

# 5 NATURAL WAYS TO IGNITE YOUR HEALTH & YOUTH!

Ann Oickle

In the whirlwind of daily life, juggling the endless demands of parenting, work, and personal commitments, it's easy to feel like you're running on empty. Every day, you pour so much of yourself into nurturing your family, chasing deadlines, and trying to squeeze in a moment of self-care (maybe, maybe not), only to collapse into bed, wondering where your energy and vitality have gone. THIS WAS ME!



Do you remember the days when you felt invincible, bursting with energy and a zest for life OR has it become more, the everyday aches, fluctuating blood pressure, constant colds, flu's or illnesses, or something more elusive that leaves you searching for answers, can be disheartening. You catch yourself saying "There has to be a better way". This was my journey too, a prayer for something more—a lasting change for better health!

Hi, I am Ann, and I got your back! Coming from a family with a multitude of health issues and finding out I CANNOT take antibiotics, penicillin, or prescription pain meds, I became fearful of the future as I age. What is lurking that I cannot yet see?

*I am helping families just like yours, heal, feel, and look their best through natural, scientific methods, so you can live present, free, and as long as possible, without the worry of health issues while revitalizing your youth!*

## 5 WAYS TO UNLOCK YOUR ENERGY, HEALTH, & YOUTHFUL VITALITY!



I am passionate about helping you and your loved ones heal. **WHY?** I grew up in a humble household but I had 2 brothers who passed at the ages of 12 & 18 from a rare genetic blood disease. My mom had a tremendous amount of stress, as you can imagine, and fought with everything in her for us kids. She battled with many illnesses herself, on many meds, and seeing many Dr's. We questioned the counteraction of her meds, her condition, and no one listened. Dr's contradicted each other, and they stopped talking when we pointed it out. She passed at the young age of 57, and that started my journey.



Struggling with stress, anxiety, and at times depression, I learned to mask it all with my jovial personality, BUT I couldn't mask the health challenges that were creeping in. So at the age of 47, I was introduced to the **GREATEST HEALTH SCIENCE BREAKTHROUGH!** as per Zach Bush, Naturopathic Dr. Not only did it improve my health and energy, but it also had the best anti-aging results to date! This is my favorite and number 1 go too!

### **IMAGINE THIS!**

Close your eyes (after you read this)

You or someone you know is currently dealing with their health, which might be minor aches, blood pressure, thyroid etc. You know, the acceptable ailments! But what about the ones that are also struggling with something more severe, some are not yet diagnosed, waiting months on end for tests, appointments, and more, but meanwhile are home struggling daily with no answers. WAIT, don't forget the ones that are AWARE but have to go through traditional treatments and medications.

**Have you read these side effects? Maybe you even witnessed them!**

I have to say, it doesn't have to be this way!

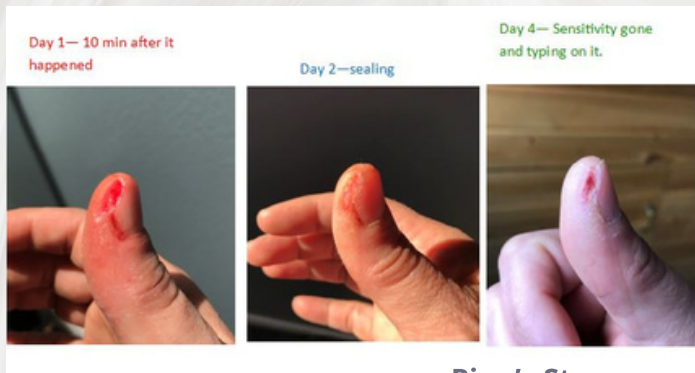
### **Most of us know this, but forget it!**

I know I did. **A)** Our bodies are designed to heal themselves. Yet more and more people are getting sick daily. Why? So many factors play a part, but it boils down to system depletion and exhaustion. You work 8-12+ hrs a day and then you rest at night, well our bodies are not resting, while we sleep, our systems are fighting non-stop to keep us healthy, so when it gets run down and we get ill. **B) IT DOESN'T HAVE TO BE THAT WAY!** YOU can get healthy, and reverse the signs of aging, NATRUALLY! REDOX is responsible for healing, regenerating cells, building immunity, and cell signaling within our bodies, +++. So what if I told you, you can add more healthy cells, your body produces naturally anyway? YES, your body can start healing itself again!





