

Products from Wastewater & Water



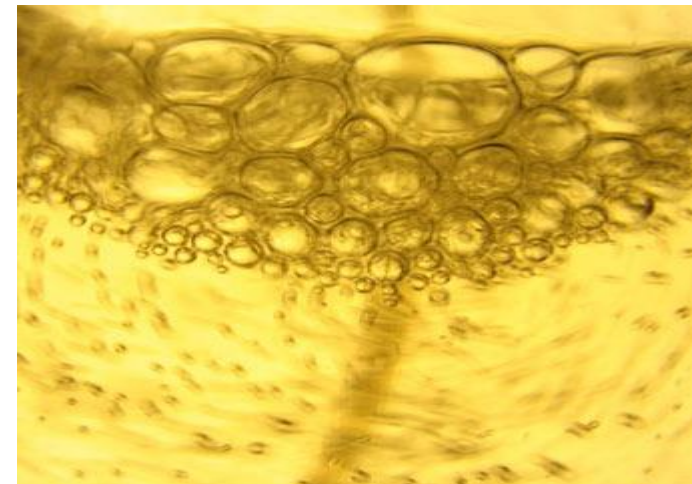
Our bodies are not **100%** efficient at converting food energy into mechanical output. But at **about 25% efficiency**, we're surprisingly good considering that most cars are **around 20%**, and that an Iowa cornfield is only about **1.5%** efficient at converting incoming sunlight into chemical storage.

Where does the other 75% Go???

Americans use 5.7 billion gallons per day from toilet flushes.



REMEMBER THEY CAN'T
FL__H
WITHOUT
US





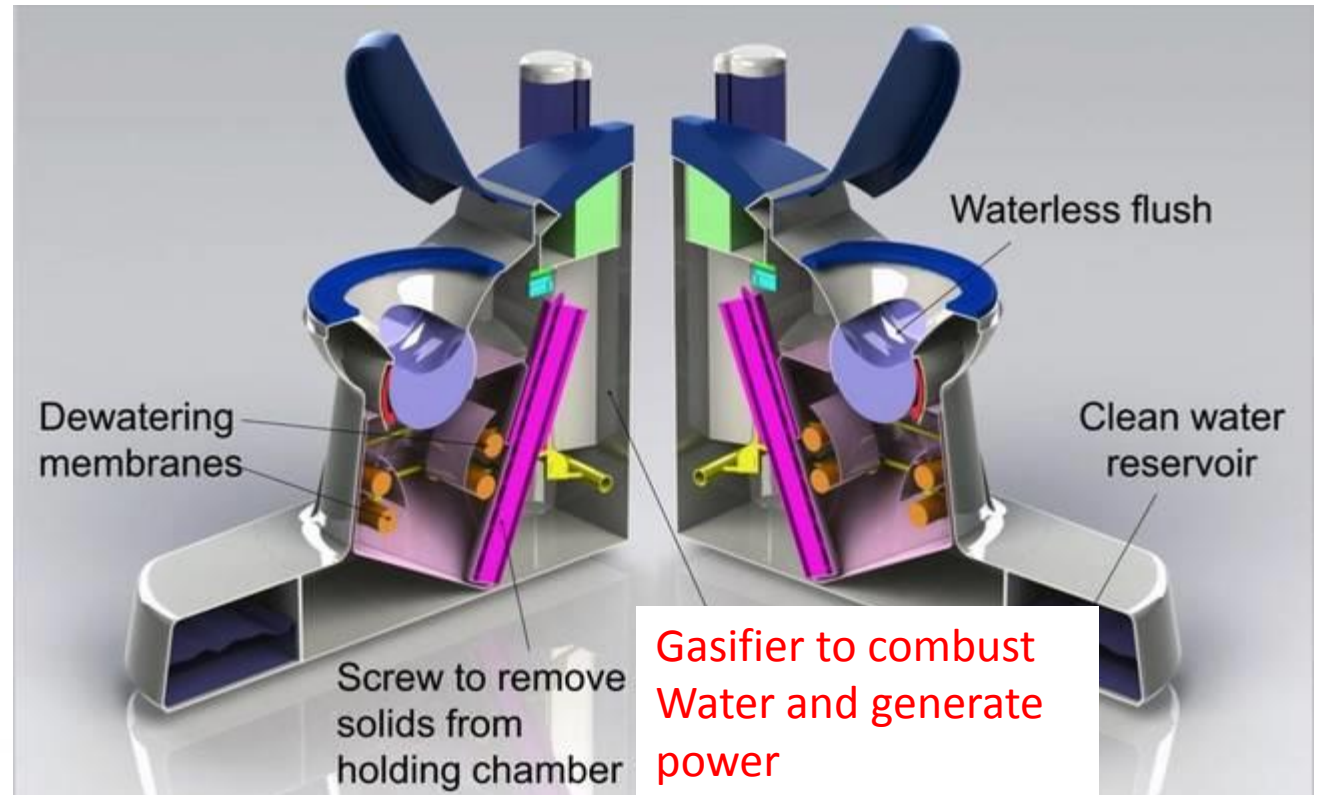
According to calculations by the environmental biotechnologist [Willy Verstraete](#), every 1000 gallons of waste water contains the [equivalent of \\$1.88 worth](#) of fertilizers, organic matter, energy-producing gases and more.

For Every 1,000 gallons of sludge
@ 3% solids and 68% volatility

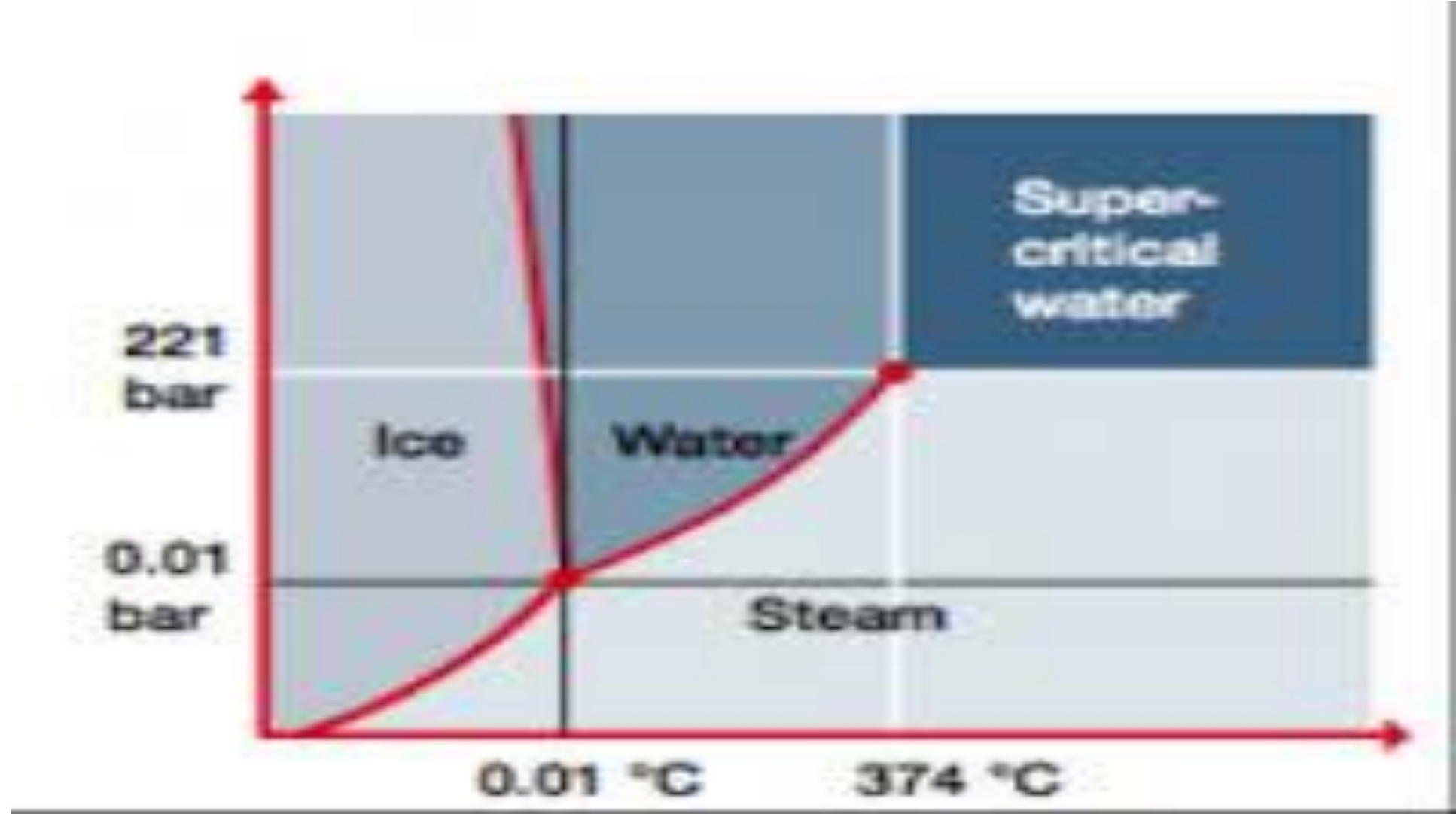


There is \$3.06 in biogas @ (\$5.00/1,000Ft³)
and
\$4.80 in electricity @ (\$0.07/KWH)

Cranfield University is developing the **Nano Membrane Toilet** which will be able to treat human waste on-site without external energy or water. The **Cranfield toilet** is designed for single-household use (equivalent to 10 people) and will accept urine and faeces as a mixture.

