was no correlation between the presence of PANS diagnosis and complications or decreased effectiveness from IonizeMe Maxx

detox. The following charts show that persons with PANS had great results, practically equal to those without PANS with both average and median perspectives.

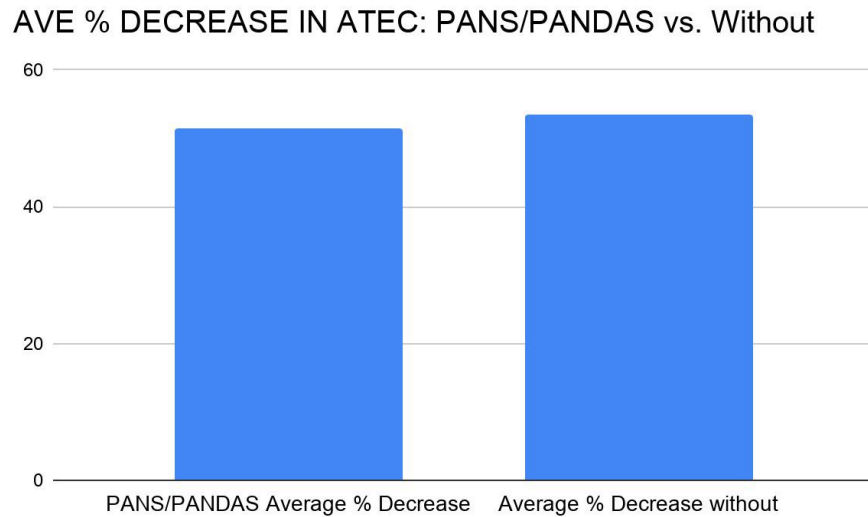


Figure 8: AVERAGE % DECREASE IN ATEC:  
PANS/PANDAS vs. Without (HEALTHandMED, 2020)

**Outlier Results.** Most participants reported significant improvement in all aspects of their ATEC score each month, however, there were a few outliers which I will discuss here.

P2 (as shown in Table 3) was the only participant whose score got worse overall. He was 3 years old and had severe autism. Besides autism he was also diagnosed with SPD, ADHD, and Pica, and completely nonverbal with no receptive or expressive language. Parents initially said he was severely sensitive to noise, light and tended to chew on everything. Even with the apparent negative results, parent comments reported almost weekly that P2 was getting better sleep and his appetite was improving over the week before. The parents even mentioned less sensitivity to noise, so they didn't have to use noise reduction headphones. They also noticed better awareness and better eye contact. Some progress was affected by illness (stomach virus)

during the detox, and near the end of the study P2 was struggling with constipation, which affected every aspect of his final ATEC score.

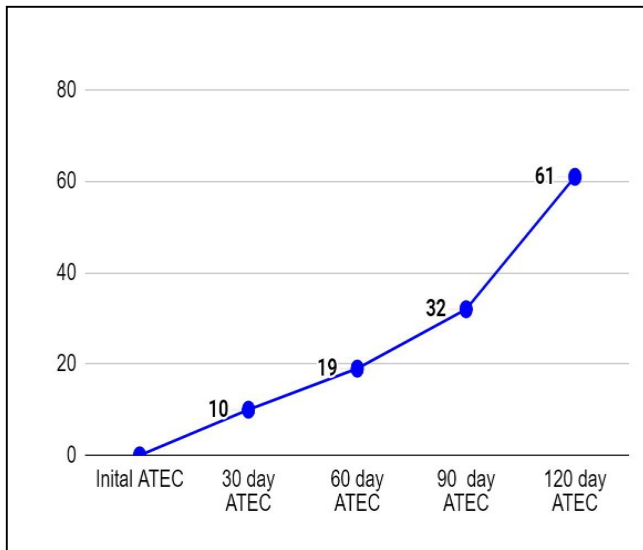
P7's (as shown in Table 3) ATEC score reported worse after 30 days and 90 day ATECS, however, the parent comments still reported small successes like "verbal skills have been a lot better since starting the footbath schedule. His teachers have noticed improvement with interaction with peers and accepting classroom routines. He struggled with emotions and feelings the most; such as potty training, and anything that would disrupt his routine. It deeply affected his ability to improve.