# Testimonial Time



## One of my stories:

I sliced the end of the edge off my thumb, the gel stopped the throbbing instantly & clotted the bleeding. By consuming the liquid daily, soaking with it daily, and applying the gel regularly, I was completely healed, with no scab by day 7. This would have been normally, a 3-4 week process!

## Pina's Story



I had a skin condition for well over 30 years. I used corticosteroids and immunosuppressants periodically & very sparingly. I noticed the hair on my arms had disappeared & my eyebrows were thinning along with the hair on the sides of my head. In search of a solution, I went to Naturopaths, then Dermatologists where I was given corticosteroids over the course of 6 months. Nothing improved, so I stopped & once I did, patches of thicker, red, itchy, and burning skin appeared on my face & chest. Over time it covered my entire upper torso, arms, & face. Then I found REDOX & everything changed, I cannot go without mentioning the other improvements that my family & friends pointed out....my hair got darker, my husband commented that my anxiety is almost nonexistent, he mentioned that I don't complain about my lower back issues anymore! I noticed my energy levels are something like no other....& this is coming from a person whose tag line was 'I'm so tired'!

I hope you had a chance to read through everything. I know that if you're interested in healing naturally, and holistically, understand, it will take time for these cells to start making a real impact on your health. For most of us, our health didn't deplete overnight and it won't heal overnight! I just had to share my favorite outcomes with you and there are MANY more. My challenges were minor, so I saw results sooner. For me - Allergies have improved to almost nothing, I have improved my appearance, my hair is luscious, I haven't had a sty in over 3 years and so much more to tell!

We have many major impactful stories to share, of people's healing journeys and how their bodies healed themselves!

NOTE: ASEA Redox is not a drug and is not intended to diagnose, treat, or cure any diseases or medical conditions. It's designed to get your cells healthy so the body can heal itself. Do not go off any medications without consulting with your medical professional.

To Learn More Go To:

<https://www.dynamicliving.ca/redoxlearn>



## 5 NATURAL WAYS TO IGNITE YOUR HEALTH & YOUTH!

1) Cellular Health - I do this in 2 ways. The 1st and best is a cellular supplement: REDOX SIGNALING MOLECULE, native to our body. This is the main supplement I talked about above. I have been taking it daily for a few years now and WOW, it is mind-blowing on the difference it truly makes. Backed by science, doctors, and testimonials show, there is nothing else like it on the market today! IT IMPACTS ALL AREAS OF THE BODY! To learn more click the link.

<https://www.dynamicliving.ca/redoxlearn>

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2) Hydrogen Water - The 2nd way, is also cellular-based, with different research and science. With a little help from a special bottle, it hydrogenates your water. We have gut bacteria called hydrophiles, which help increase the absorption of nutrients and supplements. This helps! Bottles vary in size and pricing. I found and supported these based on the recommendations of professionals who endorse hydrogen water.

