

Reverse Aging Quantum Protocol

Kona's Quantum Healing

Guided by Frequency • Grounded in Science • Rooted in Spirit

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Read first (friendly note): This is a wellness protocol. It's not medical advice. If you're pregnant, nursing, have a heart condition, take meds, or have concerns, talk with your licensed provider before starting.

Quick Start (First 30 Days)

- ✓ Start the **Reverse Aging Protocol: ASEA Redox (The Signal) + iHeRQles Blood Cleanse (The Reset)**
 - ✓ Book an **Energy4Life** scan (remote or in-person) to map your body-field and get your **infoceuticals**
 - ✓ Schedule **Jing Orb** cellular charging **3×/week** (bring 1–2 gallons of water to charge)
 - ✓ If you train or are healing, add **ARWave: 2–3×/week** for performance; **daily** for injuries; **every other day** post-surgery
 - ✓ Stack **meditation, breathwork, morning sunlight, cold plunges, and infrared sauna**
 - ✓ Shift food toward **raw living foods** with lots of **sprouts** (sunflower, pea, broccoli) and the nutrition “gems”
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In-Person Services (West Palm Beach & South Florida)

- **Energy4Life** scan + **infoceuticals** (remote or in-person); **MiHealth** for local spots
 - **Jing Orb 35-minute** sessions (charge your water onsite)
 - **ARWave** for athletes, injuries, and post-surgical recovery
 - **Kambo • Hapé • Sananga** ceremony (screening required)
 - **Local perk:** we build **stacked plans** (e.g., Jing Orb + ARWave + sauna timing) for faster outcomes
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✓ Weekly Rhythm (easy view)

- **ASEA** AM/PM • **iHeRQles** 3×/day (cleanse) or 1×/day (maintenance)
- **Meditation** 10–20 min • **Breathwork** 5–10 min
- **Mobility/Walk** 10–20 min most days
- **Renu28 / Redox Gold** as needed
- **Cold Plunge** 3–5×/week • **Infrared Sauna** 3–5×/week
- **Jing Orb** 3×/week • **ARWave** 2–3×/week (or injury plan)
- **Sprout-forward meals** 2–3/day • **Sleep** 7–9 hrs



Core Daily Protocol (Mind • Body • Spirit)

Morning

- **ASEA Redox:** 3–4 oz on waking (swish 30–60s, then swallow)
- **Meditation:** 10–15 min (simple breath awareness or loving-kindness)
- **Breathwork:** 5–10 min (coherent breathing ~5–6 breaths/min or box 4-4-4-4)
- **Sunlight:** 5–10 min outside to set your body clock
- **Hydration:** 16–24 oz mineralized water (use **charged** water if you did Jing Orb)
- **Movement:** 10–15 min mobility + light strength
- **Skin:** Renu28 to face/neck + target areas (supports elasticity, tone)

Midday / Training Window

- **iHeRQles Blood Cleanse (Cleanse Phase):** 4 sprays under tongue, 3×/day for 4 months
Maintenance: 4 sprays under tongue, 1×/day after Blood Upgrade
- **Cold Plunge:** 2–3 min cold plunge then 4–6 minutes hot tub (alternate up to 7x), 3–5×/week (finish cold; warm up naturally)
- **Infrared Sauna:** 20–40 min, 3–5×/week (hydrate; add electrolytes)
- **Stacking idea:** Training → **ASEA pre-dose** (see Athlete Protocol) → **Redox Gold** to target areas
- **Redox Gold (targeted relief):** Rub **vigorously until dry** on tense or inflamed areas.
Note: the elemental gold + targeted redox molecules are activated by rubbing.
- **Food (raw-forward):** Big salad/bowl with **sprouts** (sunflower, pea, broccoli), microgreens, avocado, lemon/olive oil. Add clean proteins as desired.

Evening

- **ASEA Redox:** 3–4 oz in the evening
- **iHeRQles:** Take the 2nd/3rd spray set to reach 3×/day during cleanse
- **Wind-down:** gentle stretch, gratitude notes, dim lights/blue-light hygiene
- **Sleep:** 7–9 hours; cool, dark, quiet room; consistent schedule



Athlete Protocol (ASEA + Redox Gold)

- **ASEA pre-exercise:** 4–8 oz 30 minutes prior
- **Endurance events:** 8 oz before the start, then 8 oz every hour during event
- **Redox Gold:** Rub on **each muscle group before** activity (best while stretching). **Re-apply after** training for relief and recovery
- **ARPWave** - use warm-up protocols prior to training, event, race or game



Energy4Life (Bioenergetic Scan + Infoceuticals)

