

Diet and Supplements to Renew on ASEA



Many on the ASEA bandwagon believe that ASEA is the only substance that you need to self-heal. The truth is that the biology is a far more complex biochemical habitat of life than the Redox Molecules provided in ASEA can possibly foster. Redox Molecules may allow the supplements you utilize or have ingested through time to gain access to the cells to foster their repair now. In time you may run out of your storage tanks of certain vitamins, minerals or other nutrients that you have boosted your body with and may need to consume more of them in order to continue to renew, revitalize or heal from what ails you while upon ASEA.

Diet is always important for health regardless of spiritual aspiration. For those adepts mindset developing into light quotients above 84 percent, diet plays a pivotal role as to your capacity to retain your health in continued transfusion and light wave motion of field. A vegan diet is recommended. High levels of fresh organic vegetables and fruits eaten raw and juiced is best for a light infused system of biology. Some cooked vegetables are acceptable (possibly 15-20 percent of the overall intake daily). Days of fasting upon pure water or juices or other liquids

is also recommended to retain the health of the stomach and intestines which can light sear to stagnation through time otherwise.

The addition of Redox Molecules does heal many parts of the biology that might not heal as readily without the consumption of ASEA in light motion of field. The intestines may heal of conditions that simulate leaky stomach syndrome. The blood will purify to a larger degree than before and retain its health while on a vegan diet. The overall health of all organs will increase. The heart will beat stronger and renew its tissue more readily. A diet that compliments ASEA is pure; pure of petrochemicals and junk foods and other contaminants that do not support life in light motion of field. Some foods compliment the increasing Redox Molecules while on ASEA while other foods do not. Following is a recommended list of foods to eat while ingesting ASEA.

Foods that Compliment ASEA

1. **Kale:** Kale consumed raw in smoothies or in salads along with cooked as stocks or into soup or into a main course aids ASEA greatly in the blood. ASEA increases ozone levels in the blood. Kale aids in creating a smoothing agent that allows light to refract more easily without burning the red and white blood cells. Red and white blood cells that burn in light motion of field break apart and then cease to foster their capacity to carry nutrients or wastes to and from the cells. Greens and reds powders are also useful in the blood alongside ASEA.
2. **Watermelon:** Fresh watermelon flesh or juice daily is recommended while on ASEA. Watermelon cools the blood so that it is less likely to overheat. Watermelon nourishes the

kidneys, liver, spleen, pancreas, heart and lungs by providing substances that cleanse and heal soft tissue through time while on ASEA.

3. **Coconut Milk:** Coconut milk provides a lubricant that nourishes the lymph glands while on ASEA. ASEA will get into the lymph fluid and may swell the glands. The coconut milk will aid the glands in renewing on ASEA and not grow to be lymphoma through time in light motion of field.
4. **Soy Milk:** Soy milk provides a stabilizer for the cortex synapse function as the Redox Molecules increase in the fluids of the mind.
5. **Coffee (with soy milk and not cream or black):** Coffee with soy milk provides mindset stabilization by causing all synapses to ignite as the Redox Molecules increase in the fluids surrounding the cortex.

Foods to Avoid on ASEA

1. **Meat and Egg:** The cholesterol from meat and eggs may increase while on ASEA in light motion of field. The undercurrent of cause is the influx of ozone into the blood that may trigger cholesterol to be manufactured by the liver. Cholesterol that increases leads to heart disease through time.
2. **Fowl:** The flesh of chicken, duck, quail or ostrich has an amino acid chain that fosters rot in the blood as light is applied. Blood rot will deteriorate the heart rapidly in light wave motion of field. ASEA may double the pace that the heart degenerates due to Redox Signaling that triggers a pump malfunction through time if there is blood rot present.