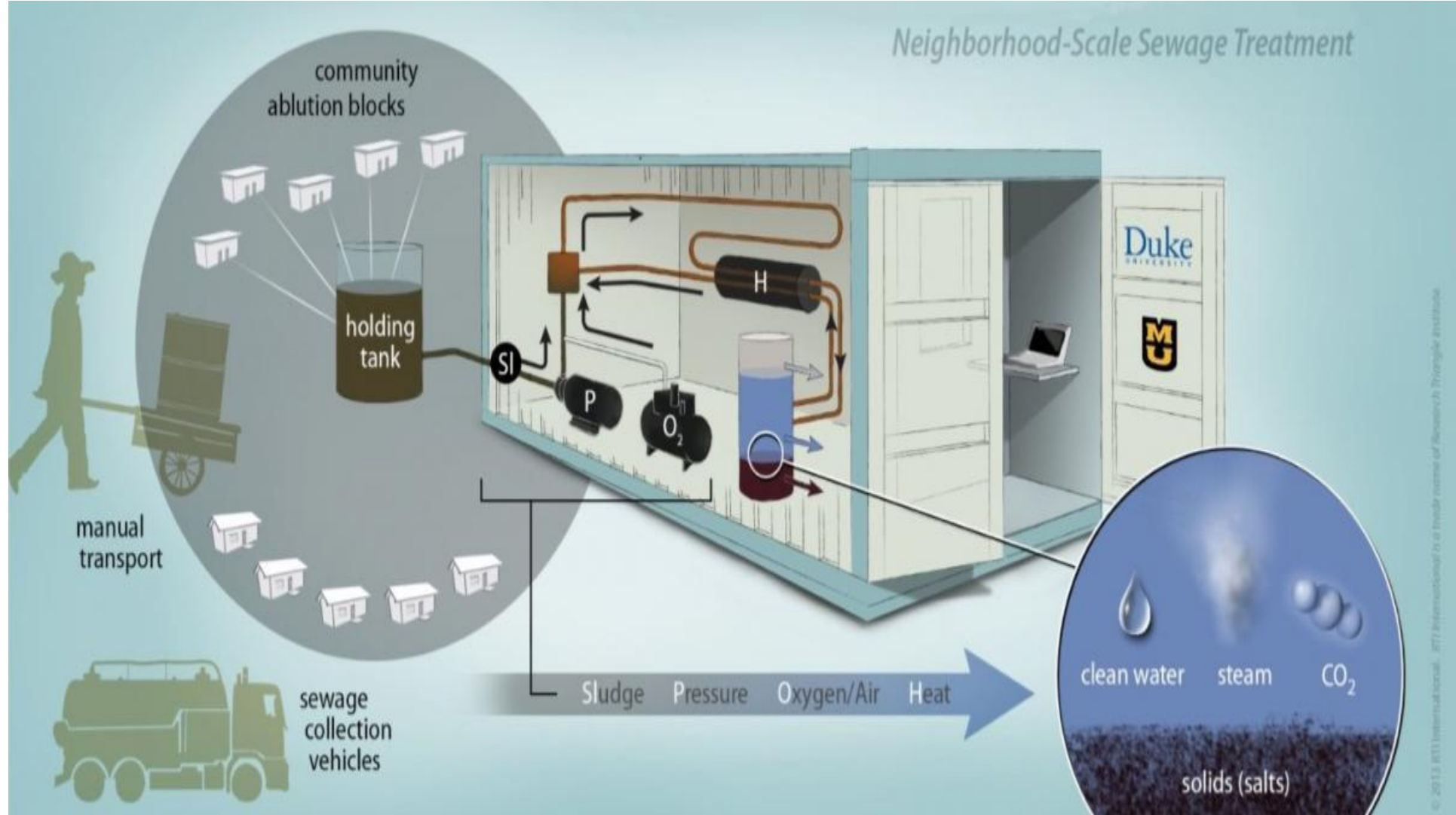


What is Supercritical Water ?



For those of you not familiar with [supercritical water oxidation](#), the basic premise is that once water goes above 370 Deg C or (698 F) and 220 Bar of pressure(3,190 psi), it enters a fourth state, referred to as supercritical. If you introduce oxygen into supercritical water, you can completely oxidize organic material. This releases energy which can be used in a CHP plant and produces an inert ash-like material and water (supernatant) with a COD of less than 5mg/l.

Neighborhood-Scale Sewage Treatment





Is this what they mean by Russian Hacking?



A group of businessmen from Washington show a big interest for The Russian Company “Cheloveckaja Energija” developer of a technology which is turning a human waste into energy! The whole idea is human waste to be collected, fats and oils to be extracted and to be used for a production of biodiesel. The side products can be used as a cheap and eco friendly fertilizer for the soil.

Most of the energy experts agree that: if this technology shows a positive result this can be a beginning of a new era for humanity.



TO ANSWER PAT



UM, UM... HM.



Average person emits 75cc CH₄/Fart
or 0.0025486 Ft³
127Ft³ geg = 49,831 Farts=1 gal. of gas
0.0025486
Google says we average 10 to 20 farts/D
49,831/15 = 3322 days or 9.1 years



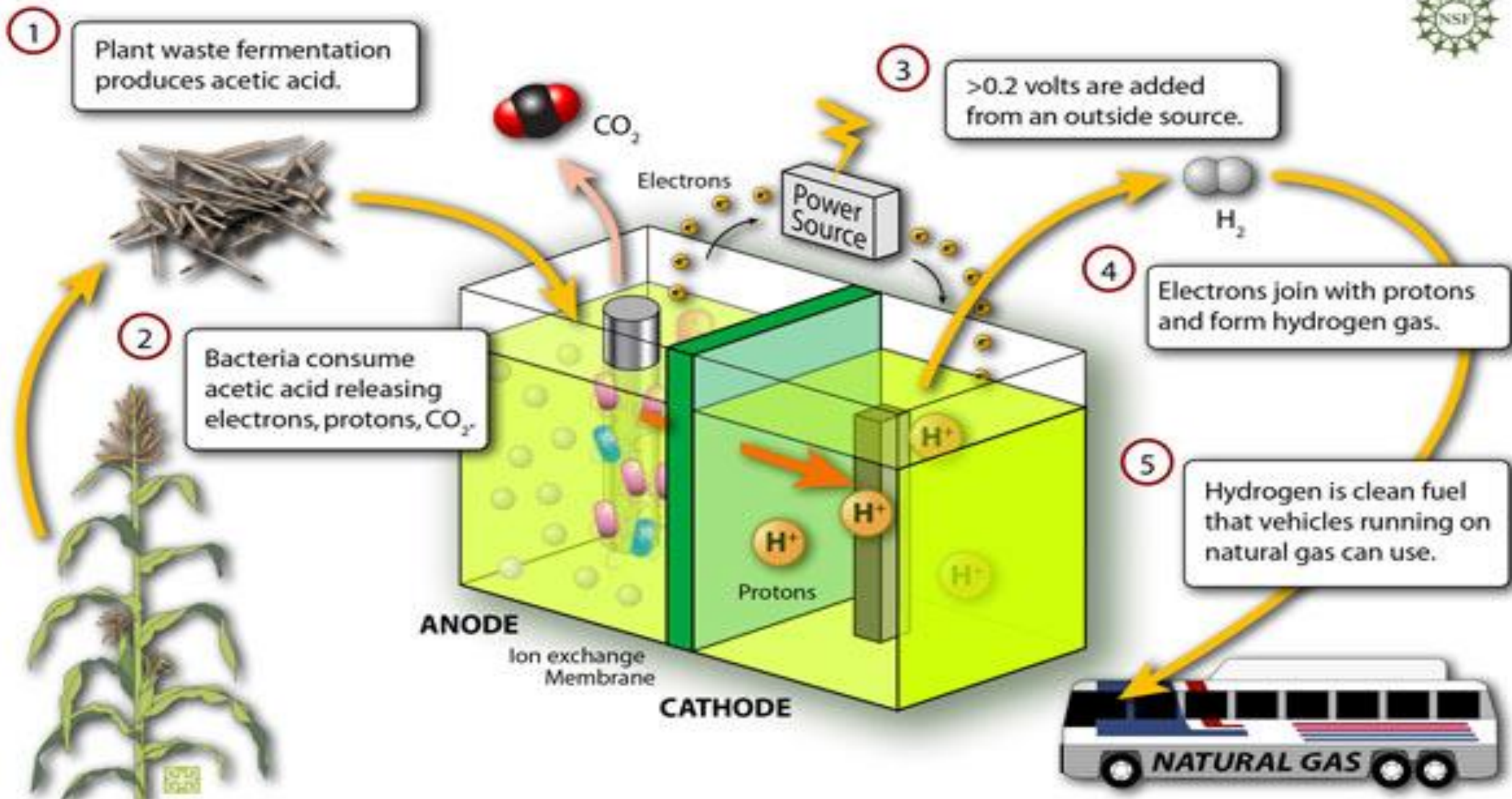
Urine turned into hydrogen fuel

US researchers have developed an efficient way of producing hydrogen from urine - a feat that could not only fuel the cars of the future, but could also help clean up municipal wastewater.

