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# **THE THINKING MOMS' REVOLUTION**

## **STUDY – IONCLEANSE® BY AMD**

### **Part 2**

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Treatment Effectiveness for Children  
on the Autism Spectrum

Naples, Florida

THE THINKING MOMS' REVOLUTION

December 8, 2015

## **Background – Study #1**

TEAM Thinking Moms’ Revolution (TMR), a 501(c)3 not-for-profit organization (<http://thinkingmomsrevolution.com> and [www.teamtmr.org](http://www.teamtmr.org)), conducted an initial study (TMR Study #1) that evaluated the effectiveness of the IonCleanse® detoxification system by A Major Difference (AMD) relative to ATEC scores for children with autism spectrum disorders. This four-month study occurred from January 2, 2015 to May 1, 2015.

The study had 24 participants ranging from 2 to 13 years of age. Prior to the start of the study, each participant’s parents completed an ATEC (Autism Treatment Evaluation Checklist). The ATEC, provided by the Autism Research Institute, ([http://www.autism.com/ind\\_atec](http://www.autism.com/ind_atec)), is a highly regarded tool for the evaluation of children diagnosed as being on the autism spectrum. The ATEC is designed specifically to measure treatment effectiveness and is not a diagnostic checklist. It provides several subscale scores as well as a total score to be used for comparison at a later date. The lower the scores, the fewer and less severe the problems.

The ATEC is a one-page form designed to be completed by parents, teachers, therapists and other caretakers who have close observational experience with the subject.

It consists of 4 subtests:

- I. Speech/Language Communication (14 items);
- II. Sociability (20 items);
- III. Sensory/Cognitive Awareness (18 items);
- IV. Health/Physical/Behavior (25 items).

During [TMR Study #1](#), the parents of each participating child completed 5 ATECs. A baseline ATEC was completed and submitted prior to the start of the study. Subsequent ATECs were completed and submitted after 30 days, 60 days, 90 days, and 120 days.

The average change of the ATEC scores for the 24 participants was a 35% reduction.

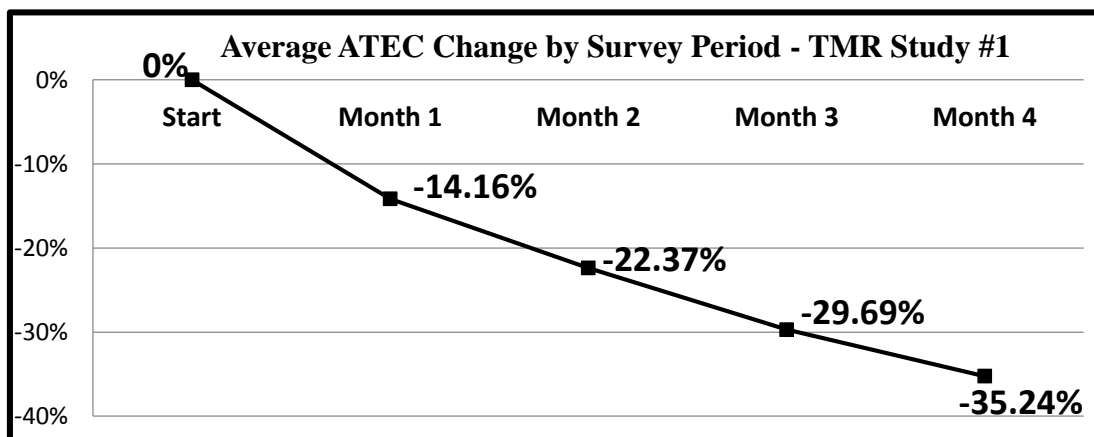


Figure 1

The participants were not required to add or stop any other protocol during the study. The recommended detoxification frequency with the IonCleanse® by AMD was every other day and the session times ranged from 15 to 30 minutes (age dependent).

## **TMR Study #2**

This study was patterned after TMR Study #1 evaluating the effectiveness of the IonCleanse® by AMD relative to ATEC scores for children with autism spectrum disorders. TMR Study #2 had 27 new participants ranging from 4 to 19 years of age. Ten of the participants (37%) were teenagers.

The length of TMR Study #2 was 120 days. The study began on July 15, 2015 and concluded on November 15, 2015. Participant parents submitted an ATEC (Autism Treatment Evaluation Checklist) prior to the start of the study. Additional ATEC scores were submitted after 30 days, 60 days, 90 days, and 120 days.

### **Recommended Cleansing Protocol\***

Frequency:	cleanses 3 days in a row, take one day off, then repeat.	
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

\*Each participant had the option to alter the frequency and session time. Additionally, participants were not required to stop existing autism protocols, nor were they prohibited from adding additional protocols.

*Please note: As in TMR Study #1, AMD agreed to provide the IonCleanse® system for use at no cost to the study participants. Participants were able to purchase the IonCleanse® system at 60% discount at the conclusion of the study.*

### **The IonCleanse® by AMD**

The IonCleanse® by AMD is a painless, non-invasive total body detoxification foot bath system that is used by children and adults. AMD, the manufacturer of the system, describes the IonCleanse® as follows (from [www.amajordifference.com](http://www.amajordifference.com)):

*The IonCleanse by AMD's proprietary and patented technology results in only biocompatible electrical frequencies entering the water. Biocompatible frequencies elicit a relaxation response in the body; concurrently, they create an ionic field that cleanses and purifies the body through the healing power of ions.*

*The IonCleanse process ionizes the water, as H<sub>2</sub>O is split into OH<sup>-</sup> and H<sup>+</sup> ions. These ions attract and neutralize oppositely charged toxins. After the process the user feels invigorated, refreshed, and relaxed.*

More information regarding product details and company information can be found online.

