

# APHANIZOMENON FLOS AQUAE

## AFA & Awareness

*How aware are you of the following?*

No.	Concerns	1 to 10 Now	1 To 10 15 Days	1 To 10 30 Days	1 to 10 45 Days
1.	Allergies ( <i>Sinus Issues</i> )				
2.	Breathing Compromise				
3.	Burning Sensation ( <i>Anywhere</i> )				
4.	Calmness Issues				
5.	Digestion Issues ( <i>Heartburn, Nausea</i> )				
6.	Discomforts ( <i>Anywhere</i> )				
7.	Energy Level ( <i>Low</i> )				
8.	Involuntary Body Movement				
9.	Light Headedness				
10.	Numbness or Tingling ( <i>Anywhere</i> )				
11.	Maneuverability Compromises				
12.	Mood Changes				
13.	Skin Issues ( <i>Anywhere</i> )				
14.	Sleep Issues				
15.	Tightness ( <i>Anywhere</i> )				
16.	Vision Issues ( <i>Blurry, Focusing</i> )				

**Caution:** (*Anyone with Organ Transplants **cannot** consume AFA*)

AFA does not cure, alleviate or treat disease.

***It is only a Nutrient-Dense Wild Super Food.***

**ANSWER:** to Health issues: Mentally, Physically and Spiritually.

<i>Actions to address for self-improvement</i>		1 to 10	1 to 10
<b>A.</b>	<b>ATTITUDE</b>		
<b>N.</b>	<b>NUTRITION</b>		
<b>S.</b>	<b>SERVICE UNTO OTHERS</b>		
<b>W.</b>	<b>WATER</b>		
<b>E.</b>	<b>EXERCISE</b>		
<b>R.</b>	<b>REST &amp; RELAXATION</b>		

**AFA can and may help support  
the normal/natural responses of body and mind.**

**“Expect Miracles, Accept Miracles  
Listen to your Body” Dr. Variese**