Using hydrogen to power cars has become an increasingly attractive transportation fuel, as the only emission produced is water - but a major stumbling block is the lack of a cheap, renewable source of the fuel.

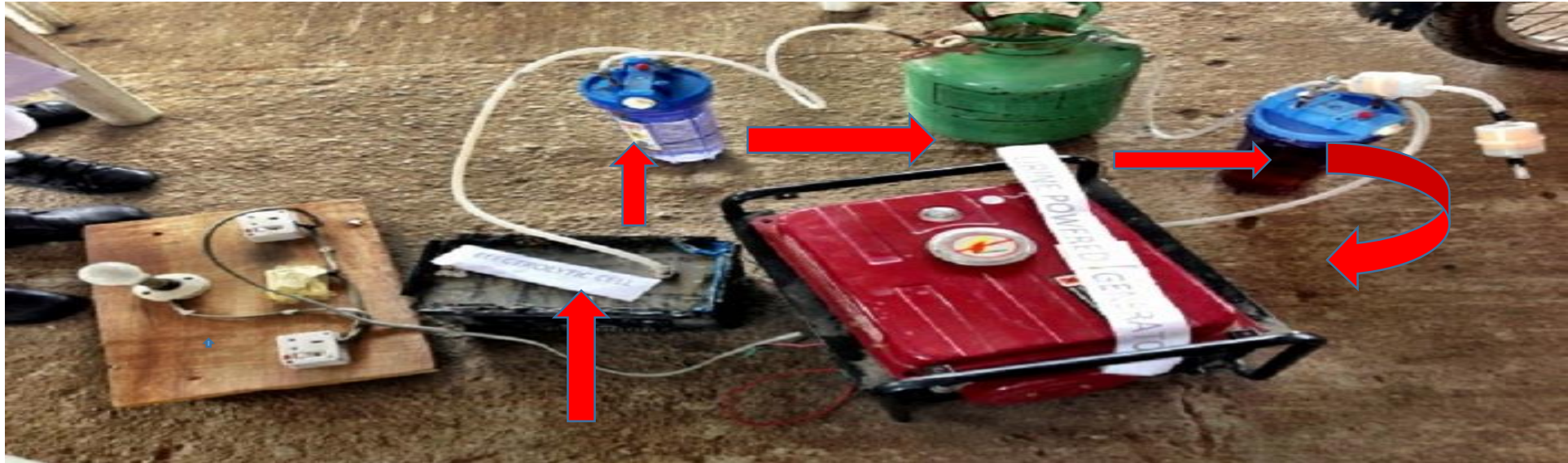
Gerardine Botte of Ohio University may now have found the answer, using an electrolytic approach to produce hydrogen from urine - the most abundant waste on Earth - *at a fraction of the cost of producing hydrogen from water.*

MICROBIAL ELECTROLYSIS CELL



How many liters of urine are produced every day in the world? This seemingly gross question may very well hold the answer to fuel crisis that we all are facing. Approximately, **10.5 billion liters (2.77 billion gallons)** of urine are produced every day which is (for comparison's sake) enough to fill above **4,000 Olympic sized swimming pools**. This much amount goes to waste every day, but, now scientists are hoping that they can use this to generate power; power for homes, cities and vehicles.

Imagine powering your home with waste bi-products. You could essentially power your home with pee. Adult human being produces 1-2 liters of urine per day. 1 liter is enough to power a small generator for 6 hours. How do we know this? A 14 year old girl and her friends from Nigeria, Africa created a system that separates the hydrogen and oxygen in urine, purifies the hydrogen and uses it to power a generator.



The system works like this:

Urine is put into an electrolytic cell, which separates out the hydrogen.

The hydrogen goes into a water filter for purification, which then gets pushed into the gas cylinder.

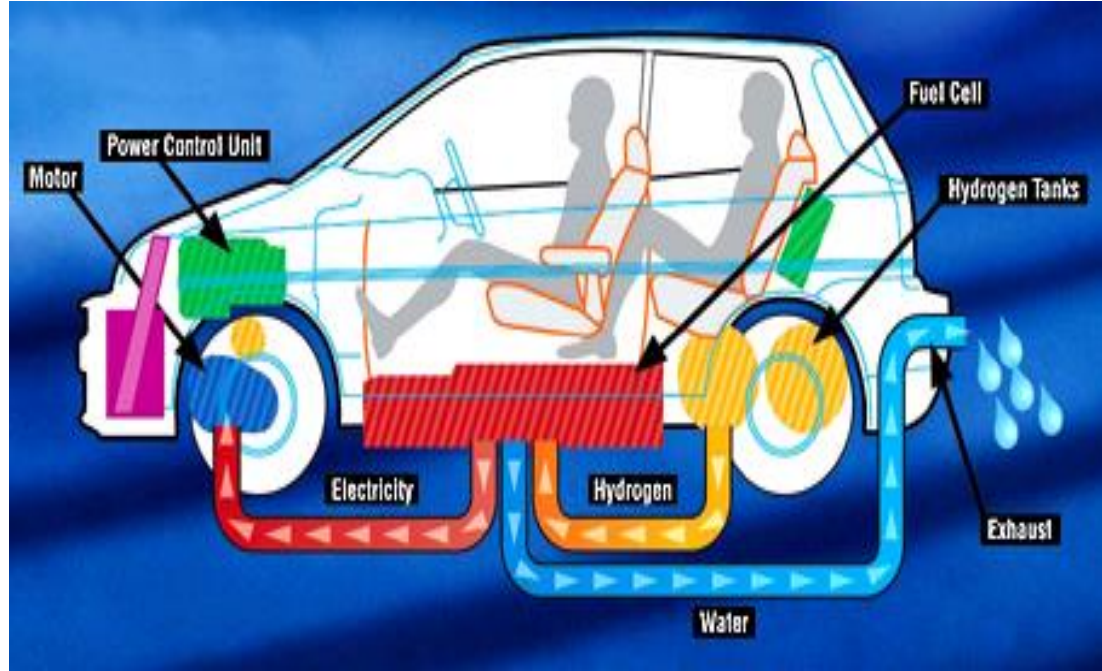
The gas cylinder pushes hydrogen into a cylinder of liquid borax, which is used to remove the moisture from the hydrogen gas.

This purified hydrogen gas is pushed into the generator.

PRACTICE YOUR AIM



Hydrogen Fuel Cell Vehicle



THINK OF THE
POSSIBILITIES





hudo
published on

They have OPEC

Organization of Petroleum Exporting Countries

WE Have:

