

ASEA REDOX SUPPLEMENT

Before you start

Awareness is the first step to positive change. It is important to know your starting point so you can track your progress and be aware of the changes you are experiencing.

Get a copy of the Cellular Health Consult and do a check in with how you are doing now. Then track the changes you experience over three months using ASEA.

Using your Redox Supplement

Directions

ASEA supplements your native redox signalling molecules, allowing your body to function at an improved cellular level.

- Do not eat or drink 5 minutes before or after consuming ASEA. It is recommended to take prior to brushing teeth.
- Drink ASEA straight, do not mix with anything.
- Do not drink from the bottle.
*Enzymes from the mouth and saliva or other liquids will denature the "Reactive Molecules".
*You can drink directly from the sports pouch due to the sealed one way valve.
- Drink ASEA by pouring directly from the bottle into the measuring cup and replacing the cap. Do not use metal.
- Start with 2oz/60ml of ASEA twice daily. You can swish the product inside your mouth for 15-45 seconds before swallowing to maximise absorption.
- Take your first dose of ASEA as soon as you wake on an empty stomach. Most people enjoy the energy boost by taking the second dose in the afternoon, while some prefer to take the second dose at bedtime. There is no wrong time to take ASEA and you will learn what is best for you as you test the product yourself.
- After 3 days, if you are not experiencing noticeable results, increase the dosage to 4 oz./120ml 2 x a day. After three more days, if you desire greater health benefits, increase the amount to 4 oz./120ml 3 x a day. Many people have great benefits through this increased dose for a couple of weeks at the beginning, due to the deficit of molecules, their particular health challenge or athletic need.

- For severe health challenges consume 4 oz./120mls 4 x a day for the first month.
- Everyone's cellular function is different and responds to a variety of regimens. Take ASEA in the amount that works best for you. Taking 12-16oz/360-480ml of ASEA per day is proving to be very beneficial for severely health challenged individuals.
- Once beneficial results are achieved, slowly decrease to the maintenance amount of 2-4oz/60-120ml twice a day or more for your particular need.

ASEA has zero toxicity levels

It is 100% safe, non-toxic and native to the body. See www.aseascience.com for more info.

Important Facts & Recommendations

- ASEA recommends using opened product within a month.
- ASEA increases cellular efficiency. Be sure to drink plenty of water every day. Hydration is extremely important to cellular health. Drink 64-128oz/2-4 litres of water per day.
- ASEA can be refrigerated if desired. If ASEA freezes, allow to thaw completely before consuming. Extreme temperature does not affect ASEA.
- TASTE: ASEA is not a juice or antioxidant formula. ASEA is a formula of stable redox signalling molecules that many compare to the taste of "pool water". It is non-toxic and native to your body. Many find the taste changes as the body balances and wellness is restored.

For Athletes

- Athletes: During routine workouts, drink 2-4oz/60-120ml approximately 10-20 minutes prior to exercise. This is in addition to your 2-4oz/60-120ml daily dose and will vary due to the type and intensity of your workout.
- Competition and Advanced Athletics: Athletes are finding that taking 4-6oz/120-180ml of ASEA 20 minutes prior to an event or hard work-out is optimal. Drinking 2oz/60ml post event aids in recovery as well. For more information on athletes and ASEA visit www.athleteedge.com.

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. This occurs when the body tries to eliminate toxins from the cells faster than they can be properly disposed of.

Am I Reacting to ASEA?

These reactions are in fact signs that ASEA is working and is a positive response. Your body is going through the process of cleansing itself of impurities, toxins, and heavy metals. Such reactions are temporary and can occur immediately, within several days, or even several weeks after consuming. This is NOT a negative reaction to ASEA; this is the body's natural healing process.

Why Does it Happen?

The reactive molecules in ASEA help the cellular communication, 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 regeneration.

The end result: old is replaced with new. The temporary detox reactions usually occur due to dehydration. Without proper hydration your body will not have adequate fluid to flush the toxins efficiently, causing a temporary increase in symptoms during the healing process. Consuming adequate amounts of water will minimize the length and severity of this process as your body works through this phase.

What Are the Reactions?

Most reactions usually pass within 1-3 days, but on rare occasions can last several weeks. The most common symptoms are headache, nausea, rash, general malaise or fatigue. A slight rise in blood pressure may also occur due to the following:

"The kidneys, while trying to get rid of the garbage will, at times, order an increase in blood pressure to help expel the toxins. This is a temporary condition that should last less than a month after taking the product consistently." - Dr. Gary L. Samuelson, Ph.D.

The amount of salt in ASEA is not enough to significantly affect blood pressure. The 123 mg. per 4oz./120ml is equal to eating 3 large carrots or less than one slice of whole wheat bread. Almost any salt-restricted diet can be modified to include ASEA.

If you are experiencing any of these symptoms, this is a great sign that improvement in your health has begun. One encouraging thought: athletes in ASEA studies, who experienced detox reactions, later had the greatest improvements.

What Should I Do?

If your symptoms are severe, take the following steps:

- Reduce the quantity you are drinking by 50%
- In extreme cases you can lower the amount to ½-1oz/15-30ml per day or spray your tongue 5 times a day for a few days, then increase by 1oz/30ml per day as tolerated.
- Increase your intake of water (purified is best) to speed the detox process.
- If you are feeling fatigued or sleepy, your body is wanting you to rest because of previous sleep deprivation or required healing needs. Be kind to yourself and get the rest that you require.

The content in this document is for informational purposes only and not intended to diagnose, treat, cure, or prevent any medical condition, illness, disease, or take the place of your physician's advice. This information is being offered by an ASEA independent Associate and should not be relied upon as medical advice. Only a licensed healthcare professional may give you that advice.