## THE SURVEY RESULTS – TMR STUDY #2

### ATEC Results by Study Participant

(sorted by age: oldest to youngest)

Age	Gender	Base ATEC	30 Day ATEC	60 Day ATEC	90 Day ATEC	120 Day ATEC	120 Day ATEC Change
19	M	100	84	66	65	51	-49.0%
18	F	29	26	26	26	25	-13.8%
17	M	63	39	19	14	17	-73.0%
16	F	30	16	12	5	4	-86.7%
16	M	34	11	11	13	5	-85.3%
15	M	46	30	23	12	11	-76.1%
15	M	29	25	27	10	11	-62.1%
14	M	52	38	29	23	22	-57.7%
14	M	70	65	41	27	33	-52.9%
13	M	42	27	20	10	7	-83.3%
12	M	65	40	30	23	19	-70.8%
12	F	120	58	71	56	45	-62.5%
12	M	30	29	30	22	18	-40.0%
11	F	56	46	40	37	33	-41.1%
10	F	68	21	13	18	14	-79.4%
10	M	33	14	8	6	12	-63.6%
10	F	75	56	54	43	43	-42.7%
9	M	58	49	32	27	22	-62.1%
9	F	18	11	12	13	12	-33.3%
9	M	90	72	70	66	68	-24.4%
7	M	30	10	12	4	12	-60.0%
6	F	80	65	63	60	50	-37.5%
6	M	88	86	68	60	57	-35.2%
5	F	46	37	28	26	15	-67.4%
5	F	84	68	61	59	53	-36.9%
4	M	63	41	29	10	19	-69.8%
4	M	53	55	46	42	43	-18.9%

Figure 2

## Average ATEC Change by Month – TMR Study #2



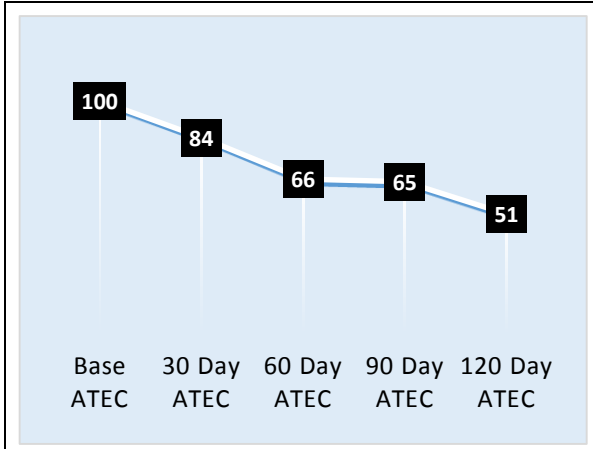
Figure 3

### Observations (from Figures 1, 2 & 3)

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

## Individual Scores, Cleansing Protocol, and Parent Comments – TMR Study #2 (Sorted by Age – Oldest to Youngest)

### Male, Age 19 – 49% ATEC Reduction



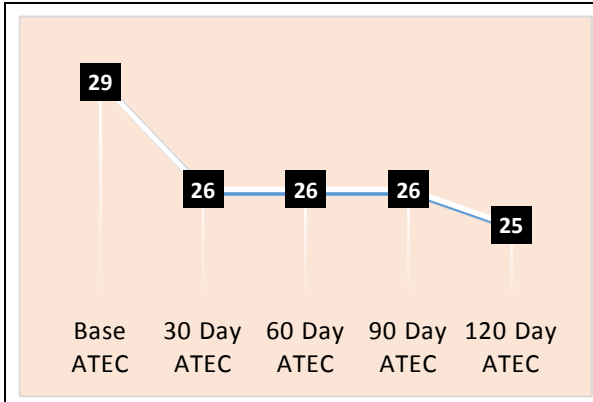
**Cleansing Protocol:**

3 days on, 1 off. 30 minutes for about a month, then bumped up to 40 minutes.

**Parent Comment:**

Prior to this, he's been a "non-responder" with an ATEC that never dropped below 100. He is more verbal now, he is more engaged and wants to be in on what the family is doing. He is much more calm. This has been a total game changer.

### Female, Age 18 – 14% ATEC Reduction



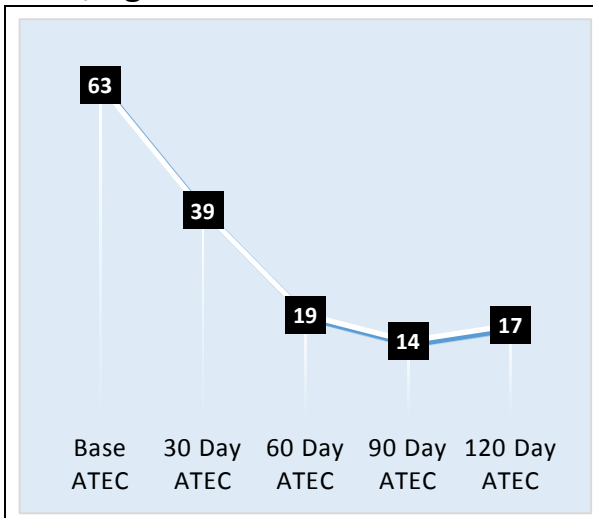
**Cleansing Protocol:**

Averaged 2 days on, 1 day off. Experimented with time and frequency. Better results with more frequency.

**Parent Comment:**

...I have noticed that when she uses the footbath regularly, she is more able to identify how she is feeling and is able to share that with us. She is also calmer – less volatile with her mood swings, which makes her a much nicer person to be around.

### Male, Age 17 – 73% ATEC Reduction



**Cleansing Protocol:**

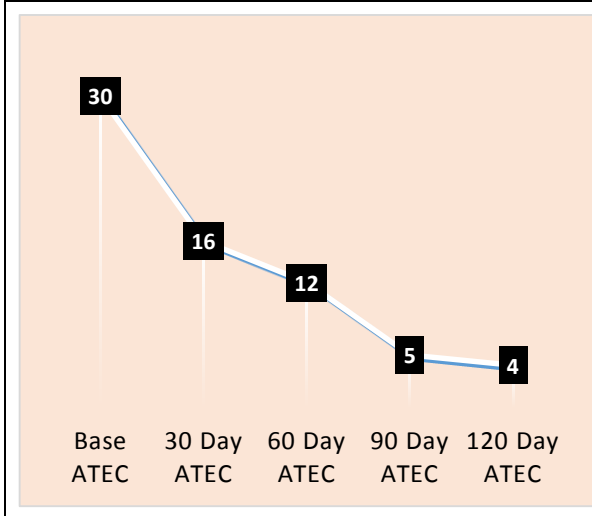
3 days on 1 day off

**Parent Comment:**

Because we had already spent thousands of dollars to treat autism, we would never have been able to see what the IonCleave could do for our son. Not only has it exceeded our expectations for him, but it has also helped our whole family with a myriad of different issues.