OPISS

Ohioans

Peeing

In

Selective

Sewers

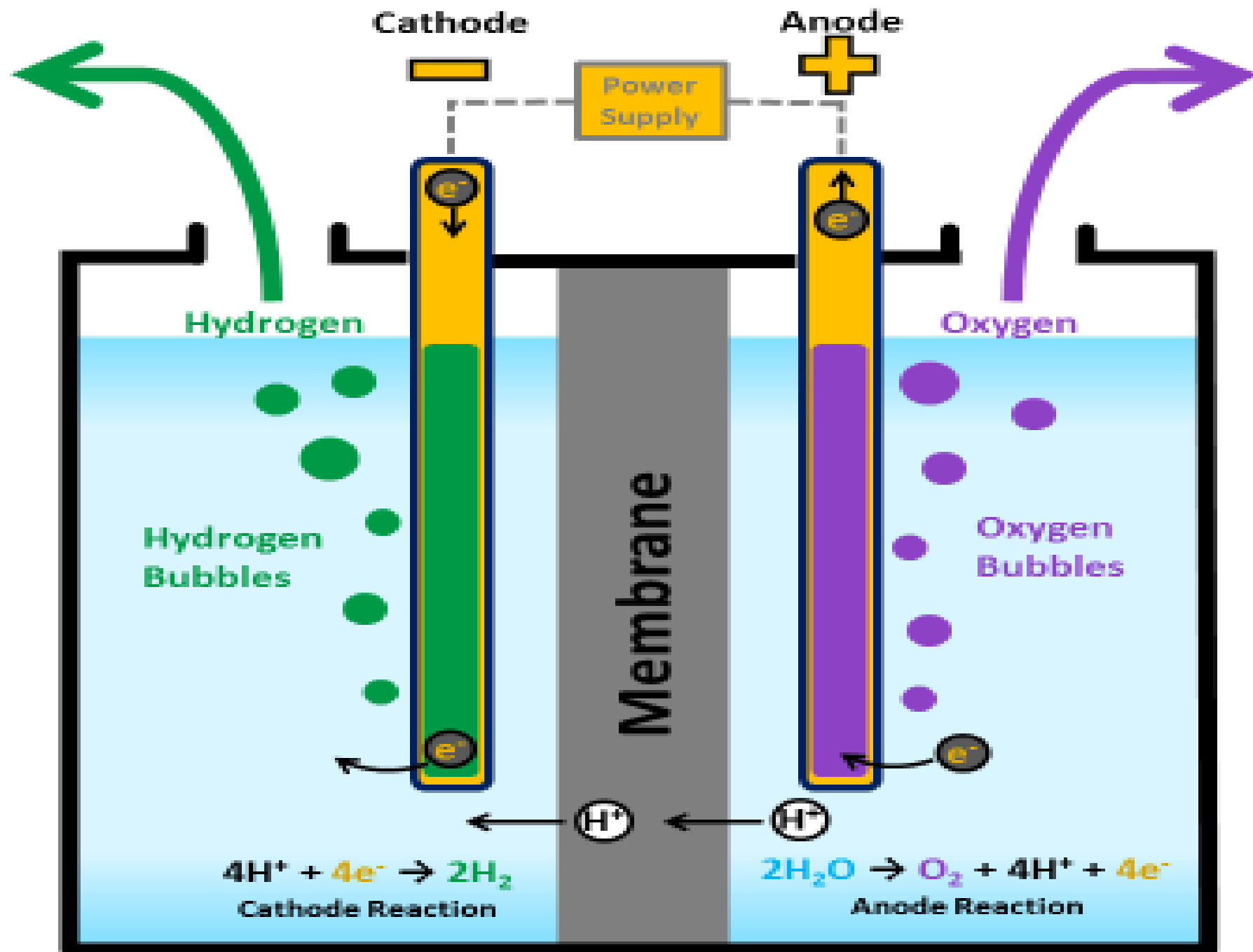


From Dr. Botte's Green Box to Mike's Vial



2.4 gallons H_2O = 1 Kg H_2
One kilogram of H_2 has approximately the same energy as one gallon of gasoline.





URINALYSIS

Urine consists of approximately 98% water, and 2% urea, which is made up of carbon, oxygen, nitrogen and hydrogen atoms

Urochrome is a pigment which gives your urine a yellow color.



OOPS

You Wanted to Know

- 9 liters of urine produces 1 kg of hydrogen
- One kilogram of H₂ has approximately the same energy as one gallon of gasoline.
- Average Adult Human Being produces 1 to 2 liters of urine per day – So 9 liters/1.5 liters/Day = 6 Days to produce the equivalent of one (1) gallon of gasoline.

Remember the 10.5 billion liters/D that's 1,166,666,666 gals. gas

Cow Urine Can Sell for More Than Milk in India



India to launch cow urine as soft drink

Does your Pepsi lack pep? Is your Coke not the real thing? India's Hindu nationalist movement apparently has the answer: a new soft drink made from cow urine.

The bovine brew is in the final stages of development by the Cow Protection Department of the Rashtriya Swayamsevak Sangh (RSS), India's biggest and oldest Hindu nationalist group, according to the man who makes it.

Om Prakash, the head of the department, said the drink – called "gau jal", or "cow water" – in Sanskrit was undergoing laboratory tests and would be launched "very soon, maybe by the end of the year. It won't be like carbonated drinks and would be devoid of any toxins.



MOO Over Mountain Dew

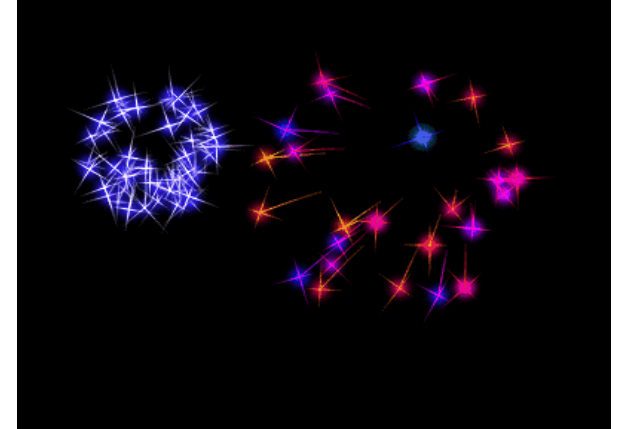


You're in Luck Today



Did You know that Urine is used to make Gunpowder?

- Gunpowder is made up of these ingredients:
- 75% Potassium Nitrate
- 15% Charcoal
- 10% Sulfur



Guess where the KNO_3 comes from?



Traditionally, **gunpowder** used in **fireworks** was **made** of 75 percent potassium nitrate (also called saltpeter) mixed with 15 percent charcoal and 10 percent sulfur; modern **fireworks** sometimes use other mixtures (such as sulfurless powder with extra potassium nitrate)

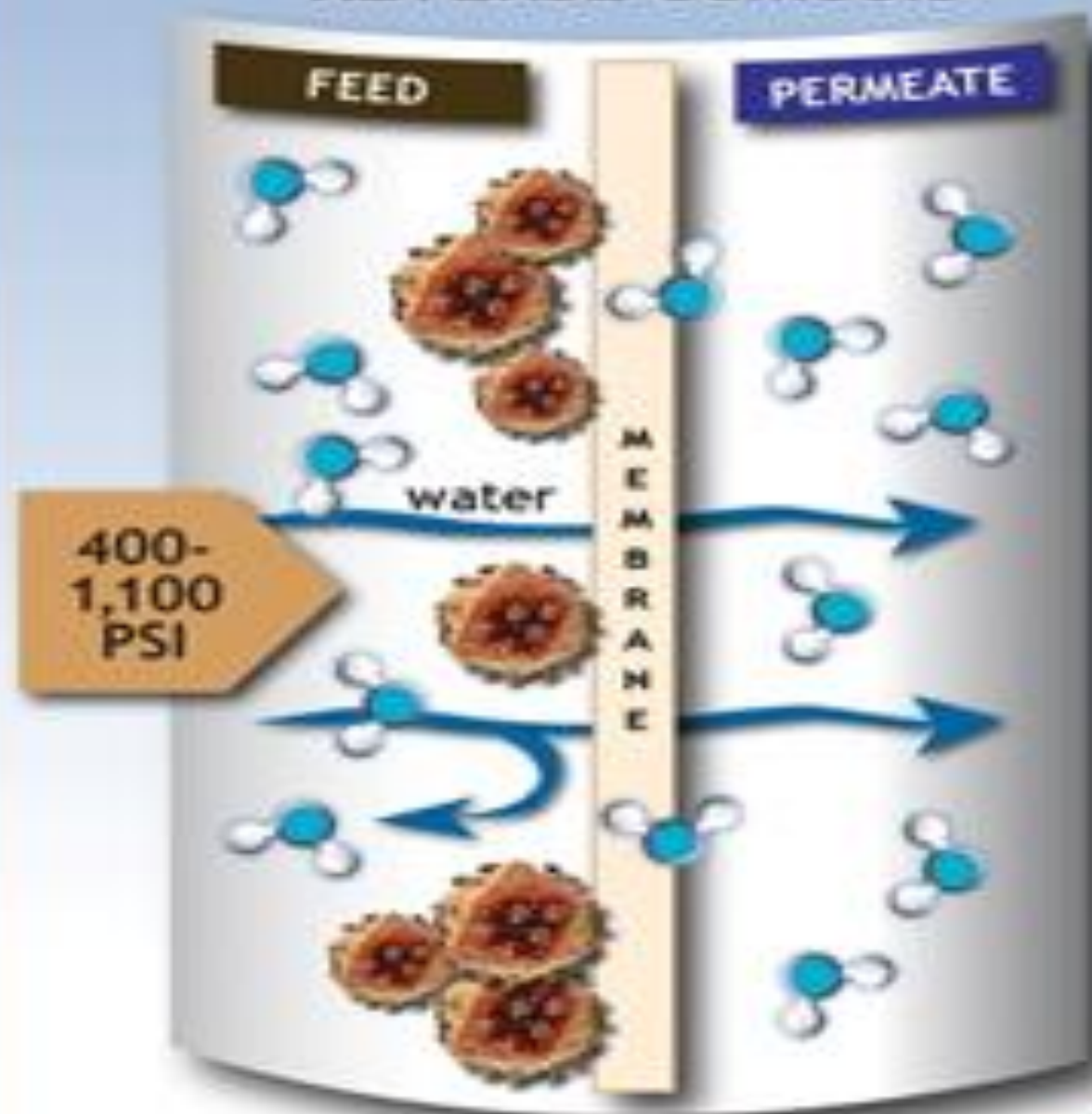
How urine will get us to Mars

A new recycling system turns pee into drinking water and energy



DRINK UP Astronauts drink water made from recycled urine and other wastewater aboard the International Space Station. A new system would turn pee into drinking water and produce energy, a step toward long-term space travel

