

"8 reasons why some may think ASEA doesn't work for them: Possible factors that hinder the optimal effect of ASEA:

1. They don't use enough of it... 120ml of ASEA supplement drink daily isn't enough for some to achieve the desired result. Recent scientific studies were conducted with 240ml daily for 8 weeks.

2. They don't use it for long enough... 90 days is the minimum time.

3. They don't drink enough water (purified water, mineral water)... which is crucial! When cells are rich in redox molecules, they can detoxify four times faster than usual.

4. Some people have decided that nothing will help them. It's often said that there are no incurable diseases, only incurable patients... our mind has great power! Furthermore, since molecules aid in the intense elimination of toxins, there are more factors that can hinder this process.

5. Lymphatic system: This system of lymphatic vessels is as extensive as the circulatory/cardiovascular system and is designed to exchange and move interstitial fluids. If the lymphatic system isn't functioning, toxins cannot reach the bloodstream, liver, or kidneys to be excreted.

Dehydration is just one reason the lymphatic system might not work optimally. Another key factor is a sedentary lifestyle. Unlike the heart in the circulatory system, the lymphatic system doesn't have a pump - fluids move through the lymphatic system according to body movement. A sedentary lifestyle contributes to inadequate lymphatic function, preventing toxins from leaving.

6. Liver: If the liver is not healthy, sluggish, or for any other reason not functioning at its best, the body cannot get rid of toxins. It's important to take good care for our liver, which means, if possible, avoiding alcohol, refined sugars, and frequent meals.

Our liver is the main detoxifying organ which can handle a moderate level of toxins.

7. Digestive system: If the digestive system becomes sluggish or anything hinders its function, toxins in the body flow back into the circulatory system instead of leaving the body. Hence, it's essential to care for our digestive system by ensuring a healthy gut flora, consuming enough fiber (vegetables, fruits), and avoiding refined sugars.

8. Oxygen supply to the tissues: If the tissues don't receive enough oxygen, cellular metabolism slows down. Thus, moderate exercise and regular deep breathing are essential."