3. **Canned Tuna or Other Canned Fish or Meat:** Canning of fish creates a mucous causing substance that grows in the blood of those light infusing. Mucous in the blood causes the cell walls to grow to become cancerous through time. Redox Signaling Molecules may increase the pus rather than remove it due to ozone action. Redox causes the blood to ozonize and aerate beyond what was possible without consuming ASEA. Ozonizing of the blood is very healing. Aeration of the blood increases the health and longevity of both red and white blood cells.
4. **Mayonnaise of Non-Vegan Resources:** Mayonnaise made from fat and egg yolks foster a thick coating of mucous to form in the blood. The thicker the mucous, the more likely the blood is to grow ill in light wave motion of field. Ill blood leads to all diseases known through time. In Atlantis, science turned to studying the blood and came to reflect upon what occurred upon a particle level to foster disease or a restoration of health. Diseases could be offset long before they occurred by treating the blood first with dietary changes and supplements.
5. **Salad Dressings with Milk:** The combination of oil, vinegar and milk is very unhealthy in the blood with Redox Molecules present. The combination fosters thick blood clots amongst those light motioning heavily if milk-based salad dressings are consumed too frequently through time including blue cheese or ranch dressing. Blue cheese by itself is not a problem to the blood, just the dressing.
6. **Cheese Dips Including Spinach Dip:** Cheese that is heated and then cooled and re-heated causes blood clots if consumed too frequently in light motion of field while upon ASEA.

Supplements that Support Health on ASEA

1. **Vitamin B12 and Full B Complex (liquid formula):** The requirement for B Vitamins increases as redox molecules increase in the blood. B Vitamins act as a conduit of the Redox Signaling system and disappear from where they are required otherwise to retain the health and the function of each cell.
2. **Ester C:** Ester C is different from Vitamin C. The Vitamin C levels increase while on ASEA. Vitamin C and Ester C (or bioflavonoids) work together to synopate cell renewal and revival. As more vitamin C is created, there is a greater need for Ester C or bioflavonoids in the blood.
3. **Vitamin D3:** In small quantities, Vitamin D3 fosters Redox Signaling to occur more greatly. Redox Signaling triggers cellular communication within each organ, gland or system and also between each organ and gland and system. It is useful to consume D3 every third day but not more as it is a toxic substance otherwise to the mind.
4. **Zeolite or Fulvic and Humic Acids:** The waste increases in the blood as cells revive on ASEA. It is helpful to boost the Zeolite levels in the blood to pick up on heavy metals and plastics that may be releasing out of the cells.
5. **Potassium:** The need for potassium increases three times while on ASEA to foster balanced salt ratios in the blood. If too much salt is present you may grow to become bloated while on ASEA. If enough potassium is ingested, the ratios of salt decrease causing a release of excess fluids. If you juice or drink kale smoothies daily, taking potassium supplements may be less necessary.

6. **Manganese:** Manganese fosters fluidity in the blood. Redox can cause blood to grow thicker although it is more aerated due to ozone action. Thick blood that does not move can create blood clots that cause other problems in the biology.
7. **Cell Food:** Cell food is a supplement that increases oxygen and other gaseous substances in the blood. The balance between the increasing ozone from consumption of ASEA needs to be balanced with oxygen in the blood primarily in order to continue to retain the health of the cells. Cell Food daily fosters this goal easily especially in regions with less plant life.
8. **Hoodia:** Hoodia is often recommended for weight loss but this is only one of its function. Hoodia balances the synapse flux to offset mind bend if taken daily.
9. **Ginseng:** Ginseng aids the adrenals in resupplying many substances to foster continued retention of your consciousness each day. ASEA may deplete the adrenals as it rushes the body into its increasing stamina due to mitochondria action. Replenishing the adrenals supports the continued life action as a result.
10. **Maca:** Maca is a South American herb that fosters stamina by replenishing the adrenals too. Ginseng and maca often work together synergistically to foster the flavor of being more energized if you feel tired on any given day of ASEA ingestion.
11. **Rhodiola:** Rhodiola is another African herb that triggers stamina. Rhodiola fosters replenishment of the thyroid gland that can also grow to be depleted in the increasing stamina fostered day to day while on ASEA.

There are many other herbs to aid other ailments that you may be healing from while upon ASEA. Please research and ingest whatever you require to foster health of your biology in

light wave motion of field; or consult with a naturopath that fosters live blood analysis to understand the health of your blood. Please see the following international web site for Live Blood Analysis and Oxygen Therapies:

<http://www.oxygenhealingtherapies.com/>

If you would like to know more about ASEA, please write to Asur'Ana at:

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or purchase ASEA, please use the registration link
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