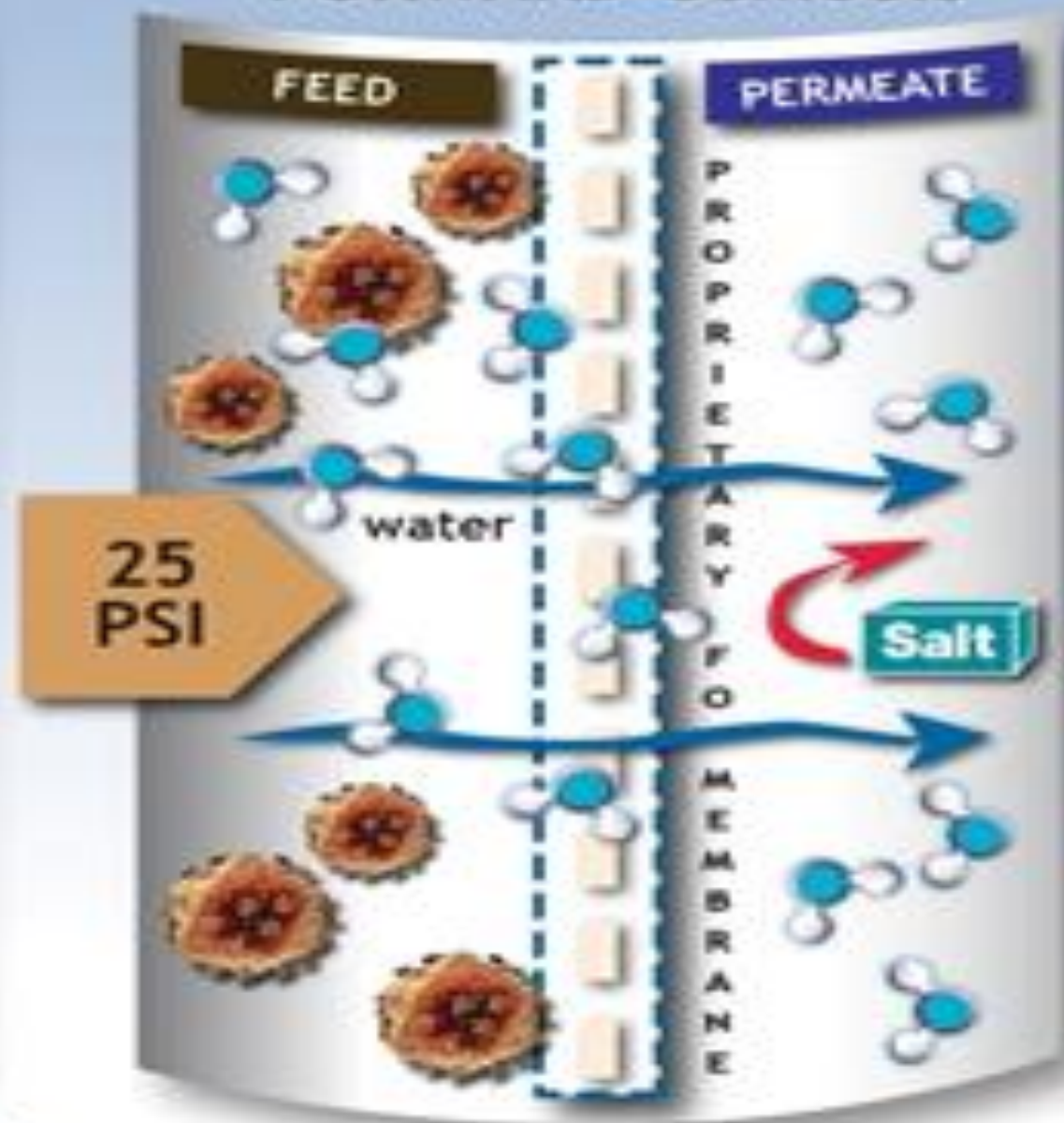
REVERSE OSMOSIS



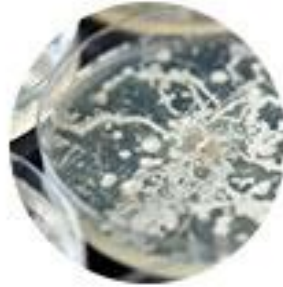
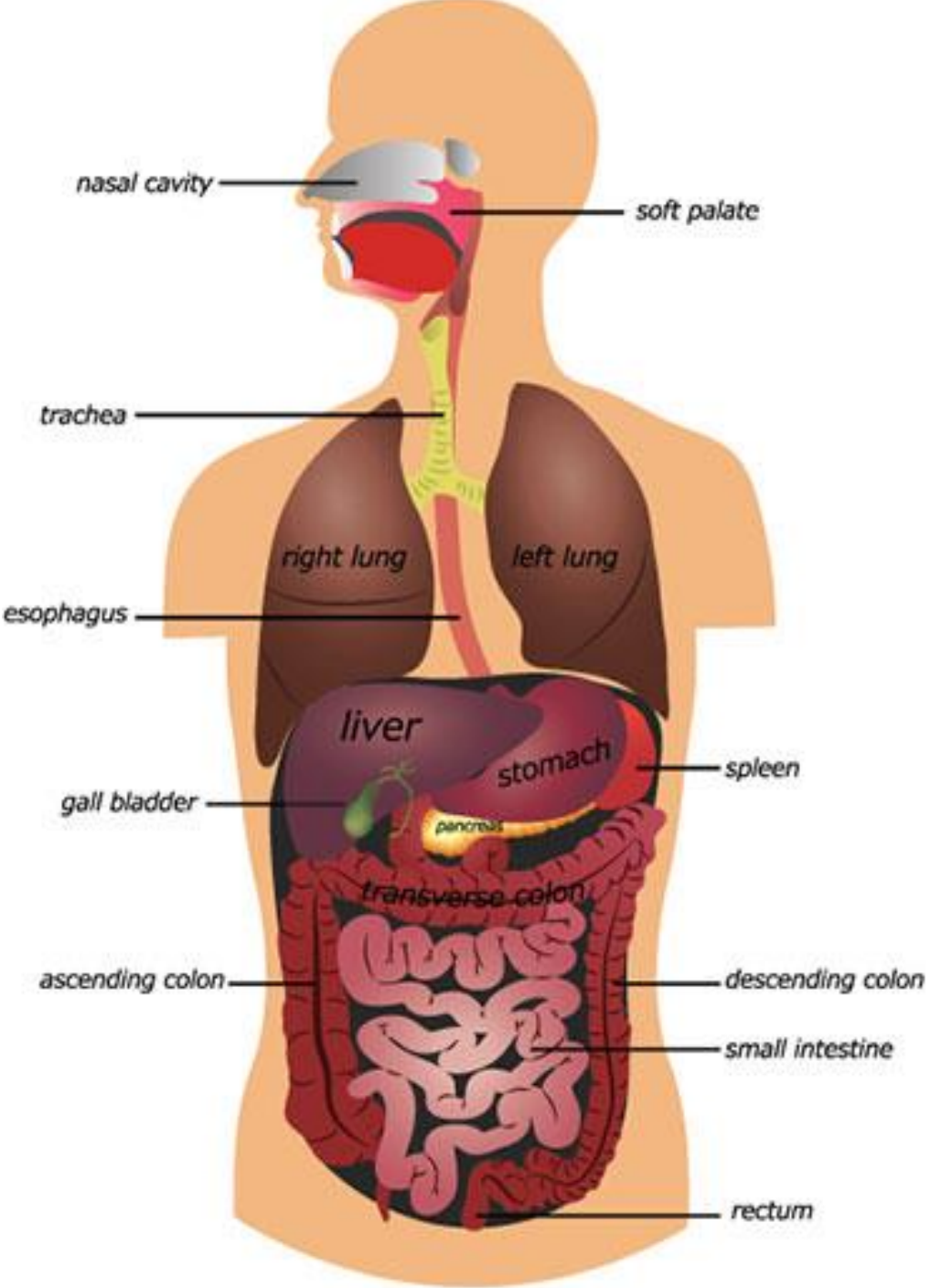
High pressure =
high tendency to foul

 = foulant

FORWARD OSMOSIS



Low pressure =
low tendency to foul



Over your lifetime you'll eat about 60 tons of food. And all of that food will ultimately pass through your GI tract.

What you may not realize is that your GI tract is home to a lot more than what you ate for breakfast this morning.

Your GI tract is also home to a thriving population of approximately 100 trillion microbes like bacteria, fungi, and viruses

Hippocrates – “All Disease Begins In The Gut”



A new clinical trial -- which is not yet open to participants -- will study the effects of gut microbes from lean, metabolically healthy donors on the bodies of people with obesity and/or insulin sensitivity. **Now How Healthy does that person Look ?**

To get the microbes from one person to the other, scientists will freeze the feces from donors and case the material into pills, to be taken orally by the subjects.



**Massachusetts General
Hospital**

Recommended: not to chew



Coffee Luwak

Brewed from beans excreted by Asian palm civets

■ Sells for up to \$800 per kilogram

\$363.00/Lb.

Role of civet

- ▶ Selection of ripe coffee beans
- ▶ Partial digestion said to strip bitterness from taste

Asian palm civet

- ▶ Habitat: tropical forest
- ▶ Range: India, China, Vietnam, Malaysia, Indonesia, Philippines
- ▶ Mostly tree dwelling
- ▶ IUCN status: least concern

Source: AnimaldiversityWeb



Paradoxurus hermaphroditus

Length: about 53 cm

Weight: Up to 5 kg

AFP



Wastewater Engineer makes
beer from Milwaukee's
Metropolitan Sewer District's
final effluent, called:
ACTIVATED SLUDGE



That beer grabbed relatively high marks when presented to a tasting panel at Milwaukee's Lakefront Brewery. In the beer's defense, brewery President Russ Kilsch even said, "No pathogen known to man...can grow in beer." Sounds like people are certainly putting that theory to the test.