- **Scan:** remote or in-person to see body-field priorities
 - **Infoceuticals:** Usually **5 bottles**; take **15 drops of each once daily** in a glass of water
 - **Sensitive clients:** we'll **reduce the drops** and adjust pace
 - **Timing:** the **time of day** for each bottle **varies**; your **personal schedule** is provided after your scan
 - **MiHealth (locals):** gentle matched frequencies applied on the body to support local areas
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Jing Orb Cellular Charging

- **Optimal:** 35-minute session, 3×/week
 - **Bring:** 1–2 gallons of water to **charge** during your session
 - **Drink charged water** in the days after to keep your voltage up
 - **Acute issues:** **charge daily** until resolved (your body directs max resources during acute repair)
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ARWave Performance & Recovery

- **Longevity / strength / mobility:** 2–3×/week
 - **Injuries:** **daily**, beginning **ASAP** after the injury
 - **Post-surgical:** every other day; maintenance: 1×/week
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Kambo (IAKP-Aligned Options)

- **Deep cleanse series:** 3 sessions in one moon cycle
 - Sit 1: **3 gates** • Sit 2: **5 gates** • Sit 3: **7 gates**
 - **Single sessions:** powerful **energetic + physical reset**
 - Pre-screening + aftercare are **required** for safety
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Mind & Spirit (Daily)

- **Meditation:** 10–20 min (sit, breathe, observe)
- **Breathwork:** coherent breathing (5–6 breaths/min, 10–15 min) or box breathing (4-4-4-4, 5 rounds); use **physiological sighs** (3–5) when stressed
- **Gratitude & focus:** write 3 wins + 3 gratitudes nightly
- **Nature:** morning sunlight; **barefoot grounding** 10–20 min when possible
- **Digital hygiene:** 60–90 min **screen-down** before bed; room cool and dark



Core sprouts: sunflower • pea • broccoli (sulforaphane-rich) • radish • clover

Daily big bowl: greens + **2–3 cups** mixed sprouts + rainbow veggies + avocado + lemon/olive oil

Gems to rotate:

- fermented veggies (small serving)
- turmeric + black pepper • ginger
- green tea or matcha
- blue-green algae (spirulina/chlorella)
- fresh wheatgrass (1–2 oz)
- mineral-rich sea salt to taste

Hydration: about **0.5–1 oz water per lb body weight/day**; add electrolytes around sauna/training

Ease up on: processed sugars • refined oils • ultra-processed foods • heavy late-night meals

Timing (optional): 12:12 eating window (12 hours eating / 12 hours overnight fast) unless heavy training or under high stress



- Health Only → **Start the Reverse Aging Protocol** and **Explore Services**
- Health + Income → **Start the Protocol and Join a Team** (ASEA or NuXtrax)
- Get started at <https://www.konasquantumhealing.com/>
- Join ASEA at <https://www.aseaglobal.com/molecularwellness>
- Join NuxTrax at <https://nuxtrax.com/kona>

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Product & Usage (exact details you asked for)

ASEA Redox

- **Daily:** 6–8 oz/day → 3–4 oz AM and 3–4 oz PM
- **Athletes:** 4–8 oz 30 min prior to training
- **Endurance:** 8 oz before event + 8 oz every hour during event
- **Skin Renewal:** Renu28 daily (supports wrinkle appearance, cellulite, elasticity)
- **Targeted Relief:** Redox Gold — rub vigorously until dry; use before exercise (while stretching) and after for relief/recovery

iHerQles Blood Cleanse

- **Cleanse & Upgrade (4 months):** 4 sprays under tongue 3×/day
- **Maintenance:** 4 sprays under tongue 1×/day

Energy4Life (Bioenergetics)

- **Scan** remote or in-person; correct body-field with infoceuticals
- **Standard:** 15 drops of each of the 5 infoceuticals once daily in water
- **Sensitive clients:** dose and pace are adjusted
- **Timing** of each bottle is custom and provided in your plan

Jing Orb

- **Best:** 3×/week, 35 minutes
- **Bring:** 1–2 gallons to charge; drink it after to keep your voltage high
- **Acute:** daily until resolved

ARWave

- **Train:** 2–3×/week (strength, mobility, longevity)
- **Injury:** daily ASAP after injury
- **Post-surgery:** every other day; maintenance 1×/week

Kambo (IAKP)

- **Series:** 3 sits in one moon cycle — 3/5/7 gates
- **Singles:** available for reset • **Screening required**

Important Notes These products and services support wellness and are **not** intended to diagnose, treat, cure, or prevent disease. Results vary. Any income opportunities are **not guarantees**; they depend on your effort, skills, and conditions.