P13 (as shown in Table 3) is a 9 year old boy with autism and PANDAS. His scores worsened after 30 days and 60 days of ATECs. His ability to be sociable and show imagination decreased. It seemed that it took longer for his parents to recognize any change- positive or negative, from the foot bath systems. He ended the study with positive results such as, sleeping better at night, having quick verbal responses, and better energy.

**Individual Results**

Figure 9: 18 Individual Results Graphs

**P1, Male, Age 3:  
61% ATEC Score Improvement**



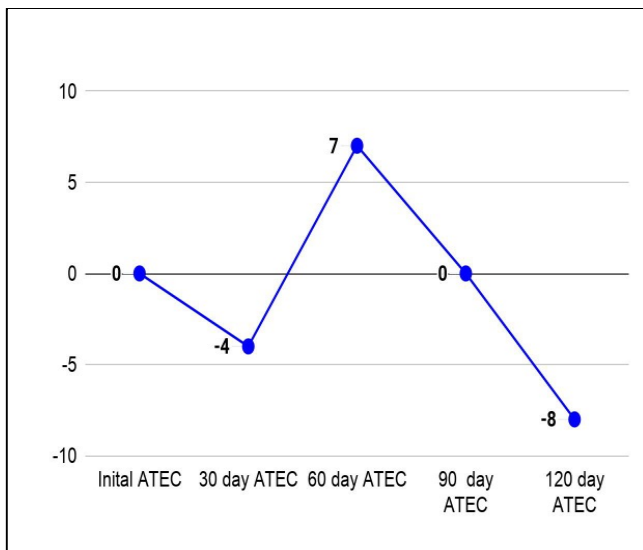
**Parent Comment:** “He is doing much better. His speech has improved and he is verbally communicating his needs. I can understand him better when he asks for what he wants. He says ‘hi’ to people now. Not physically aggressive, like he used to be. When I say ‘no’, he doesn’t have an hour long tantrum, like he used to. He also does not have repetitive movements or flaps like he did before. He no longer bolts. He has improved so much, and I am so thankful for the ionic bath for helping him!”

**Pre Tx Medical Concerns:** Behavior, understanding, social behavior, transitions

**Medications:** N/A

**Diagnosis:** Pervasive Developmental Disorder

**P2, Male, Age 3:  
-8% ATEC Score Improvement**



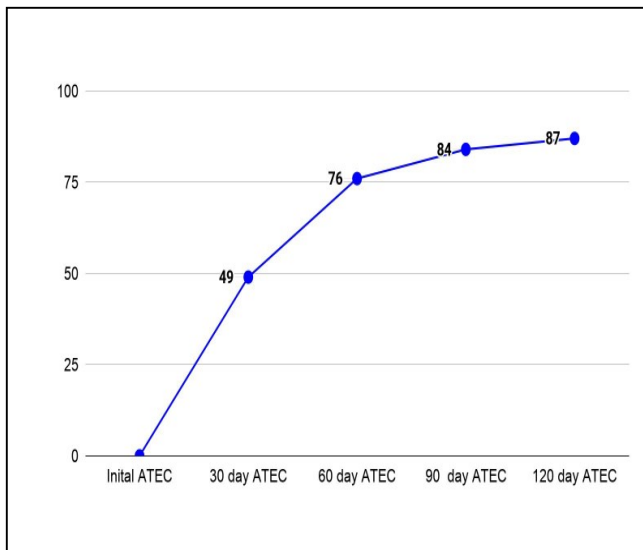
**Parent Comment:** “He’s ready to be potty trained . His sleep and appetite are good, but he’s severely sensitive to noise and light.”

**Pre Tx Medical Concerns:** He’s completely nonverbal, he has no receptive or expressive language, he is severely sensitive to noise and light, and he chews on everything.