Japanese Scientists Create Meat From Poop



They call it POOP STEAK – no kidding

Mitsuyuki Ikeda, a researcher from the Okayama Laboratory, has developed steaks based on proteins from human excrement. Tokyo Sewage approached the scientist because of an overabundance of sewage mud(shit). They asked him to explore the possible uses of the sewage and Ikeda found that the mud contained a great deal of protein because of all the bacteria.

The researchers then extracted those proteins, combined them with a reaction enhancer and put it in an exploder which created the artificial steak. The “meat” is 63% proteins, 25% carbohydrates, 3% lipids and 9% minerals. The researchers color the poop meat red with food coloring and enhance the flavor with soy protein. Initial tests have people saying it even tastes like beef.



IF YOU LOSE TO OHIO STATE

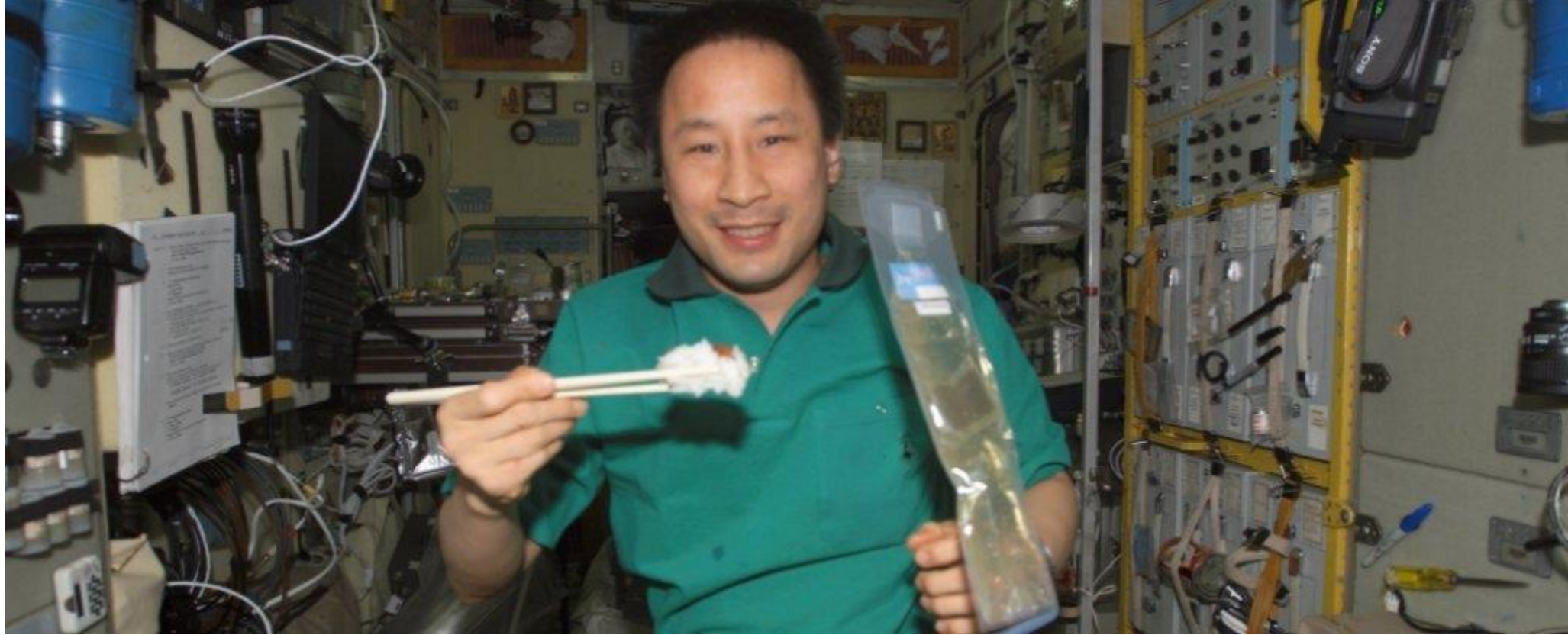


IF YOU LOSE TO ALABAMA



POST GAME MEALS





The food that will sustain future generations as we colonize our way across space may be none other than our own sh*t, if a new NASA-funded project is successful. The US space agency has allocated researchers at **Clemson University** in South Carolina US\$200,000 a year for up to three years to figure out how to recycle human faeces into synthetic food that could sustain astronauts during extended journeys or on a Martian colony. *Or Post Game Meals* That's my take

Can Artificial Meat Save The World?

The ability to efficiently create meat, or something sufficiently meat-like, will become progressively more important in coming years because humanity may be reaching a point when there's not enough animal protein to go around. The United Nations expects the global population to grow from the current 7.2 billion to 9.6 billion by 2050. Also, as countries such as China and India continue to develop, their populations are adopting more Western diets. Worldwide the amount of meat eaten per person nearly doubled from 1961 to 2007, and the UN projects it will double again by 2050.

Each year, Americans eat more than 200 pounds of meat per person.

- For example, a single pound of cooked beef, a family meal's worth of hamburgers, requires 298 square feet of land, 27 pounds of feed, and 211 gallons of water.
- As ghoulish as growing lab meat sounds, the concept has a long history, and not just in science fiction. *In 1931, Winston Churchill wrote, "Fifty years hence, we shall escape the absurdity of growing a whole chicken in order to eat the breast or wing, by growing these parts separately under a suitable medium."*

Beyond Meat Factory - 1985

in Columbia, Missouri, food scientists transform a mix of soy and pea proteins and amaranth into “chicken” strips.





EAT MORE
POOP STEAK

DRINK
GAU JAL

“R” World Is Changing

We use to say:

“This taste like Shit”

In The Future:

You’ll be paying them a compliment

Your mate farts



And you say:

Supper smells delicious!

Your mate says “I’m constipated”



And you say: Is there anything else to eat?



MANGO MATERIALS

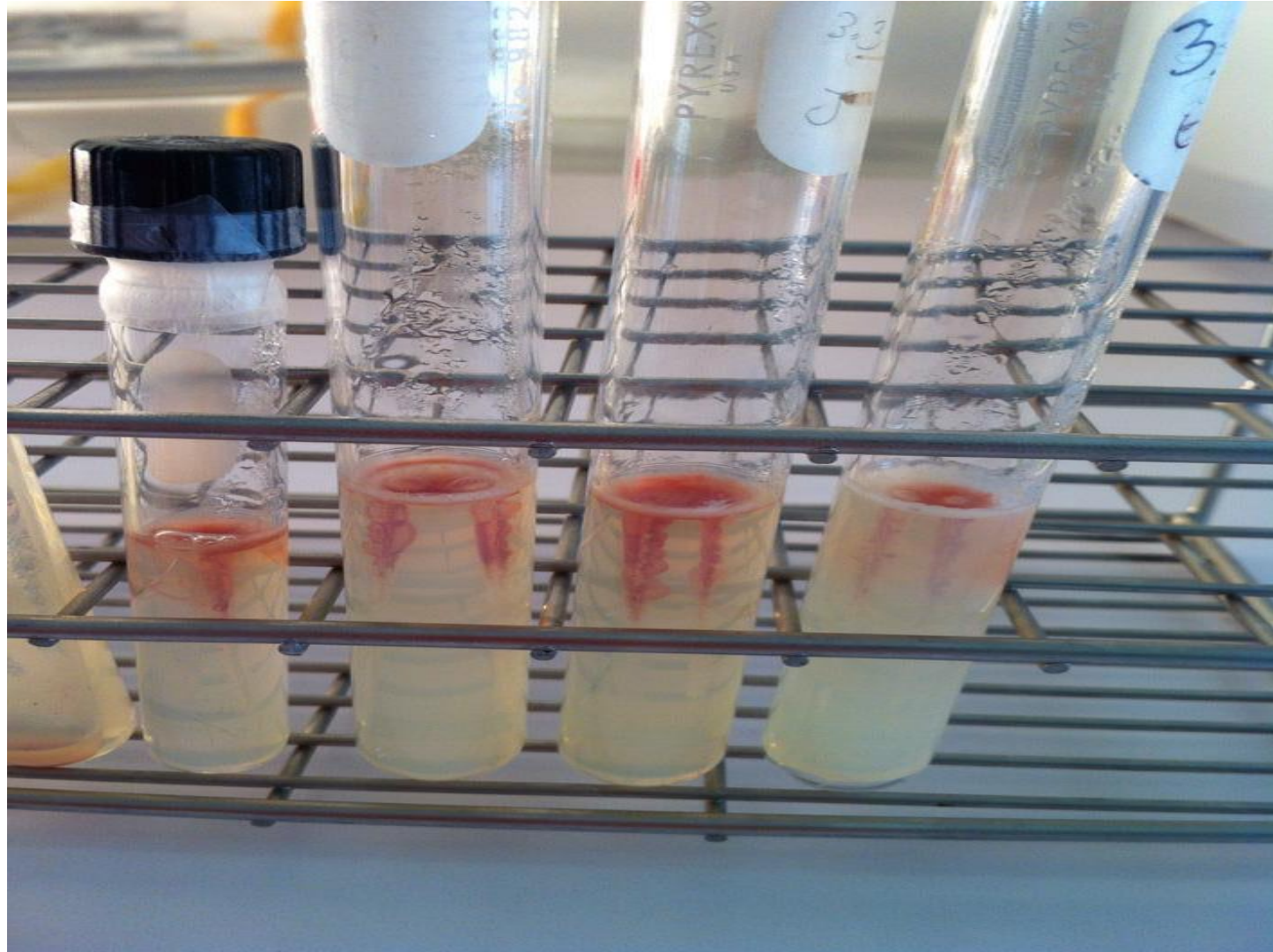
From Methane to Bioplastic: Challenges of Engineering and Fermentation at Scale