## Individual Scores, Cleansing Protocol, and Parent Comments – TMR Study #2 (Continued)

### Female, Age 16 – 87% ATEC Reduction



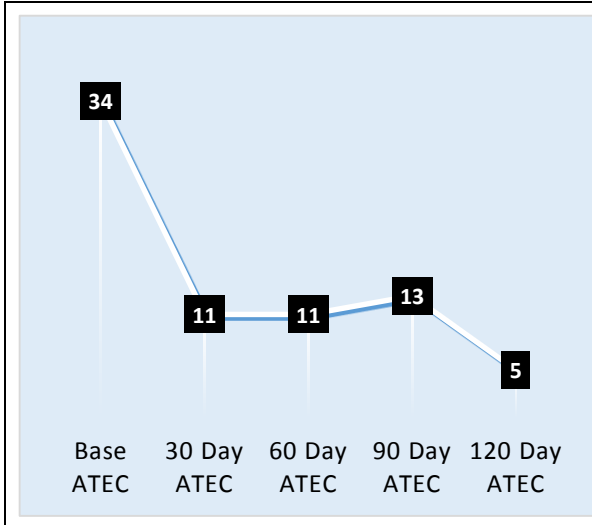
**Cleansing Protocol:**

3 on 1 off for 30 minutes, switched to 1 day on 2 off for 30 minutes after month 1

**Parent Comment:**

Overall just more in her own skin. Her ATEC was below 10 a couple of years ago, so it's clear that any recovery we get will have to be managed/maintained unless we can find a way to actually repair the damage that has been done. I don't know if that's possible or not. Thankfully, this has been a fantastic tool in the process, probably one of the easiest and most effective things we've ever done and I wish I'd found it years ago.

### Male, Age 16 – 85% ATEC Reduction



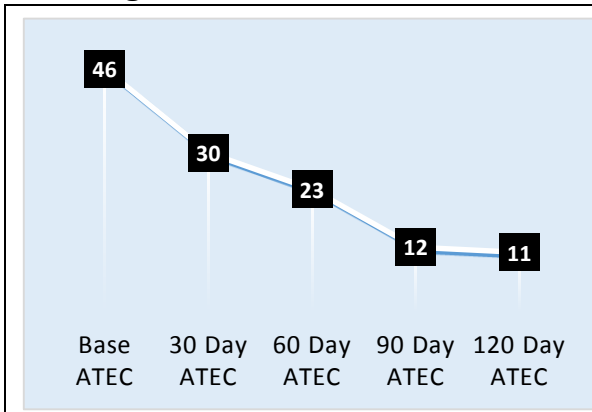
**Cleansing Protocol:**

3 days on, 1 day off for 30 minutes

**Parent Comment:**

The differences we have seen in all of our children (ages 16, 12, 10) have been amazing, I didn't know what to expect when we first started but the changes have been so significant that I would recommend this protocol to everyone. All our kids loved doing their cleanses and were so happy to sit there will playing on the laptop which is a miracle in itself! I am so grateful for the opportunity to be part of this study and feel it has greatly benefited our family!

### Male, Age 15 – 76% ATEC Reduction



**Cleansing Protocol:**

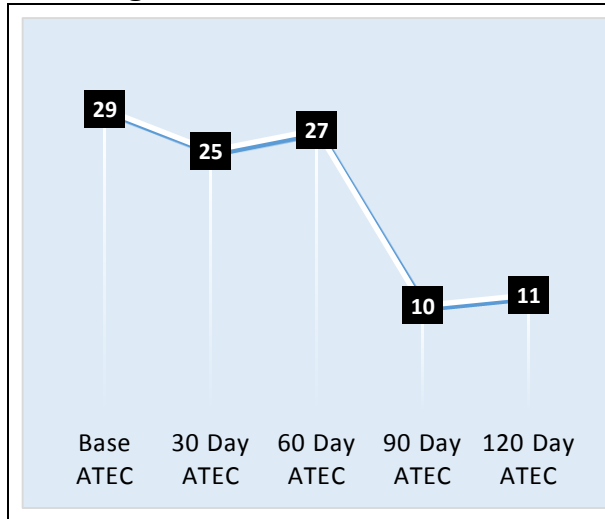
3 on 1 off for 30 mins, switched to 1 day on 2 off for 30 minutes after month 1.

**Parent Comment:**

So much less bickering, less anger/aggression, more going with the flow, much more easily redirected rather than melting down like an inferno. Still some anxiety and frustration, but looks more like teenage angst now than autism.

## Individual Scores, Cleansing Protocol, and Parent Comments – TMR Study #2 (Continued)

### Male, Age 15 – 62% ATEC Reduction



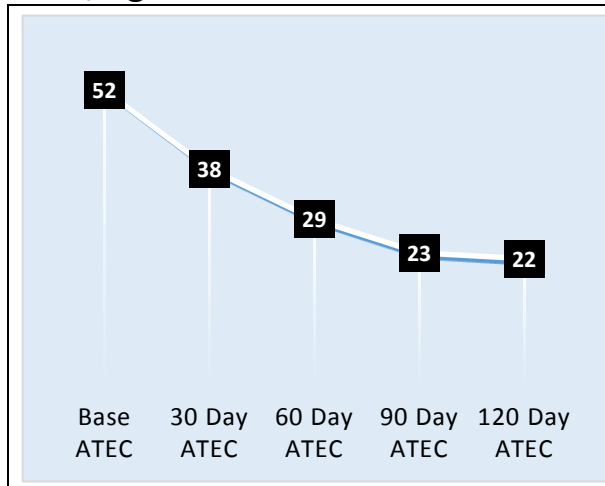
**Cleansing Protocol:**

1 day to cleanse and 3 days off the first two months. Then I spoke to Tyler and she said I was doing it incorrectly. The last two months we did 3 days on and 1 day off for 30 minutes

**Parent Comment:**

We started with an ATEC of 49 and ended with an ATEC score of 11. My son is doing amazingly well. I'd done every possible intervention before the IonCleanse and he was not making gains. Thanks to the IonCleanse he is speaking more than ever. He's in regular ed classes for the first time in his life and he is truly coming out of the fog of autism. I expect he will go to college, get married and have a great life thanks to you all!

