

# Health Awareness Form

## Congratulations on your commitment to improve your health!

Awareness is the first step to positive change. We want to support you in more accurately measuring the results you experience when taking ASEA. It is important to know your starting point and then track your progress. That is why we created the Health Awareness Form. Please take a couple of minutes to answer the following questions today. You will answer the same questions again in 10 days and compare the results. The objective is to more accurately track your results and help you better understand the benefits that you are deriving from taking ASEA. Most people don't pay close attention to these changes and find them difficult to quantify without a tracking tool like this. Imagine how you will feel after taking ASEA and experiencing the tremendous health benefits you desire.

Rate yourself in the following areas, 1 being low and 10 being highest.

Question	Today	After ASEA
How is your energy level?	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10
How is your endurance/stamina?	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10
How well do you sleep at night?	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10
How is your stress level?	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10
How is your weight?	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10
How are your joints? (stiff? sore?)	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10
Overall how would you rate your health?	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10
How important is good health to you?	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10

Please answer the following questions in the space provided below.

**If you could improve anything in regards to your current health, what would you want to improve?**

\* 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.

**After taking ASEA for 30 days, what has to have happened in regards to your health, for you to feel happy with your progress?**

## **ASEA Product Usage Instructions**

Here is the recommended procedure for taking ASEA:

1. Take 2 ounces of ASEA at least 5 minutes prior to eating anything in the morning and 2 ounces at least 1 hour after eating anything in the evening before bedtime.
2. If you work out, 2 ounces. approximately a half hour on an empty stomach before exercising is also recommended.
3. After 5 days, if you are not experiencing noticeable results, increase the dosage to 4 ounces twice per day.
4. After 5 more days, if you continue to have conditions that are not fully responding to ASEA, then increase the amount to 4 ounces three times per day. ASEA has zero toxicity levels (see [www.aseasafety.com](http://www.aseasafety.com) for more info).
5. Once results are achieved, revert back down to the recommended 2-4 ounce daily dosage.
6. Everyone's body is different and people have been experiencing fantastic results with various dose regimens.

Other Recommendations:

- Drink ASEA straight, do not mix with anything.
- Use plastic or glass cup, no metal.
- Refrigerate if desired as the taste is smoother.
- If ASEA is frozen, allow it to thaw completely before taking.
- Drink several glasses of water throughout the day. The first **30 days** are important as this is really a lifestyle change.

An important question to think about: If you do not take care of your body, where else are you going to live?

Again, congratulations and be sure to call your ASEA Associate to share your great results... Here's to your health!

Your ASEA Support Coach

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