**Medications:** N/A

**Diagnosis:** Autism

**P3, Male, Age 4:  
87% ATEC Score Improvement**



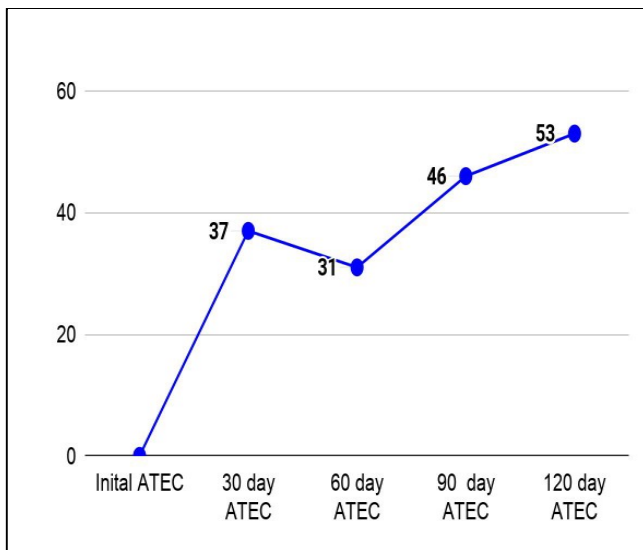
**Parent Comment:** “He is doing well. His eye contact has improved. He is doing better except in communication and social skill. Speech has improved. Sharing emotion is improved. He is doing better in communication, but still has tantrums.”

**Pre Tx Medical Concerns:** Melt down, anxiety, speech delay, difficulty socializing with peers, Having difficulty with eye contact

**Medications:** N/A

**Diagnosis:** Autism

**P4, Male, Age 5:  
53% ATEC Score Improvement**



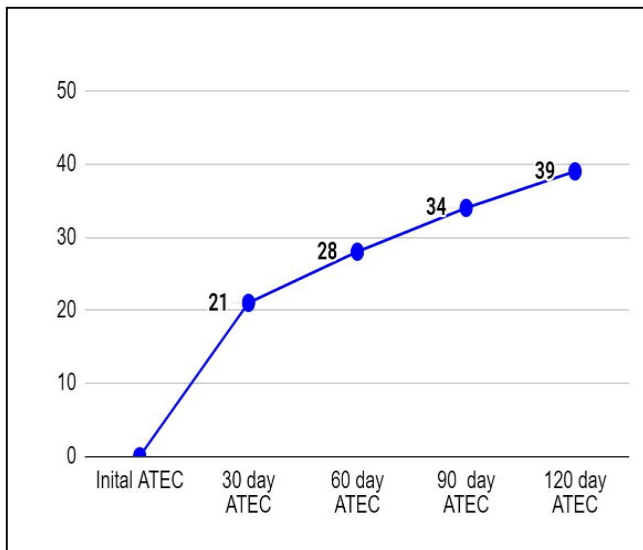
**Parent Comment:** “He is doing really well lately! He is happy & giggly most of the time, he is more compliant. He seems so aware, responding, and interacting with us most of the time. He came up to me last week & said "ball ball" and initiated a game of catching & throwing the ball. This is the first time ever!”

**Pre Tx Medical Concerns:** He is globally delayed. He is nonverbal and also has aggression behaviors. Cognitively he is at the level of a 2 year old developmentally. I am really hoping for gains in cognition and speech as well as decrease in oppositional and defiant behaviors.

**Medications:** N/A

**Diagnosis:** Autism, PANS

**P5, Male, Age 5:  
39% ATEC Score Improvement**



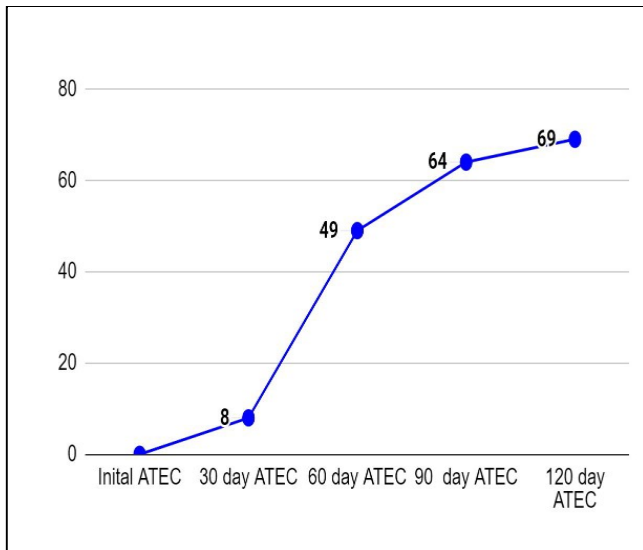
**Parent Comment:** “Starting to babble more and saying a few words at times. Eye contact is continuously getting better and he seems to be smiling more and mimicking a ton more than he used to”