### Male, Age 14 – 58% ATEC Reduction



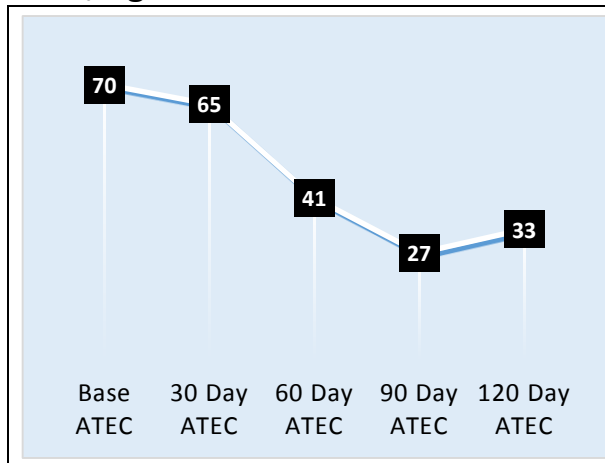
**Cleansing Protocol:**

3 days on 1 off for 30 minutes during first 2 months. Increased to 60 minutes session last 2 months.

**Parent Comment:**

I had high expectations and glorious outcomes, after seeing first study results. We got reality - small changes that show we each needed this detox for different reasons. Me - energy and focus. Daughter - GI symptoms clarity. Son - refinement of school & life skills, built using traditional foundation (OT/PT/ST, etc).

### Male, Age 14 – 53% ATEC Reduction



**Cleansing Protocol:**

3 days on, one day off for 30 minute intervals

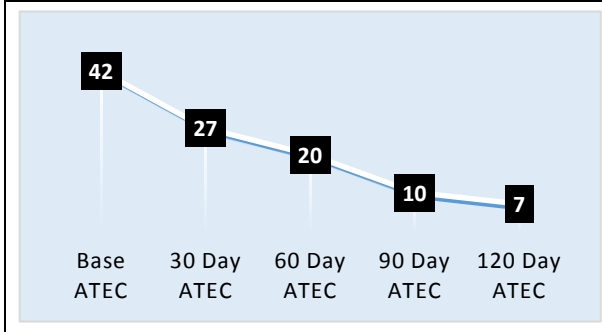
**Parent Comment:**

I can't thank you enough for letting us be a part of the IonCleanse study. We have seen so much growth with our son, which is almost unheard of at his age (14). I am looking forward to continuing with your maintenance program with him, and will be including myself into the mix along with my 12 year old daughter. Thank you IonCleanse for helping heal our son!



## Individual Scores, Cleansing Protocol, and Parent Comments – TMR Study #2 (Continued)

### Male, Age 13 – 83% ATEC Reduction



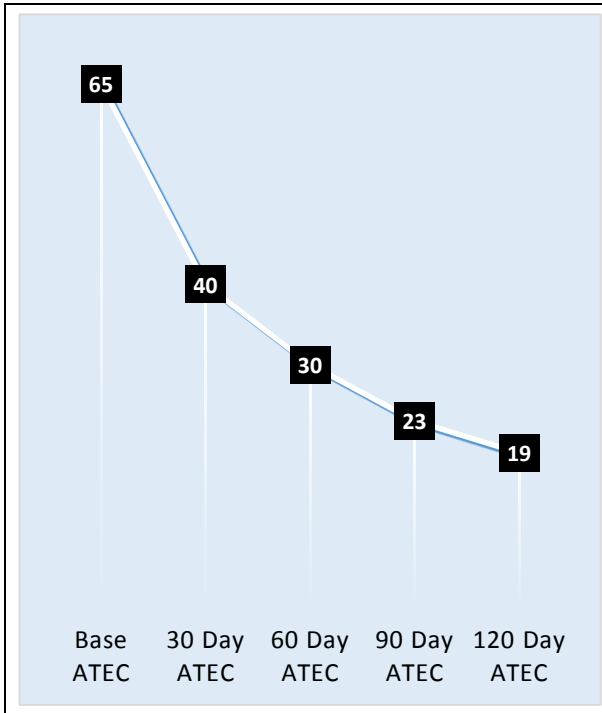
**Cleansing Protocol:**

3 on 1 off for 30 mins, switched to 1 day on 2 off for 30 minutes after month 1.

**Parent Comment:**

Much calmer and consistently in better or at least decent moods--even during moon times, like right now!! Still some OCD, and social awkwardness, volume control.

### Male, Age 12 – 71% ATEC Reduction



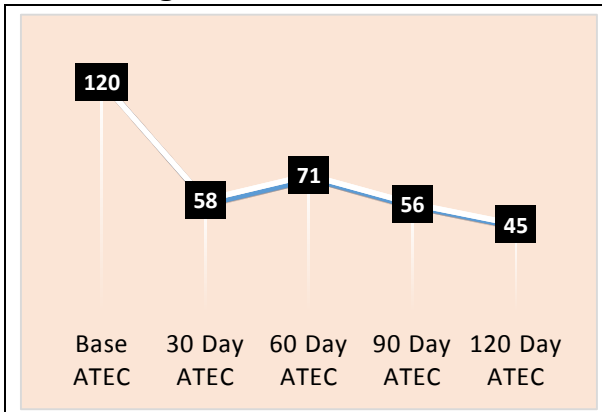
**Cleansing Protocol:**

3 days on, 1 day for 30 minutes

**Parent Comment:**

First week herx reaction. Groggy, tired, body aches, nausea. After initial herx, gains were immediate. Significant gains shown via ATEC, but even more gains outside of that specific guidelines. Within 2 weeks child was much less sound sensitive, keratosis pilaris completely cleared, and most noticeably, child had less irritability and was extremely physically loving. Child was giving hugs and kisses more during the study than he did his entire life. At the end of the study, people were asking me what I had changed, what I had done to make such a dramatic change for my child. At one point I thought he was never going to have a romantic relationship and now, one month before his 13th birthday, he went on his first "date" out for pizza. He was able to attend a large rally in Atlanta where he sustained all the physical activities as well as the noise level, meeting new people and having his schedule rocked. He is a completely different child. Others are AMAZED at his improvements, as am I. We will never stop using the IonCleanse. EVER