Canada: <https://amzn.to/3JFXGL0>

USA: <https://amzn.to/3W67Cmw>

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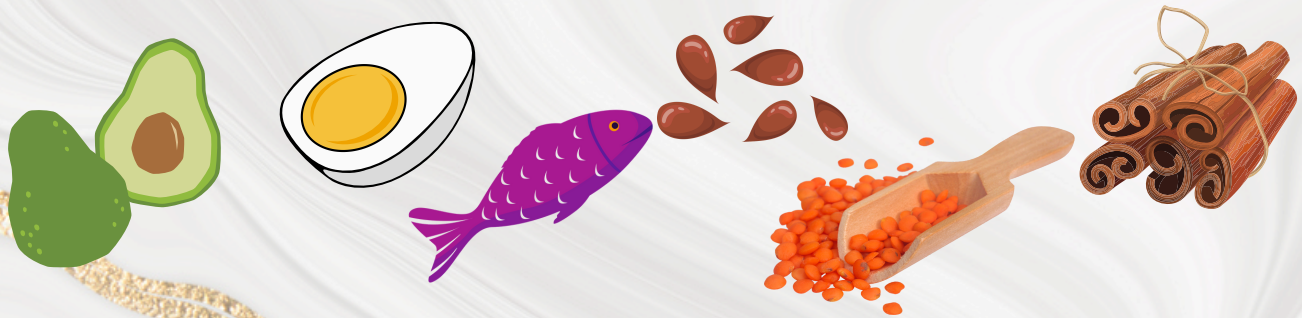


3) **Facia Manouever** - This is slowly catching on but is taking a big hold in the natural health and wellness space. They desire to go global helping people heal from pain and suffering. **What is it?** Our body is held together with facia, which tightens to protect our body and organs when we are stressed, ill, or diseased. We must move it to relax around our body parts and organs so proper flow and fluids can flow for better healing. At the time this was created, videos are free! Stress reset every day

[https://youtu.be/wzef2nA9anw?si=yd6RbHcXYE3x\\_Jy8](https://youtu.be/wzef2nA9anw?si=yd6RbHcXYE3x_Jy8)

Organ reset especially before bed

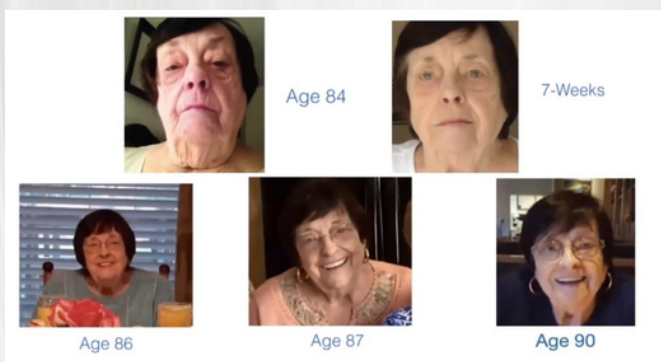
[https://youtu.be/-dnZbIO\\_3aE?si=j0pxXFLpwAN2W8Zt](https://youtu.be/-dnZbIO_3aE?si=j0pxXFLpwAN2W8Zt)



4) **6-Superfoods** - I also consume the following in my diet regularly. Ginger root, flaxseed, lentils, avocado, turmeric, and cinnamon. There are many more like dark green veggies, green tea, kiwi, wild salmon +++ but those are my top 6. Figure out what your main health goal/concern is and google “superfoods to support\_\_\_\_\_” and find your 6 staple foods to incorporate now.



5) **REST** - I cannot stress enough, especially in today's society, our body NEEDS rest to reset, if you constantly push through stress, upset, and constant challenge, you can do all of the above but you will still wind up sick. Listen to your body! Trust your gut instincts and choose you! Your worth it!



Will you be  
our next  
testimony?



**How do you argue  
these results?**

For the best results in healing our body, ASEA-REDOX SIGNALING MOLECULES and REST are my top go-to for finding your health, youth and vitality!

Again, I hope you had a chance to look at all 5 Natural Ways To Ignite Your Youth. If you're interested in ASEA, Hydrogen Water, or Facia Maneuvers, I just had to share my favorite ASEA REDOX, I highly suggest going here and checking it out. There is a link, fill out the form to access a free video and more information, there is also a guide on how to start your order.

<https://www.dynamicliving.ca/redoxlearn>



# Did You Get Some Value?

Thank you so much for opting YES, for the 5 Natural Ways to Ignite Your Health & Youth. I'm so excited for us to get connect more and drop me a message. Let me know how you enjoyed 5 Natural Ways to Ignite Your Youth.

See you over there!



Create your  
own Oasis



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You Are Amazing!

*Ann Oickle*