**Pre Tx Medical Concerns:** Nonverbal, SIBO, yeast overgrowth, pressure seeking, symptoms of parasites, "brain fog" - always in his own world, slightly elevated heavy metals test results, food malabsorption, mineral imbalance.

**Medications:** N/A

**Diagnosis:** Autism

**P6, Male, Age 5:  
69% ATEC Score Improvement**



**Parent Comment:** “sleeping issues have practically gone away since week 5 of doing the study. We saw very good gains in speech and communication at the 90 day mark. He is understanding the stories from the tv more clearly.”

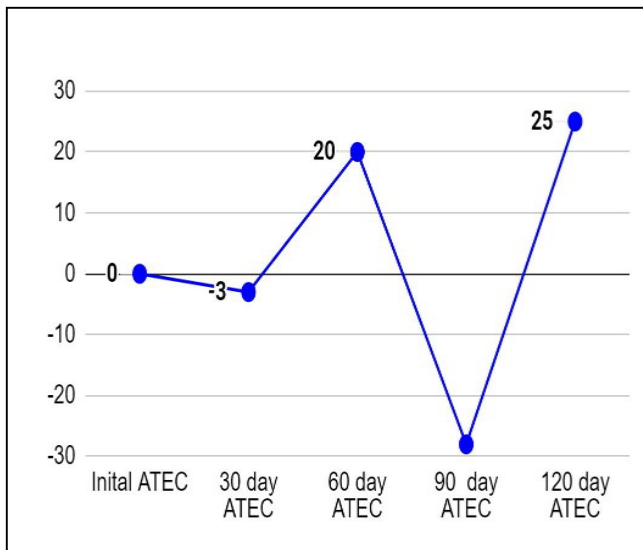
**Pre Tx Medical Concerns:** Includes hyperactivity, communication problems, sleep patterns, social interactions, etc.