### Female, Age 12 – 63% ATEC Reduction



**Cleansing Protocol:**

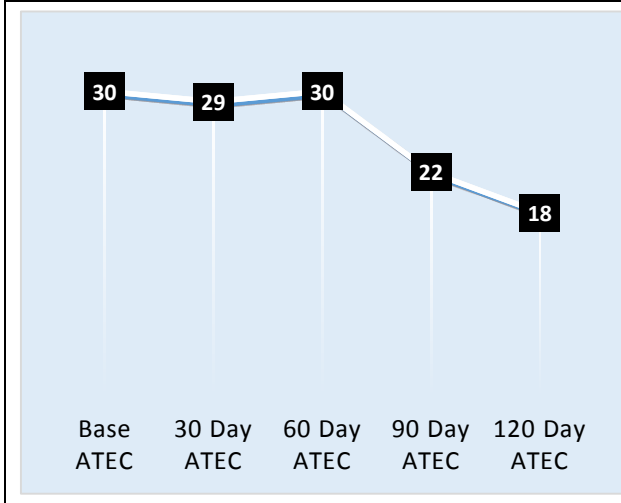
3 days on, 1 day off for 30 minutes

**Parent Comment:**

The differences we have seen in all of our children (ages 16, 12, 10) have been amazing, I didn't know what to expect when we first started but the changes have been so significant that I would recommend this protocol to everyone. All our kids loved doing their cleanses and were so happy to sit there will playing on the laptop which is a miracle in itself! I am so grateful for the opportunity to be part of this study and feel it has greatly benefited our family!

## Individual Scores, Cleansing Protocol, and Parent Comments – TMR Study #2 (Continued)

### Male, Age 12 – 40% ATEC Reduction



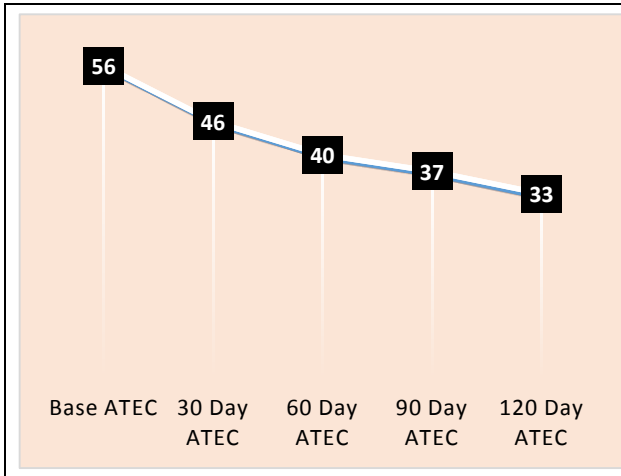
**Cleansing Protocol:**

Two days on, one day off - 30 minute sessions

**Parent Comment:**

My kid's ATEC score is 18 (40% drop). Even had my husband do it with me to make sure it was accurate. Years ago, he was in the high 70s where he stayed for a while. He is now 12. There is no window. Healing can happen if you find what works for your child. Keep looking. Never give up.

### Female, Age 11 – 41% ATEC Reduction



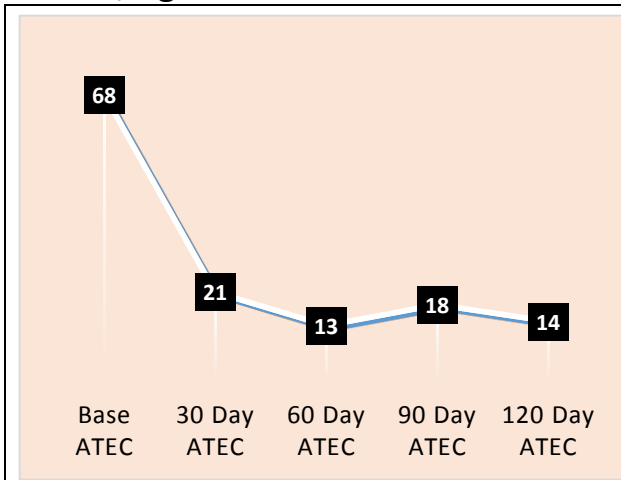
**Cleansing Protocol:**

3 days on/1 day off with 20 minute sessions for first 2 months. Switched to 1 day on/2 days off for 30 minutes

**Parent Comment:**

You know something is working when you have extended family and teachers are consistently commenting on her overall improvement in social and cognitive development and saying "Keep up whatever you are doing!" We are beyond grateful to AMD for giving us hope at recovery and improvement even at 12 years old when we were supposed to be well past the "window". There is hope for our kids at any age!

### Female, Age 10 – 79% ATEC Reduction



**Cleansing Protocol:**

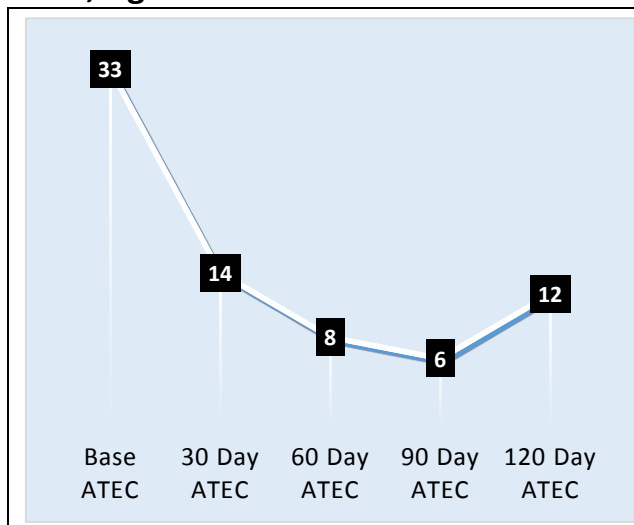
3 days on, 1 day off for 30 minutes

**Parent Comment:**

The differences we have seen in all of our children (ages 16, 12, 10) have been amazing, I didn't know what to expect when we first started but the changes have been so significant that I would recommend this protocol to everyone. All our kids loved doing their cleanses and were so happy to sit there will playing on the laptop which is a miracle in itself! I am so grateful for the opportunity to be part of this study and feel it has greatly benefited our family!

