MOLECULAR ENERGY – <u>molecularenergy.net</u> **TREATMENT INSTRUCTIONS**

RECOMMENDED DIET

- A preservative is an ingredient added to food products and medication to "preserve" them from decomposing too fast (from going bad) by fungus, parasites or pathogens. A preservative is a pesticide!. Also, many colorings and flavorings contain chemicals in inorganic form, incompatible with the human body.
- Do not eat agricultural products which have being heavily sprayed, such as: cucumbers, tomatoes, tomato sauce, avocado (called haas), unless they are organic.
- Do not eat animal products from scavengers like: pork, shrimp, octopus, and shellfish. Do not eat any sausage such as *chorizo*, salami, bologna, which contain preservatives, chemical flavorings and white flour with preservatives.
- Meats like beef, chicken, and fish are allowed. If you are going to eat out and decide to eat chicken, make sure it is roasted or grilled, not fried to avoid white wheat flour and flavorings..
- Do not eat industrialized or processed food, only eat products that are in the most natural state possible, for example: do not use white sugar, instead use brown/raw sugar; also, take the white wheat flour out of your diet and eat instead 100% wholewheat. It is recommended to stop eating the so called *light* or *diet* products.
- Do not eat commercial products containing preservatives, colorings, and flavorings, such as chewing gum, candy, chocolate, fried packed products, complete seasonings, or seasonings that come packaged together, individually are ok.
- Do not use in food preparation any kind of seasoning, bouillon, or softeners that contain chemicals, such as seasoning cubes, packet soup, any kind of artificial seasonings and sauces. Use instead plants or ground seeds as seasoning, such as oregano, bay leaf, garlic, cilantro, thyme, basil, parsley, make sure when you buy them that are not mixed.

WATER Use pure water for cooking, making drinks, coffee or tea, etc. We recommend installing a whole house water purifier from MolecularEnergy.net. WHO definition of drinking water: Safe drinking water is water with microbial, chemical and physical characteristics that meet WHO guidelines or national standards on drinking water quality. Therefore tap water may contain group of harmful bacteria to survive, such as clostridium, salmonella, e-coli, Shigella, Staphylococcus, Streptococcus, also fungus and parasites. If "potable water" contains e-coli(feces) then it can also contain other microbes.

Water purification made simple: Is is said on the internet that water from the pipeline can be cured using hydrogen peroxide in the following proportion: 7 ml of hydrogen peroxide of 10 vol. (3%) in one quart of water. We breathe oxygen to purify the blood, drinking water with additional molecules of oxygen enhances the body's functions, is antibacterial, antiviral and helps tremendously in reducing cholesterol in arteries and blood. Green/fresh vegetables should be bathed in this water for a minute before making your salad.

Whole house water purifier Purchase a water purifier distributed by Molecular Energy that cleanses and restructures the water from the whole house. Avoid complex purification processes, and the risks involved in using an electric purifier that could have malfunctions due to low water volume and electricity failure, with bad consequences for you and your family, as well as the inability to wash the cooking utensils because of low water volume in the purification system.

HOW TO USE THE TREATMENTS

Each treatment has two bottles, one large amber bottle of 120 ml (4 ounces) and one spray plastic bottle of 30 ml (1 ounce). Each bottle has the name of the treatment, and you must pour the liquid from the large bottle onto the small spray bottle with the same name.

NOTICE Do not expose the treatments to electronic and electrical devices that produce electromagnetism, such as: mobile/cellular phones, microwave ovens, television sets, refrigerators, etc.

DOSAGE: 3 sprays of each treatment directly to the mouth, and wait 10 seconds between one treatment and another. Drink a glass of water every hour and/or after taking treatments.

SCHEDULES

6 times a day: every 3 hours during awake hours
8 times a day: every 2 hours during awake hours
14 times a day: each hour during awake hours
28 times a day: every 30 minutes during awake hour

POSSIBLE REACTIONS, when you take the treatments for the first time:

If your body aches, it might be due to NOT drinking sufficient water, or the pathogens are reacting. For pathogen reaction you need to take treatments every 10-15 min until symptoms diminish. Or take the treatments three times a day during two days to allow your body to adapt, and then return to the original schedule. Drink a glass of water every hour.