**Medications:** ACE (1000 mg)

**Diagnosis:** Autism

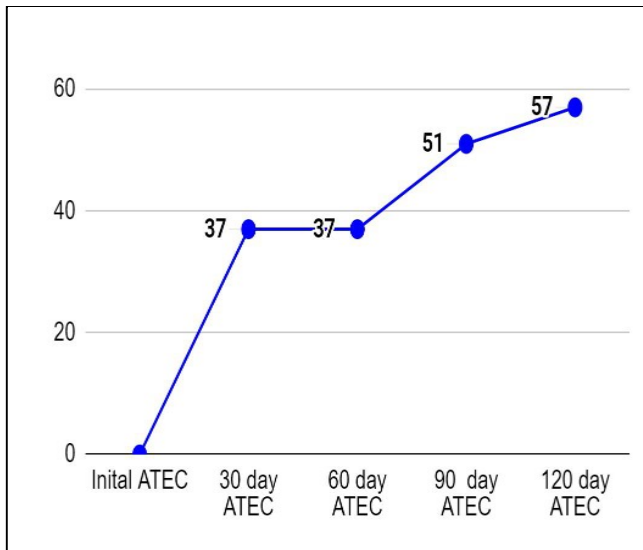


**P7, Male, Age 6:  
25% ATEC Score Improvement**



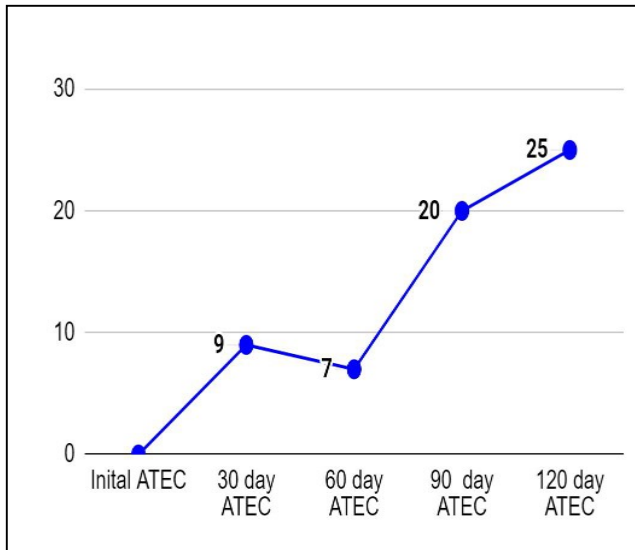
**Parent Comment:** "Initiates activities, drawing and coloring for hours, requesting things in a sentence, which is totally new, approaches new people, very curious of new people and places. Doing great at school, learning math."  
**Pre Tx Medical Concerns:** Severe speech delay, vaccine injured (heavy metals)  
**Medications:** N/A  
**Diagnosis:** Autism

**P8, Male, Age 6:  
57% ATEC Score Improvement**



**Parent Comment:** "Summer has been so much more enjoyable now that he will listen to directions. We are able to go to the beach because he has stopped drinking the lake water, also he listens and will come back when he runs off too far."  
**Pre Tx Medical Concerns:** Yeast, hand biting, impulse control, communication issues, sleep issues, yelling, aggression  
**Medications:** N/A  
**Diagnosis:** Autism

**P9, Male, Age 6:  
25% ATEC Score Improvement**



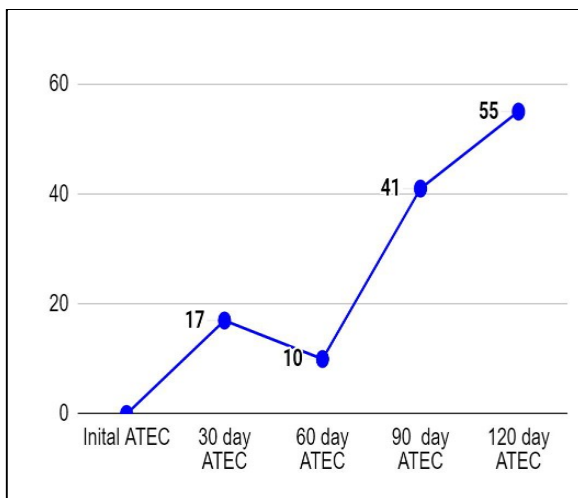
**Parent Comment:** He's showing interest in becoming more social but because of lack of words he doesn't know how to. His words are also increasing as he's trying to communicate. He said "it's missing" on his own when he was given another book to read but wanted the one he read last time. He seems more Aware but compliance is still an issue. He's very interested in copying his older brother.

**Pre Tx Medical Concerns:** Attention, preverbal (only uses one word), hyperactivity, OCD, eye contact, sensory issues (covering ears/eyes)

**Medications:** N/A

**Diagnosis:** Autism

**P10, Male, Age 8:  
55% ATEC Score Improvement**



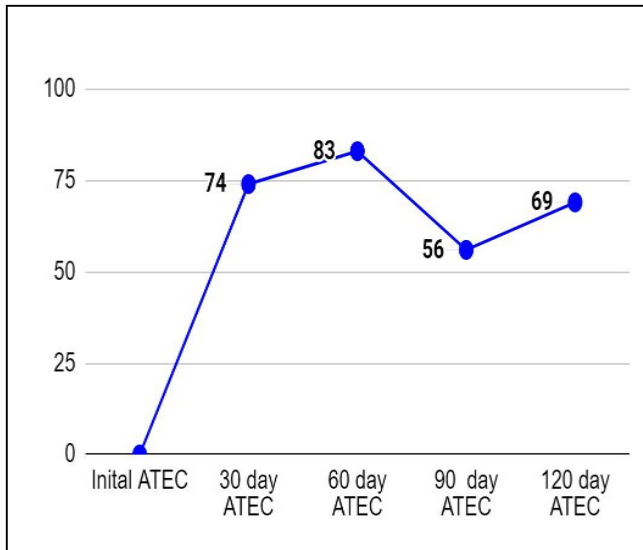
**Parent Comment:** He is getting better slowly and steadily. He is in the mild category now