## Individual Scores, Cleansing Protocol, and Parent Comments – TMR Study #2 (Continued)

### Male, Age 10 – 64% ATEC Reduction



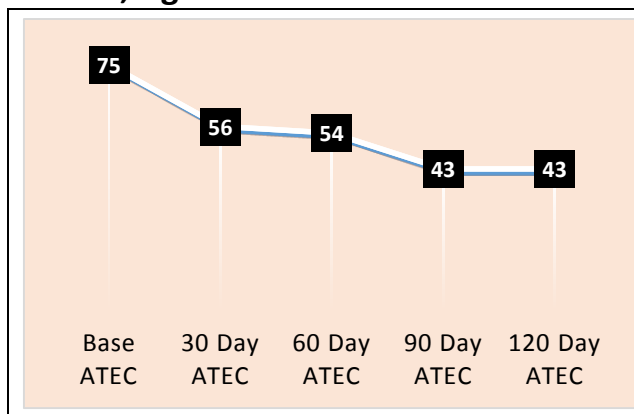
**Cleansing Protocol:**

3 days on, 1 off. Started at 30 minutes and worked up to 45 minutes.

**Parent Comment:**

At first I was very skeptical that the ioncleanse would do anything to help my son. Prior to using the ioncleanse, my son had major anxiety issues. 2 months into the study and I was blown away with how calm my son now was. He constantly asked to use the ioncleanse as he felt so good after using it. He is more social and my doctor even remarked on how well he held a conversation now. Suffice to say, I am no longer a skeptic and will continue to use the ioncleanse for my whole family.

### Female, Age 10 – 43% ATEC Reduction



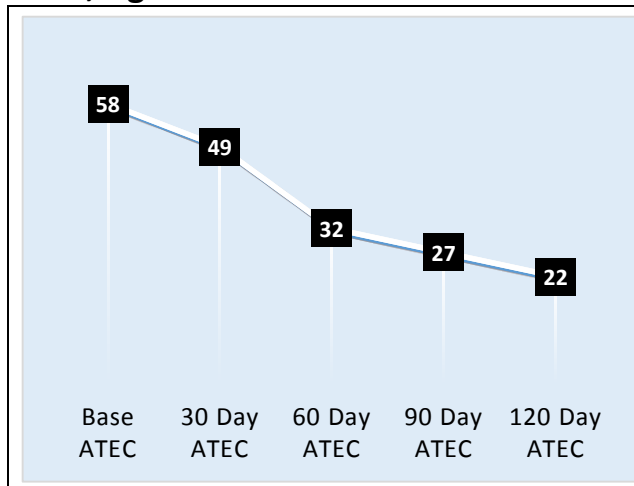
**Cleansing Protocol:**

2 days on/1 day off for 30 minutes

**Parent Comment:**

This is the largest point drop we have seen in the shortest amount of time of any intervention we've ever done.

### Male, Age 9 – 62% ATEC Reduction



**Cleansing Protocol:**

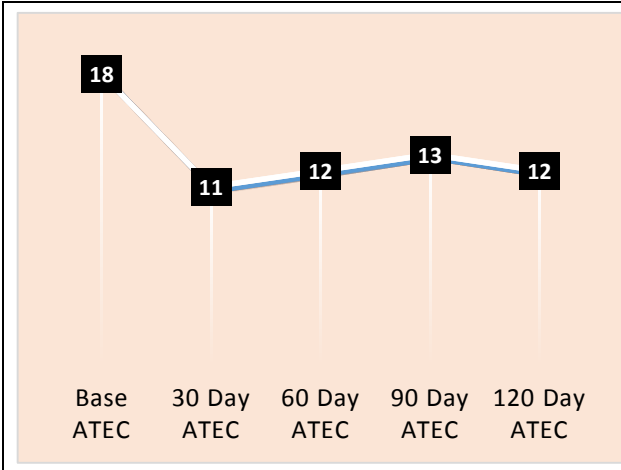
We started at 25 minutes, 3 days on, 1 off. Increased to 30 minutes on 8/7, still 3 days on, 1 day off. Increased to 45 minutes on 9/26, 1 day on, 1 day off

**Parent Comment:**

ATEC was 58 when we started in July. It had only dropped 2 points in 2 years. Final ATEC today.....22. Many of his gains were not measurable on the ATEC. Being a part of this study has been truly life changing.

## Individual Scores, Cleansing Protocol, and Parent Comments – TMR Study #2 (Continued)

### Female, Age 9 – 33% ATEC Reduction



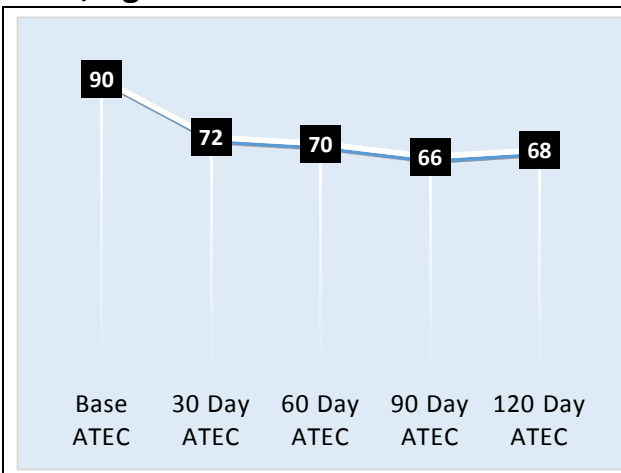
**Cleansing Protocol:**

Averaged 2 days on, 1 day off. Experimented with time and frequency. Better results with more frequency.

