

My ASEA Experience



Beginning on Feb 8, 2011

This is a log of my PERSONAL EXPERIENCES...

The ASEA company makes no claims.....

My experiences are my own.

*If you want a quick read, focus on the **red highlighted sentences** for the core changes that I have seen with ASEA in the first month.*

Day 1 - I took the first 2 oz of [ASEA](#), at 10 pm. Went to bed at 3am and immediately noticed that my residual cough, which had remained as **deep chest "wheeze" when I lay down, was silent.** *(It is now March 3 and my chest has remained clear. I wasn't expecting anything to happen that quickly, but it happened, so I'm reporting.)*

Day 2 – This was a bit shocking to notice so rapidly, but **my leg muscles** (which had slowly deteriorated beginning with an injury 8 years ago ...plus my having lost 18 pounds in 3 months) **were already feeling stronger on Day 2.** Flexing my leg muscles over the next weeks showed definition like I had before the accident. My muscles feel hard like they did when I was younger. I have a muscular body and my type of muscle is very rigid and defined. *(I've been rather obnoxious making everyone feel my arms and legs, but it's very exciting to see such a desirable physical result so soon and without pumping iron.)*

Day 4 – I can breathe deeply again and my **voice projection is stronger**, with lessened audible gasping for breath as I speak. These are weaknesses I have struggled with on and off, since a thyroid cancer operation over 45 years ago.

Although I have never had trouble sleeping, I noticed that I didn't turn over or toss and turn from Day 4 onward. **My sleep is steady-on for 7-8 hours on my back.** *(Rumor has it that one's facial skin doesn't wrinkle as much if you sleep on your back so I have been shooting for that since I first heard it in my 20's.)*

I don't feel tired in the morning, *(like I had been feeling this winter upon awakening).* A zesty morning energy has returned that I couldn't figure out how to recover.

Day 5 – This has been a major issue for me:

***ELIMINATION.** (NO DETAILS, I promise.)*

My elimination has been faulty for many years. Let's just be discrete and say that many people are freaking out over similar things in tv ads all day long, **Asea has had a major reversal of years of digestive imbalance in 5 days.** I have done cleanses, teas, digestive enzymes, digestive supplements, acidophilus, etc. but nothing flipped the digestive

switch until **ASEA** came along. And yes, I was totally surprised. (*I had often wondered if I was going to be a candidate for some untoward digestive tract disaster. If this was the only positive result from Asea, it would be enough for me to sing its praises .*)

Day 7 - Went to my chiropractor without saying a word to him about Asea and he took one look at me and said, *“What’s going on?”* Playing the innocent, I said, *“What do you mean? You tell ME what’s going on.”* And he said, *“You look different. Your eyes look bigger and clearer and your face looks alive.”* I didn’t say a word. Then he said that the muscles in my lower back were somehow stronger and the usually rigid neck muscles had softened. *He got it. Muscles were different. (My legs, arms, stomach muscles and shoulder muscles feel like I did when I was in my 50’s. I was very strong then and could feel my body’s solidity and I feel like I’m magically building muscles like I had then. It’s fascinating, actually,)*

Day 12 - **Asea certainly seems to be affecting me emotionally as well as increasing my energy and focus. I feel calm on a deep level while being more energized to get up and do all the things we have to do to survive.** My nervous system seems to be going along with the program. (*The emotions are the keys to coping with the wild energies of the modern world, so being more centered is a most desirable effect.*) For the last week I have felt a huge difference in my ability to stay on track, deal with annoying issues and not let momentary emotions overwhelm my body or mind. I feel calmer and just plain happier. I seem to have more patience and less attachment to trivial concerns. These are internal, subtle changes I’ve been working on achieving for years anyway, and Asea seems to be aiding the actualizing of these balanced energies. **From my base of knowing myself quite well, ASEA is supporting my natural healing mechanisms and the desired shifts toward balance and personal strengths that are the core of my life’s work.** I’ve always been direct, but there is less concern about what might happen if I’m honest. *“Whatever response I get when I express what is true for me, so be it”* is my state of mind.

Day 16 - I had a weak shoulder because of repeated dislocations beginning with an accident as a child. **My weak shoulder is not clicking and there is no rotation annoyance. Best of all, I did 10 men’s pushups.** (I couldn’t do ONE two weeks ago). I know, I know, I’ll do pushups from the knees so I can do more reps without excess shoulder strain, but I’m so amazed I had to brag.

Day 18 - **Dancing. Oh, no! I’m dancing around the house again** like I used to do. In fact, I went out by myself to hear my son play music and I haven’t done that in many years. **I feel like dancing again.** Dancing is often what amazing people in their 80’s say keeps them young, so dancing with Asea is very exciting for me.

Day 20: Asea seems to be lessening my animal allergies.

I have had a wicked cat and dog allergy forever, complete with sneezing, red and swollen eyes and inability to breathe if I stay in the same room with most animals more than a half hour. Even my own cat. OK, I haven’t wrapped myself directly around kitty and stuffed her in my face the way one wants to do with adorable animals, but I have picked her up and petted her and didn’t wash my hands, and nothing happened. That hasn’t happened in 20 years! She is now happily in my room half the day and half the night, at the foot of my bed... and we are eyeing each other warily. Neither one of us believes it yet. I’ll edge my way into testing this possible end to a 30 year torture.

I am not saying that most people will have such a rapid response as I have experienced with Asea, but then I am very focused on my health and wellness.... and at age of 68, take no pharma drugs at all. I also eat no processed foods, no carbs except for vegetables and am very sensitive to changes in my body/mind complex. [ASEA](#) continues to make subtle but deep changes as the days progress. From my experience, ASEA is a powerhouse of replenishment. **Try it for yourself, since that's the only test that's real for you.**

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Ask me for An Overview by email and I will send it to you.

HERE ARE SOME FUTURE TESTS THAT I WILL REPORT ON.

1. Can I breathe in a candle store?
2. Will I still want to strangle people who wear killer perfumes?
3. Will I still go limp after sniffing lilies some hospitals have correctly banned from their patients' rooms?