**Pre Tx Medical Concerns:** Focus and expressive language

**Medications:** N/A

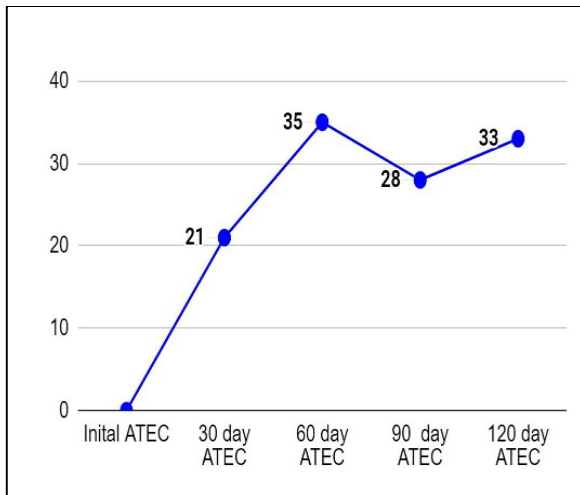
**Diagnosis:** Autism

**P11, Male, Age 8:  
69% ATEC Score Improvement**



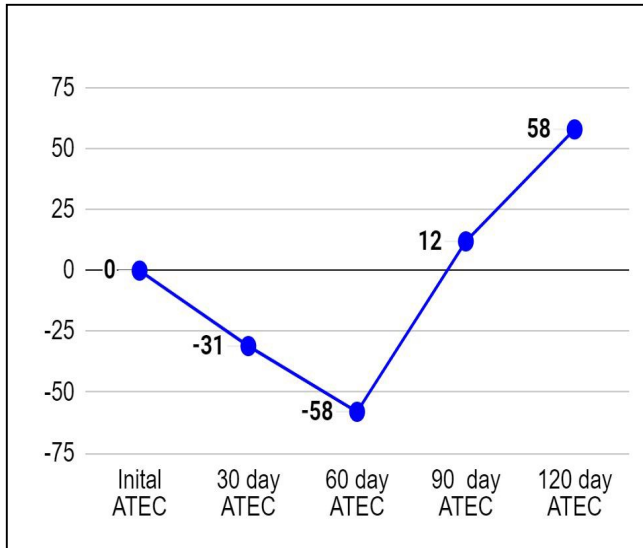
**Parent Comment:** "He's doing very well. Much more social communication. He's showing and verbally expressing sorrow and remorse."  
**Pre Tx Medical Concerns:** PANS, yeast/candida, mold exposure, social skills, fine motor skills, pragmatic language, coordination (timing, coordinating movement with voice, sequencing, strength)  
**Medications:** Azithro and Valacyclovir  
**Diagnosis:** Autism, PANS

**P12, Male, Age 8:  
33% ATEC Score Improvement**



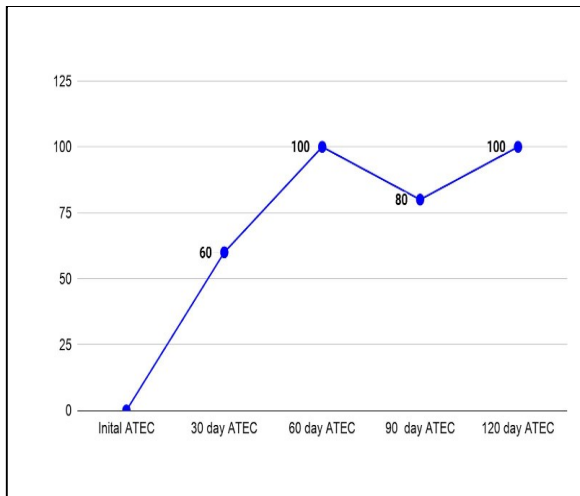
**Parent Comment:** "A lot less anxious, better at listening, happier, sleeping better."  
**Pre Tx Medical Concerns:** Nonverbal, stimming, tics, anxiety, emotional outburst  
**Medications:** N/A  
**Diagnosis:** Autism