**Parent Comment:**

The IonCleanse by AMD has helped my daughter to be able to concentrate more on her schoolwork, as well as get along better with others. That last one all by itself makes it worthwhile!

### Male, Age 9 – 24% ATEC Reduction



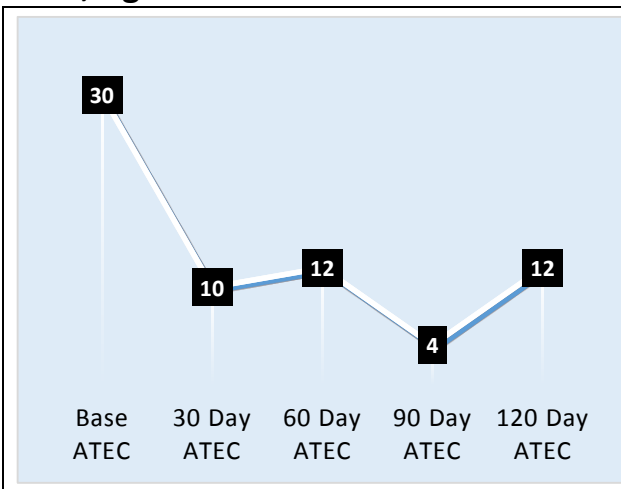
**Cleansing Protocol:**

2 days on /1 day off

**Parent Comment:**

Lowest ATEC he has had since we have been doing interventions 6+ years.

### Male, Age 7 – 60% ATEC Reduction



**Cleansing Protocol:**

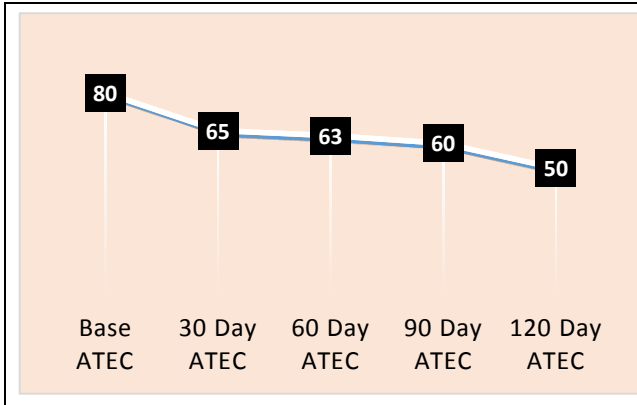
3 days on and one day off for 30 minutes; decreased frequency due to scheduling conflicts

**Parent Comment:**

The boys really enjoyed the Ion Cleanse. They would say "it's time to get my body clean". With boy of my boys I saw a big improvement in their expressive language

## Individual Scores, Cleansing Protocol, and Parent Comments – TMR Study #2 (Continued)

### Female, Age 6 – 38% ATEC Reduction



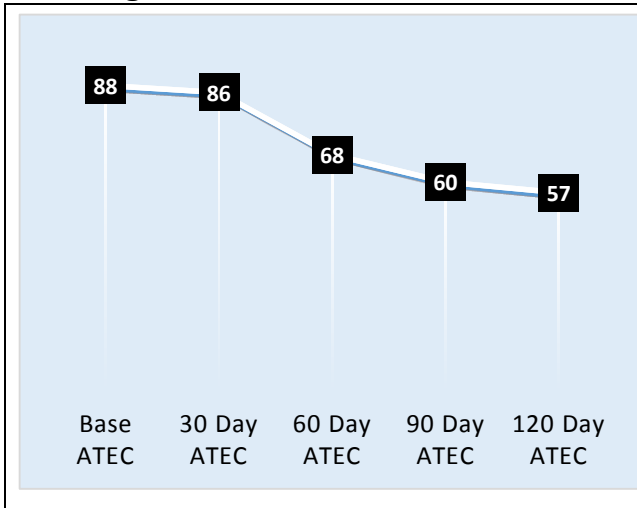
**Cleansing Protocol:**

2 days on, 1 off for 20 minutes

**Parent Comment:**

ATEC is a 50. Fifty!!! I'm dying here. I can't thank you enough. It's life changing. You're a national hero, in my book. And I won't stop singing the IonCleanse's praises. I am elated, absolutely ELATED. I cannot begin to quantify the amount of things that aren't ATEC-able that she is now doing as well. Her ATEC hasn't budged in years. To say that being a part of this has been life-changing would be the understatement of 2015.

### Male, Age 6 – 35% ATEC Reduction



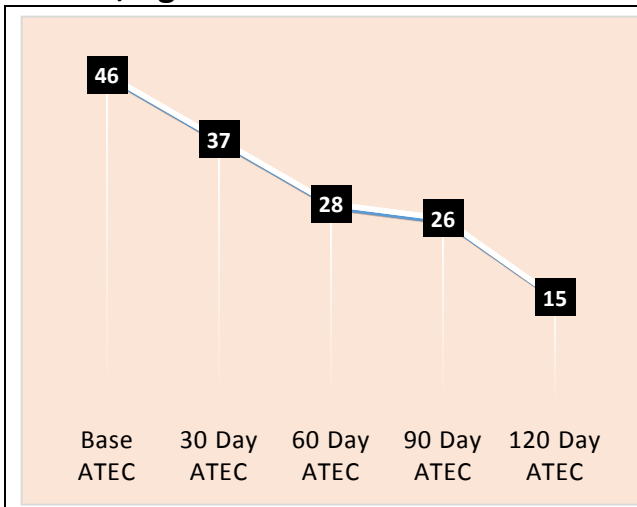
**Cleansing Protocol:**

Averaged 2 days on, 1 day off. Experimented with time and frequency. Better results with more frequency.

**Parent Comment:**

We saw an immediate increase in comprehension and speech even though his ATEC went up to start with due to behavioral issues. The ATEC doesn't describe enough the changes that we've seen in our son. We now have a little boy that loves interacting with us and his siblings, tells us what he wants using words, and not only understands commands but can follow through on them without prompting. Thank you AMD for giving me back my son.