Allison Pleja, Ph.D., CTO Allison@MangoMaterials.com

Anne Schauer-Gimenez, Ph.D., VP of Customer Engagement Anne@MangoMaterials.com

16 February 2017

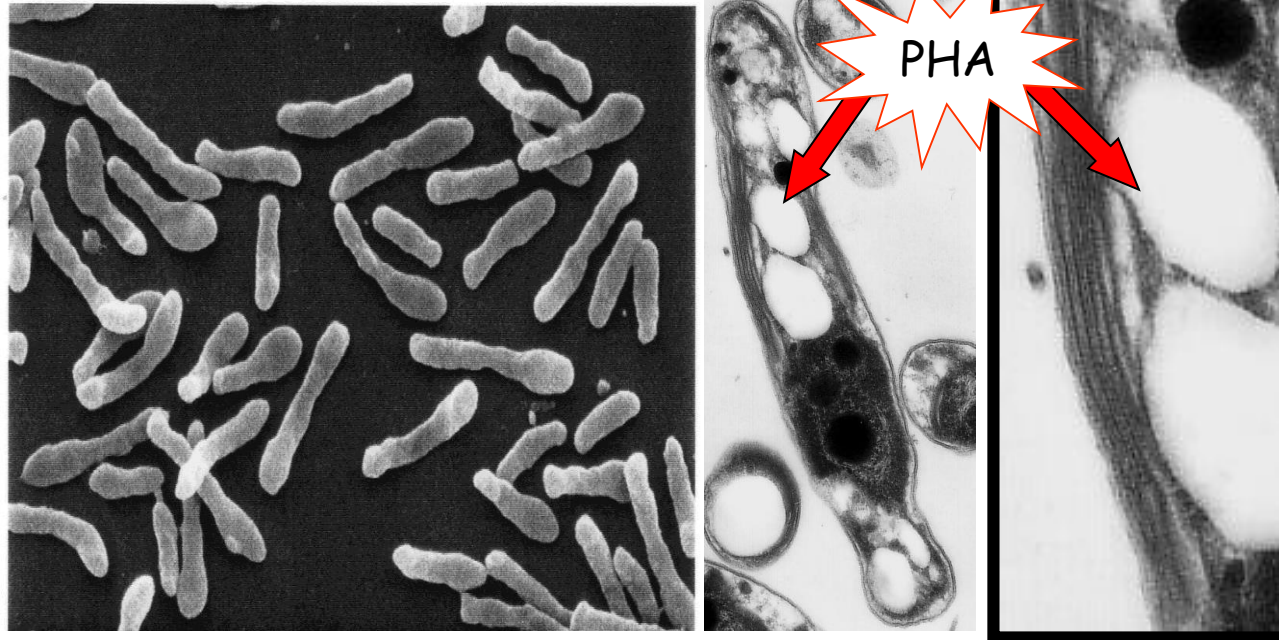


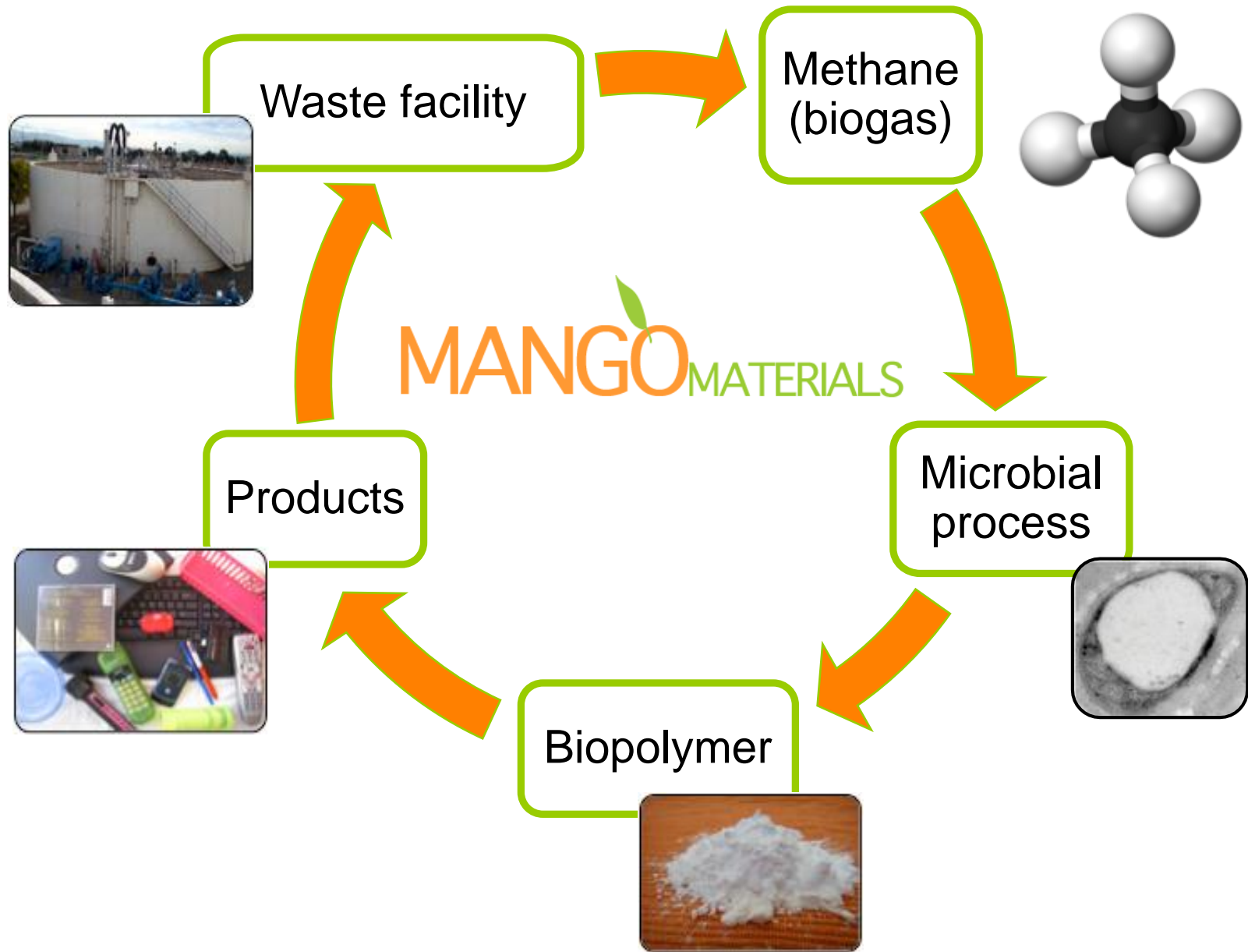




TN1: the right microbe to do the job

- Can use VFAs as food.
- Makes LOTS of hydrogen and PHA.
- Can grow aerobically and anaerobically.