**P13, Male, Age 10:  
58% ATEC Score Improvement**



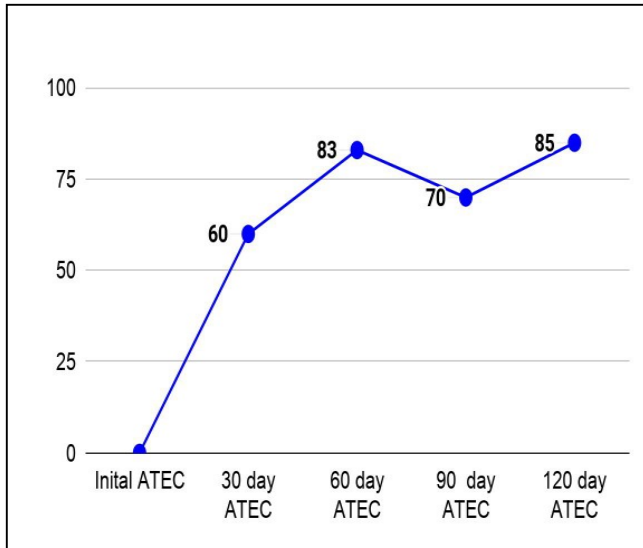
**Parent Comment:** "sleep better and physically stronger. Expressive speech and verbal responses are improving. Better and faster hand-writing and quicker processing speed."  
**Pre Tx Medical Concerns:** GI issues, social communicative skills, cognitive and processing speed, delayed gross motor skills  
**Medications:** N/A  
**Diagnosis:** Autism, PANDAS

**P14, Male, Age 10:  
100% ATEC Score Improvement**



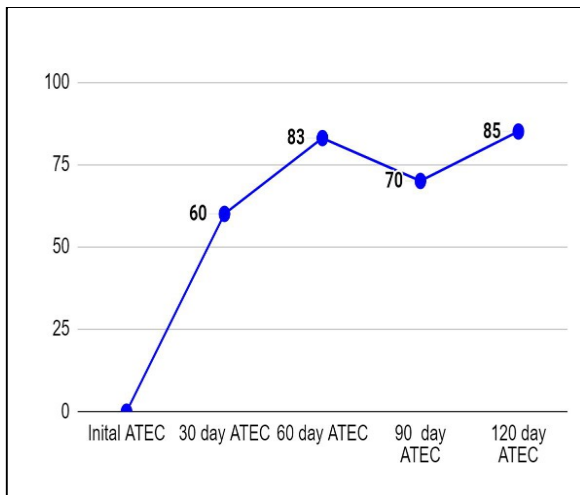
**Parent Comment:** "Sleep has gotten better since doing the footbath. Sleeping longer and less stimming, understanding one step directions, all have improved."  
**Pre Tx Medical Concerns:** Social, communication, focus. Medically-mild gut issues, food sensitivities.  
**Medications:** Supplements - Glutathione, CBD oil, vitamin d, immunoglobulin.  
**Diagnosis:** Autism

**P15, Male, Age 12:  
46% ATEC Score Improvement**



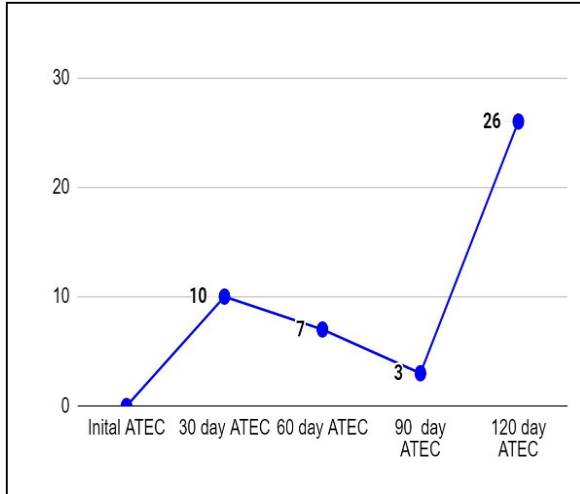
**Parent Comment:** "He is doing well academically, socially, and behaviorally."  
**Pre Tx Medical Concerns:** GI issues, vocal and motor ties, joint pain, fatigue  
**Medications:** N/A  
**Diagnosis:** Autism, Asperger Syndrome