### Female, Age 5 – 67% ATEC Reduction



**Cleansing Protocol:**

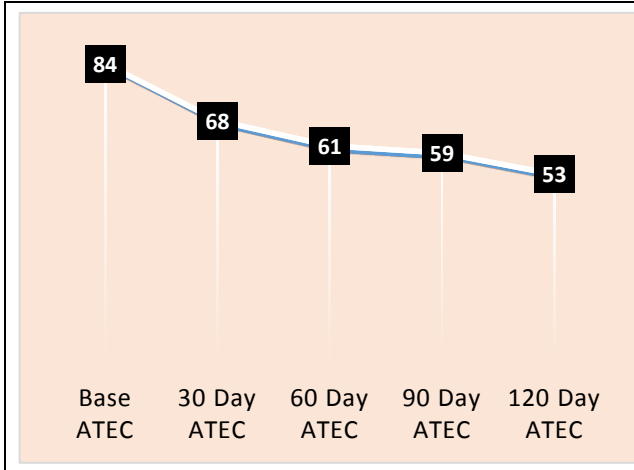
Varied numerous times during study. Averaged cleansing was 1 on, 2 days off.

**Parent Comment:**

The biggest and more permanent gain with IonCleanse has been in the cognitive department. For instance, she had an epiphany 3 weeks ago and since then she has been making music in her violin simply by listening to it once, highly accurately. Asking better questions, arriving to better conclusions, better comprehension, more meaningful interactions in general, improved memory... I attribute that to the aluminum and other heavy metals and toxins leaving her body. So hopefully the gains keep on coming...

## Individual Scores, Cleansing Protocol, and Parent Comments – TMR Study #2 (Continued)

### Female, Age 5 – 37% ATEC Reduction



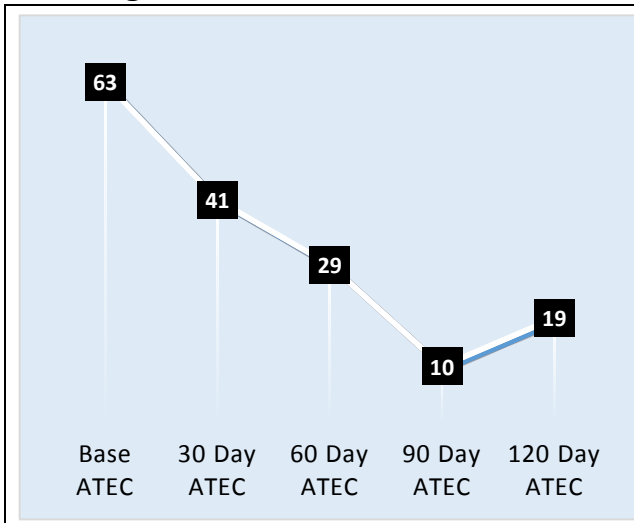
**Cleansing Protocol:**

3 days on, 1 day off the whole trial. 20 minutes for the first 3 months, then this last month she's been at 22 minutes

**Parent Comment:**

Honestly, dropping 30 ATEC points is simply the icing on the cake. Watching my daughter become more engaged in the last few months-looking in my eyes, wanting to give me a kiss, playing with her brother and hugging her new baby sister-those things are what it's all about. I'm getting my girl back! Being a party of this study has been truly amazing!

### Male, Age 4 – 70% ATEC Reduction



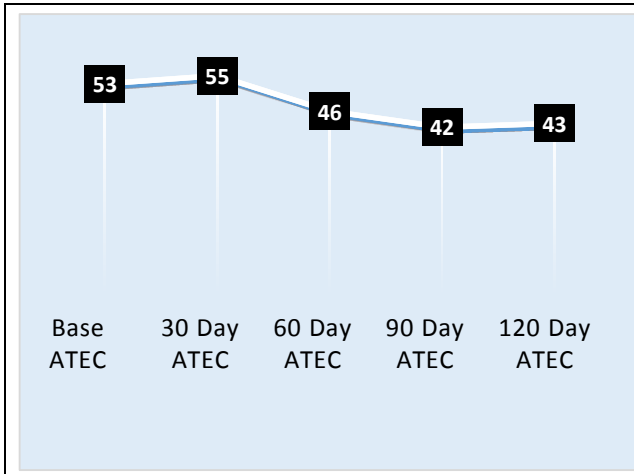
**Cleansing Protocol:**

3 days on and one day off for 15 minutes; decreased frequency due to scheduling conflicts

**Parent Comment:**

The boys really enjoyed the IonCleanse. They would say "it's time to get my body clean". With boy of my boys I saw a big improvement in their expressive language

### Male, Age 4 – 19% ATEC Reduction



**Cleansing Protocol:**

Three days on, one off through the whole trial. Started at 15 minutes, now at 17 minutes.

**Parent Comment:**

I am beyond happy with his results! He is more focused, more calm, and better able to attend to tasks. The best part though? He's FINALLY getting potty trained! Life changing is the only way to describe having been a part of this study!

## Conclusion

Study #2 aimed to test a theory, originally developed by members of the Thinking Moms' Revolution, that increased session times and frequencies with the IonCleanse® by AMD could lead to improved results as measured by the ATEC. This evaluation also introduced a population of older children not included in Study #1.

- Overall average reduction in ATEC scores was 55% over a 120-day period.
- Increased session times and frequencies as laid out in the study design improved results over the previous evaluation.
- The greatest average reduction in ATEC scores was in the 13 to 19-year-old age group.
- There were no significant differences in males vs females.
- 100% of study participants showed gains as well as reductions in ATEC scores.

Study #1 and Study #2 provide strong, statistically significant evidence to support the theory that detoxification with the IonCleanse® by AMD helps children with autism spectrum disorders. Further evaluations, including double-blind, randomized, placebo-controlled studies, are likely needed to gain acceptance into mainstream autism treatment programs. Scientists understand that observation can lead to new and improved treatment protocols. While this evaluation, which includes mostly empirical evidence, supports a particular thesis, it is with great hope that other credible research entities will attempt to replicate the studies' findings in controlled, clinical environments. Parties interested in conducting further research should contact AMD directly.

(end)