AOChem Nutritional Ice-bath

A New Era of Cellular Rejuvenation and Nervous System Recovery

Introduction

An Ice-bath activates an intense adrenaline rush. When adrenaline kicks in, it activates the entire human-body, but more importantly adrenaline opens the skins-pores. That's where the AOChem Nutritional bath-Tea comes in. Simply when the skin-pores are open, the AOChem bath-tea nutrition penetrates from the exterior to the interior.

The kick of the adrenaline rush in your immune-system is similar to when a toddler enters the drivers-seat in a car and all the lights come on, the wind-shields, the horn, the indicators, the entire cluster stars flicking.... Adrenaline activates everything in your body and that's why the ice-bath should not be done for long periods of time.... Adrenaline-Rush puts the body on survival-mode e.g., you breathe faster, meaning your heart is pumping at an abnormal rate.

Medical Benefits of the AOChem Ice-Bath

- **Enhances proper-function to the Nervous-System.**
- **Enhances reproduction/ Repairing of a damaged Nervous-System.**
- **Great for Joint pains** (inflammation & Congestion).
- **Great for torn muscles:** (there's a herb called Mathunga) in isiZulu the word MaThunga means: "to put together or to sow together", so AOChem uses a lot of it.
- **Great to decrease inflammation.**
- **Great for Skin-strength** (no loose skin), great for skin-health in general.
- **Great for the respiratory-system.**
- **Great for circulation:** (it's like an anti-freeze for your veins and muscles).
- **Amazing for all your organs:** it jumpstarts your organs e.g., when you are fast asleep and someone splashes you with cold water, the natural instinct is waking up at a very fast pace.
- **Very good for anti-aging treatment.** Immaculate for the stem-cell health and longevity.
- **Boosts immune-system.**



- **NB:** Ice-Bath doesn't necessarily have to be super-cold. (Just enough 'coldness' will do the job, when individuals start aging, their tolerance-levels start to age as well so doing it at home requires careful consideration and open communication)

How it's prepared: Simple Steps

1. **AOChem trained employees** will show up to your (Premises) house, flat, apartment, motel, farm, training grounds, schools etc.
2. **We bring concentrated-AOChem Nutritional bathing Tea** (based on client quantity).
3. **ICE is supplied by the Client.** A few icebags do the job but some people prefer the ice bath to be more intense so more ice can be added. (Not advisable).
4. **AOChem Staff** will prepare the ice-bath upon arriving at your premises.
5. **As the client, all you have to do is jump in** and we Set the timer (We let clients sit for 5-10 minutes max in the ice-called bath filled with nutrition). If the client wants to stay longer, we decrease the amount of ice or simply add warmer water. (We don't want to irritate the body).
6. **NB:** I really wish there was more to it but ancient medicine and methodologies were based on simplicity and being more direct…

A Message from Dr. Msomi

You are probably asking yourself, "Dr Msomi so why don't you just sell the Concentrated AOChem Nutritional bathing-Tea on its own because the preparation steps are really not complicated". AOChems' mission is to be able to assist both males and females, young and old and truth is; Some people require an extra helping hand, so AOChem opened up the table to that but if you can do the necessary preparation steps on your own or with your family members, teammates, coaches, your sports medical department, then you are welcome to just purchase the Multi-Nutritional Bathing Tea.

Amongst many herbs, the AOChem bathing concoction has a very special herb called **'uNwele'**, this is a monster of a herb and is truly amazing for the Nervous-System, which is also known as the body's primary communication and control network. Logically life is very hard when the network is down and no relationship is functional where there is poor communication. Therefore, it's important for the Nervous-System to be fully functional and enhanced with natural nutrition not steroids.



When you talk about an ICE-BATH a lot of individuals think it only applies to athletes. Yes, if you are just doing the ice-bath with just water and ice, then I prefer it for athletes, but once we throw in an element of herbal treatment. The AOChem ice-bath methodology opens the table to everyone not just athletes.

"Medication is for all."

Conclusion

Anything that is kept frozen adds shelf life to a product (preserves). The AOChem nutritional Ice-Bath is just a pure bliss for the stem-cell life longevity. **"A Petrol station for anti-aging treatment"** - AOChem nutritional Ice-Bath.

Pricing & Consultations

Normal bathtubs take 150 - 250 litres of water, but AOChem treatment only needs 150 litres of water in your bathtub or slightly less, which is then mixed with 15 litres of CONCENTRATED AOChem Nutritional Bath-Tea.

- **15 litres of AOChem Nutritional bath-Tea: R1500**

Chronically ill patients eventually will need to meet with Dr Msomi just to properly talk about that disease that's eating your life away, on a deeper scale. I think the info displayed on the website is just a tint of info Dr Msomi still has to share. Dealing with sickness requires you to have an idea of the time-frame of the illness, this assists Dr Msomi into knowing how much dosage of which herb should be increased or decreased e.g., if you are short of iron, Dr Msomi will increase the dose-volume on herbs that are high in potassium.