**P16, Male, Age 14:  
85% ATEC Score Improvement**



**Parent Comment:** "He is definitely calmer than when he was when we started, sleeps better, open to trying new foods."  
**Pre Tx Medical Concerns:** Severe Anxiety, gut dysbiosis  
**Medications:** Medications: Memantine, hydroxyzine, amantadine, cyproheptadine, ketotifen.  
**Diagnosis:** Autism, PANS

**P17, Male, Age 14:  
26% ATEC Score Improvement**



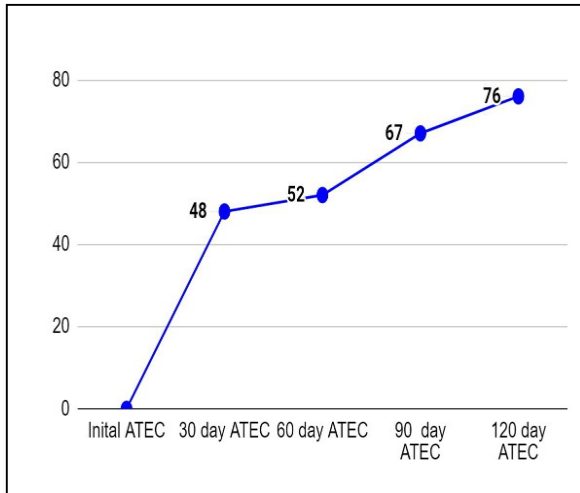
**Parent Comment:** "He seems to be interacting more with friends at school. And he HAS friends! He said he is happier now than he's been since 2nd grade (7 years ago) He still fixates on cars and their specs, but will stop when we ask him to and asks kids at school about their likes or hobbies. This is huge!"

**Pre Tx Medical Concerns:** Anger, aggression, lack of focus, stimming (crashing into walls, spinning), destroying things, very poor fine motor control

**Medications:** N/A

**Diagnosis:** Autism

**P18, Male, Age 21:  
76% ATEC Score Improvement**



**Parent Comment:** "He has made improvements in almost every area of ASD with the exception of self stims (flapping, jumping). I think the biggest gains have been in speech and his overall awareness. He is very tuned "IN" these days :-)"

**Pre Tx Medical Concerns:** self stims (flapping, jumping and scripting), attention and focus issues, cognitive delays, dysbiosis

**Medications:** Charcoal supplement

**Diagnosis:** Autism

## **Discussion**

### **Conclusion and Implications**

HEALTHandMED's IonizeMe Maxx Systems are making a difference in helping individuals with ASD. These systems have a strong correlation with healing, hope, functionality, and detox. The average and median decrease in ATEC score from this study were 53% and 56% respectively. Overall, 17 out of 18 (94%) participants had improvement in ASD symptoms through ATEC score. 11 out of 18 (61%) participants had symptoms that improved more than 50%.

A disclosure to this report is that HEALTHandMED, the manufacturer of the IonizeMe Maxx, has provided support for this research study.

A limitation of this study is that the treatments were performed in the family environment, not in a controlled clinical setting where the protocol could be complied with in a more exact and consistent manner.

There is strong evidence of the effectiveness of IonizeMe Maxx detox in helping individuals diagnosed with ASD. More can be done on defensive and offensive aspects of treatment in a pure and healthy way. A call for more and future research for foot bath systems in ASD treatment should be performed.

### **Future Research**

While significant research on ASD treatments exists, there is limited research on the effectiveness of specific types of treatment, specifically the HEALTHandMED's IonizeMe

Maxx detox foot baths. This research report is just the beginning, but in the future HEALTHandMED should expand to include female participants, adult participants, an increased number of participants and controlled studies. More research could also be done on how foot baths affect specific ATEC categories such as physical/health. As limitations are expanded, we will be able to see more clearly and specifically the positive change that ASD participants have when using the system, so that healing can reach more families that are affected by ASD.



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