



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 when taking 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

	Day 1	Week 1	Month 1	Month 2	Month 3
Date					
Energy Level					
Muscles & Joints					
Workout Recovery					
Stress Level					
Sleep Quality					
Mental Clarity					
Endurance/ Stamina					
Overall Health					
Report Card Total					

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

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\*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.

## 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.
- Drink ASEA by pouring directly into a disposable plastic or paper cup or a glass. (Glass **MUST** be soap & water clean and dry to avoid denaturing.) **DO NOT** use metal.
- Everyone's body responds differently. Some **FEEL** a change immediately, while others may not notice their body's changes for months; however, studies show that within 20 minutes of ingestion, **ASEA IS WORKING!**

## Usage

- Start with 2-ounce servings **TWICE** per day.
- Take first serving of ASEA upon awakening. Take second serving mid-late afternoon. (For sleep issues take second serving - or add an additional 2 ounces - at bedtime.)
- On day 7, if **NO** noticeable changes evident, double the amount. (4 ounces **TWICE** per day)
- On day 14, if **NO** noticeable changes evident, increase to 6 ounces **TWICE** per day.
- As a **general guideline**:
  - 2 ounces twice per day - Healthy/Preventative/Maintenance
  - 4 ounces twice per day - A Health Challenge
  - 8 ounces twice per day - A Severe Health Challenge
  - **Athletes**: During routine workouts, drink an additional 2-4 ounces approximately 20 minutes prior to exercise.
  - **Competition and Advanced Athletics**: Take 4-6 ounces 20 minutes prior to an event or hard workout. Drinking 2 ounces after the workout aids in recovery as well.
- **Exceptions**:
  - For those that are **sensitive** and/or those on **water restrictions**, start with 1/2 ounce to 1 ounce twice per day, increasing 1 ounce per day every 3-4 days as tolerated, up to the recommended daily servings.

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- Everyone's cellular function is different and responds to a variety of regimens. Take ASEA in the amount that works best for you. ASEA has zero toxicity at any level; it is 100% safe, non-toxic, doesn't interact with any medications, and is native to the body. It is safe for all ages and all states of health. (Pregnant women should consult their physician before starting any regimen.)
- Once beneficial results are achieved, decrease/increase to the amount that works best for desired results.

## Important Facts

- The shelf life of ASEA is 1 year. ASEA recommends using opened bottle within one month.
- ASEA can be refrigerated if desired. If ASEA freezes, allow to thaw completely before consuming. Extreme temperature does not affect 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 properly disposed of. Only a small percentage of people will experience this process.

### Am I Reacting to ASEA? **NO!**

Any noticeable symptoms are in fact signs that ASEA **IS WORKING** and is a **POSITIVE** response. Symptoms usually occur due to dehydration. Without proper hydration your body will not have adequate fluid to move the toxins out of the body efficiently, causing a temporary increase in symptoms during the healing process. Your body is cleansing itself of impurities, toxins, and heavy metals. Again, this process is temporary and can occur immediately or within several days of starting ASEA. This is **NOT** a negative reaction to ASEA.

### Why Does it Happen?

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 regeneration. The end result: old cells are replaced with new vibrant cells. Consuming adequate amounts of water is **KEY** to help minimize the length and severity of this process as your body works through this phase.

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- **IMPORTANT:** The recommended water consumption per day is 1/2 your body weight in ounces of water. (Example: a 150 lb. person should drink 75 ounces of water/day.)

## Healing Process/Detox Symptoms:

- The most common symptoms are headache, GI symptoms, rash, general malaise or fatigue. A slight rise in blood pressure may also occur, which is normal. 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 and with adequate water should pass quickly.
- There are only 123 mg. of sodium per 4 ounce serving, which is less than is found in 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...CONGRATULATIONS!!!

## *If your symptoms are severe, take the following steps:*

- Reduce your dosage by 50%, increase your water intake and call your sponsor.
- In extreme cases you can lower the amount to 1/2 ounce - 1 ounce per day or spray your tongue 5 times per day for a few days, then increase by 1 ounce per day as tolerated.
- Rest, take care of yourself and **BE PATIENT for the first 90 days** - your body is healing.

**WELCOME TO**  
**ASEA™**