



ASEA™

Product Usage Guide

HEALTHYSELF

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Empower your body to heal itself.™



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Congratulations on your commitment to improve your health!



Awareness is the first step towards positive change. It is important to know your starting point so you can track your progress and understand the benefits that you are receiving from drinking ASEA. Please take a few minutes to answer the questions below prior to starting, then fill out each column to track your results over the next three months.

DIRECTIONS: Please fill out the columns below by rating each function listed from 1 (poor) to 5 (excellent), then write your totals at the bottom of the card.

NOTE: The higher your number, the better!

Body Inventory Report Card

FUNCTION	CURRENT	DAY 7	DAY 30	DAY 60	DAY 90
Energy					
Stress					
Sleep					
Mental Focus					
Back Comfort					
Muscle Comfort					
Joint Comfort					
Digestion					
Endurance/Stamina					
Workout Recovery					
Hormone Balance					
Skin					
Immune Function					
Inflammation					
Total Body Score					

Please list any other areas of your health which you would like to improve:

Key Points

- Do not eat or drink 5 minutes before or after consuming ASEA. It is **NOT** required to take on an empty stomach.
- Drink ASEA straight: DO NOT mix with anything and DO NOT drink directly from the bottle. It will denature the product, making it less effective.
- Swishing or holding in your mouth for 30 seconds before swallowing has been shown to be beneficial.
- Optimally, drink ASEA by pouring directly into a DISPOSABLE cup. You may use a glass or plastic cup, BUT if reused the glass/cup MUST be soap & water clean and dry to avoid denaturing. Do NOT use metal. (ASEA measuring cup should only be used to measure. Do not drink from it, unless you clean it each time.)
- Drink adequate amounts of water throughout the day. Hydration is a key factor in helping the body to cleanse itself and stay healthy.
- Everyone's body responds differently. Some FEEL changes immediately, some within days, while others may not notice changes for months. However, studies show that within minutes of ingestion, **ASEA IS WORKING! ASEA WORKS FOR EVERYONE!!!**

Usage

- Start with 2-ounce servings **TWICE** per day. (Sensitive people see exception below)
- Take first serving of ASEA upon awakening. Take second serving mid-late afternoon, evening or at bedtime. Some find after drinking ASEA they have more energy. If this is you, make sure NOT to drink the second serving too late in the day. (Do not skip a serving)
- As a **general guideline**:
 - 2 ounces TWICE per day – Cellular & Cardiovascular Health
 - **4 ounces TWICE per day – OPTIMAL Cellular Health/IMPROVED Genetic Expression**
 - **Athletes** - Drink an additional 2-4 ounces approximately 20 minutes prior to exercise

- **Exceptions:**

- For those that feel they are **sensitive**, start with 1/2 ounce twice daily, doubling your servings every 3-7 days as tolerated, up to the recommended daily servings.

Important Facts

- **ASEA is 100% SAFE, has ZERO toxicity at any level.** It doesn't interact with any medications, supplements, or medical/alternative/holistic treatments. ASEA is native to the body, therefore there is no chance of the body rejecting it or having a negative immune response. **It is safe for all ages and won't interfere with ANY health conditions.**
- The shelf life of ASEA is at least 1 year. ASEA recommends using OPENED bottles within one month.
- ASEA can be refrigerated if desired, some people prefer the taste when cold. Do not freeze. If ASEA freezes, allow to thaw completely before consuming. Extreme temperature does NOT affect ASEA.
- **Concerned about the salt content?** Good news, ASEA is **NOT** saltwater! ASEA is scientifically proven to be Redox Signaling Molecules suspended in a **MILD** saline solution. There is **ONLY 125 mg. of sodium per 4-ounce serving (LESS THAN 3 CARROTS)**. Almost any salt-restricted diet can be modified to include ASEA.

The Healing Process

What is it?

The healing process (also referred to as a cleansing or detoxification process) is a result of the body working to eliminate waste products faster than they can be disposed of comfortably by the body.

Only a SMALL percentage of people will experience a healing process. If this happens, **CONGRATULATIONS**, it means your body is responding very quickly! ASEA enables the body to heal itself by optimizing healthy cellular function.

Any uncomfortable changes are in fact signs that **ASEA IS WORKING** and is a **POSITIVE** healing response. The redox signaling molecules in ASEA help with cellular function and efficiency. The healing process is the result of the cells working to eliminate waste products (like taking out the "garbage") through all elimination channels and sets the stage for proper cellular repairs. Uncomfortable changes usually occur due to mobilization of cellular waste products. The body needs proper hydration to adequately flush out toxins and

impurities, so make sure to drink plenty of hydrating fluids, to help minimize the length and severity of this process as your body works through this healing phase.

The end result: Old damaged cells are replaced with **NEW healthier cells**

Again, this process is temporary and can occur immediately or within several days of starting ASEA. This is **NOT** a negative reaction to ASEA, as ASEA is **100% safe and non-toxic** at any level.

Healing Process/Detox Symptoms:

- The most common symptoms reported are headache, GI symptoms, general malaise or fatigue. This is a **temporary** condition and with adequate water should pass quickly.
- If you are experiencing any of these symptoms, this is a great sign that improvement in your health has begun...CONGRATULATIONS!!!

If you are experiencing an uncomfortable healing process, take the following steps:

- Reduce your servings by 50% for a few days until symptoms improve. Or follow the guidelines for **"Exceptions"**

("Exceptions" - For those that feel they are **sensitive**, start with 1/2 ounce twice daily, doubling your servings every 3-7 days as tolerated, up to the recommended daily servings)

- Again, make sure you are drinking plenty of water!
- if you have any questions or concerns, please call your sponsor.

BE PATIENT for the first 90 days - ***Your body has begun a NEW path towards optimal health!***

