

# Physiological Effects of Negative Ions

## 1. General

* physical performance	improved
* endurance	increased
* mood	positive
* reaction time	improved
* vitamin metabolism	improved
* pain	relieved
* alertness (esp. drivers)	improved
* allergies	relieved
* burn treatment	improved
* cicatrization (scar formation)	accelerated
* sleep	improved
* sex drive	improved
* fatigue	reduced
* vitality	improved
* recovery time	faster

## 2. Respiratory System

* adverse effects	none
* bronchial spasms	suppressed
* bronchial permeability	improved
* respiratory rate	decreased
* partial pressure, oxygen	increased
* partial pressure, CO <sub>2</sub>	decreased
* congestion	alleviated
* asthma	56% recovery; 34% improvement
* tachypnea (abnormally rapid breathing)	decreased
* inflammation of respiratory tract	decreased

## 3. Heart

* tension	regularised
* thrombosis	risk reduced
* heart rate	slowed down

## 4. Brain

* serotonin (anxiety, aggression, depression)	decreased
* alpha waves("relaxed waves")	reduced freq; incr. amplitude

## 5. Endocrine Glands

* hypothalamus (emotional response/body temp./ food & water regulation/sleep cycles/ hormone production & release)	increased secretions
* pituitary gland (supplies vital hormones)	increased secretions
* thyroid (hormones for body growth)	increased secretions
* suprarenal gland (helps cope with stress)	cortisol increases
* ovaries	improved ovulation; menstrual cycle regularised
* testicles	sperm improved

cont ...

...cont.

## 6. Rheumatism

- \* pain decreased
- \* osteoarthritis attacks decreased
- \* cortisol increased

## 7. Stomach

- \* gastric acidity decreased
- \* risk of haemorrhage decreased
- \* ulcers less frequent

## 8. Blood

- \* cholesterol lowered
- \* serotonin (linked to anxiety/stress) lowered
- \* glucose lowered
- \* vitamins increased
- \* haemoglobin (carries oxygen in blood) better oxygenation
- \* acidity lowered
- \* viscosity lowered
- \* immune system stimulated

## 9. Urine

- \* serotonin lowered
- \* potassium increased
- \* diuresis increased

## 10. Skin

- \* wounds, burns healed
- \* skin diseases improved
- \* hair loss decreased

## 11. Allergies

- \* anaphylactic shock (respiratory distress & vascular collapse due to hypersensitivity) protection
- \* rhinitis (inflamed nasal tissue; runny nose) improved
- \* asthma improved

## 12. Mental

- \* learning improved, esp. in problem children & the elderly
- \* anxiety decreased
- \* anguish decreased
- \* depression improvement
- \* stress better control

**Source:** COTE J – The Ion Miracle – Ed. Reseau Quebec Consultation Exportation Inc 1999.