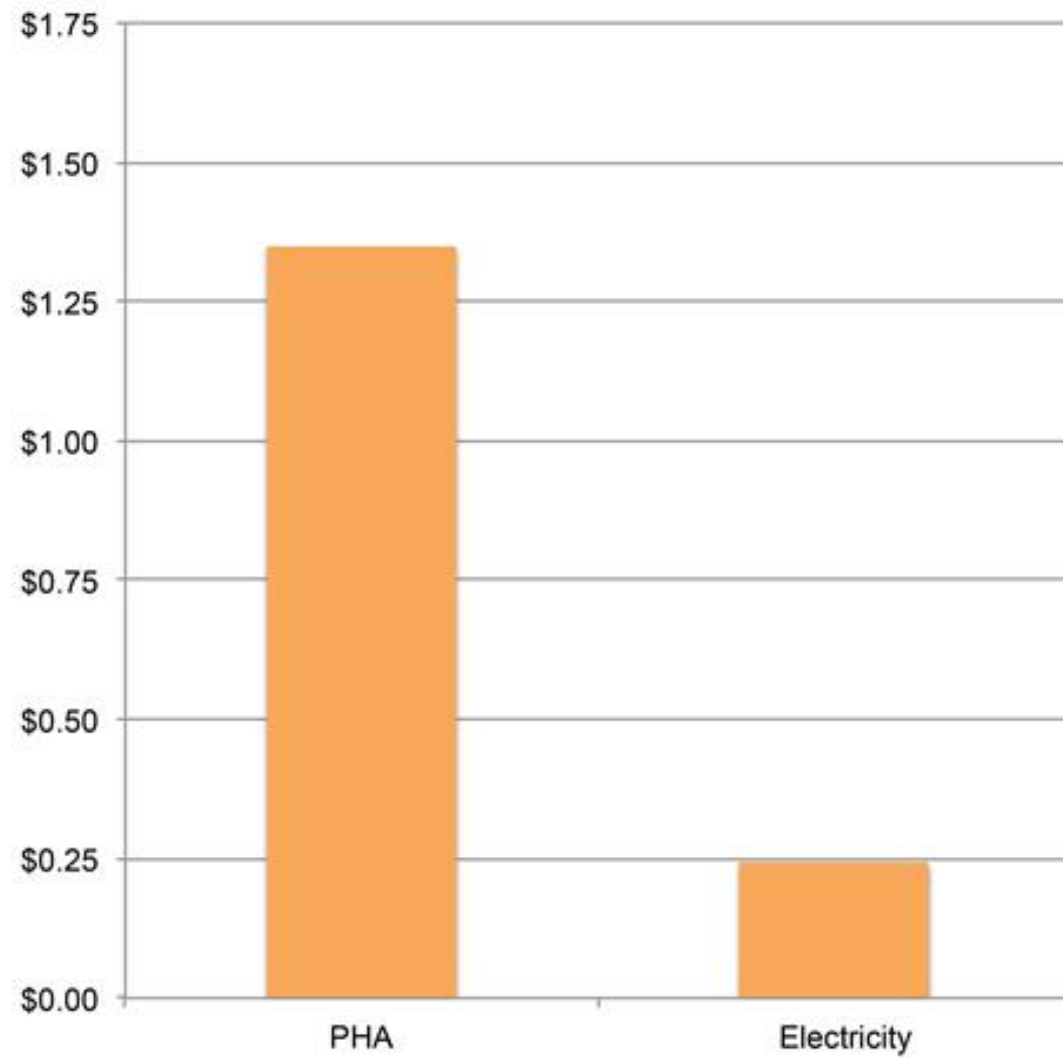
**IF THE METHANE FROM U.S. WATER
RESOURCE RECOVERY FACILITIES IS
USED TO MAKE MANGO MATERIALS'
BIOPLASTIC:**

**MORE THAN 250 MILLION POUNDS
OF BIOPLASTIC WOULD BE
PRODUCED EACH YEAR.**

**IF THE COLLECTED BUT UNUSED
METHANE FROM U.S. LANDFILLS IS
USED TO MAKE MANGO MATERIALS'
BIOPLASTIC:**

**3 BILLION POUNDS OF
BIOPLASTIC WOULD BE
PRODUCED EACH YEAR.**

Total Sales Per Pound of Methane



Integration at wastewater treatment
facilities

Verify process on biogas (vs. pure methane)



Candle
Flare

Anaerobic
Digester

Mango
Materials



Pilot-scale operation



Good news!





PHA bottle biodegradation over a period of 2 months.

CLOSED LOOP
BIOPRODUCT
ECONOMIES ARE
NOW POSSIBLE

– LET'S BUILD ONE!

Decentralized Production



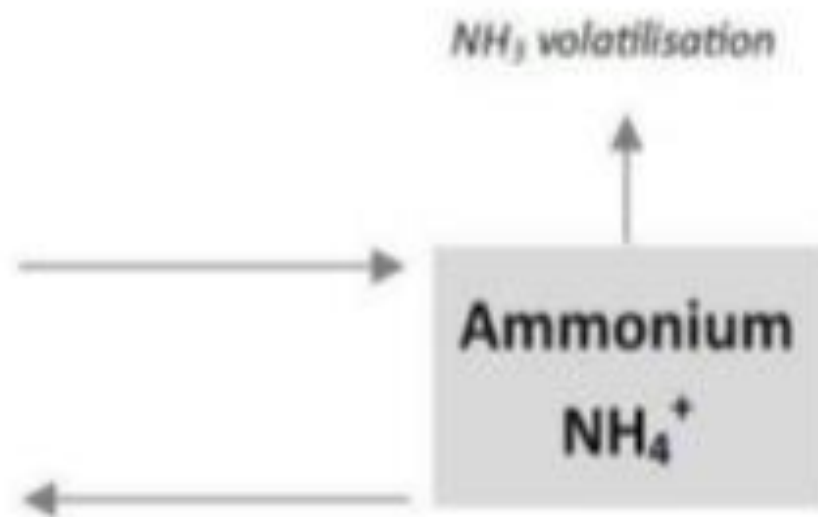


Stanford engineers use rocket science to make wastewater treatment sustainable

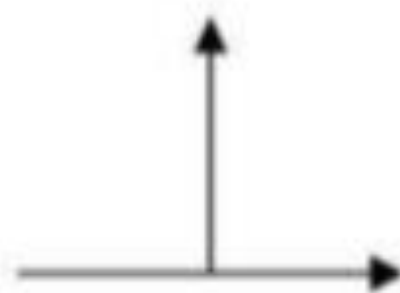
Researchers encourage bacteria that produce nitrous oxide and methane in sewage sludge. The gases can then be cleanly burned to produce energy to run the plant.

Nitrosomonas europaea appears to produce N_2O by more than one mechanism. Moderate amounts are released under full aeration, but the release increases sharply in response to oxygen limitation. Poth and Focht showed that *N. europaea* denitrified with NO_2^- as the electron acceptor and that the labelling pattern observed (with either $^{15}NH_4^+$ or $^{15}NO_2^-$) indicated that N_2O was primarily a product of NO_2^- reduction, rather than a by-product of NH_3 oxidation. The presence of nitrite reductase in *N. europaea* has been demonstrated in several investigations and it is probably involved in the production of N_2O by this organism under oxygen-limiting conditions

- Mineralisation
- Some fertilisers
e.g. urea, MAP
- Assimilation into
organic matter



Nitrous oxide

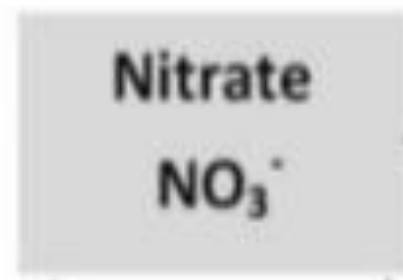


NO_3^- based fertilisers

NO_3^- leaching

Di-nitrogen
 N_2
Nitrous oxide
 N_2O

Denitrification



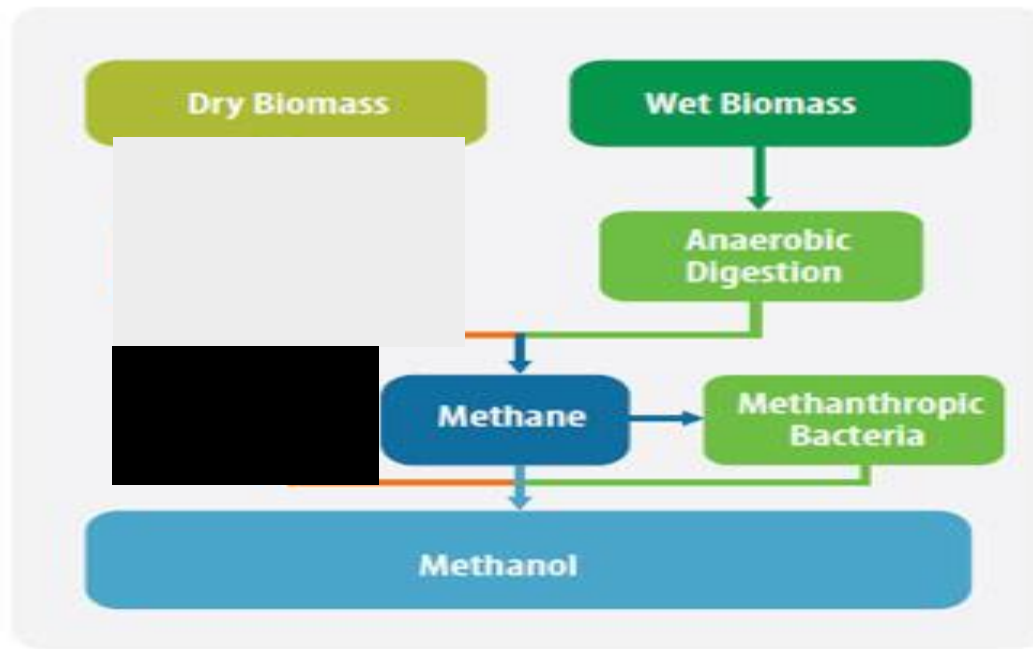


NITROUS STORAGE

▶ For racing purposes, nitrous oxide is usually contained in an aluminium cylinder; available in a variety of sizes ranging from 2.5 lbs to 20 lbs. While retained in the cylinder the nitrous is in a liquid form and held under high pressure. When it is released from the cylinder into the intake tract its physical state changes from a liquid to a gas. This transformation occurs as the nitrous is released from an area of extreme pressure (the aluminium cylinders are pressurized to approximately 1000 P.S.I.) into the vacuum of the intake manifold. This change in state is usually referred to as the nitrous 'boiling'.



POWER WING NOZZLE



Methanol, also known as methyl alcohol, is often abbreviated as MeOH.

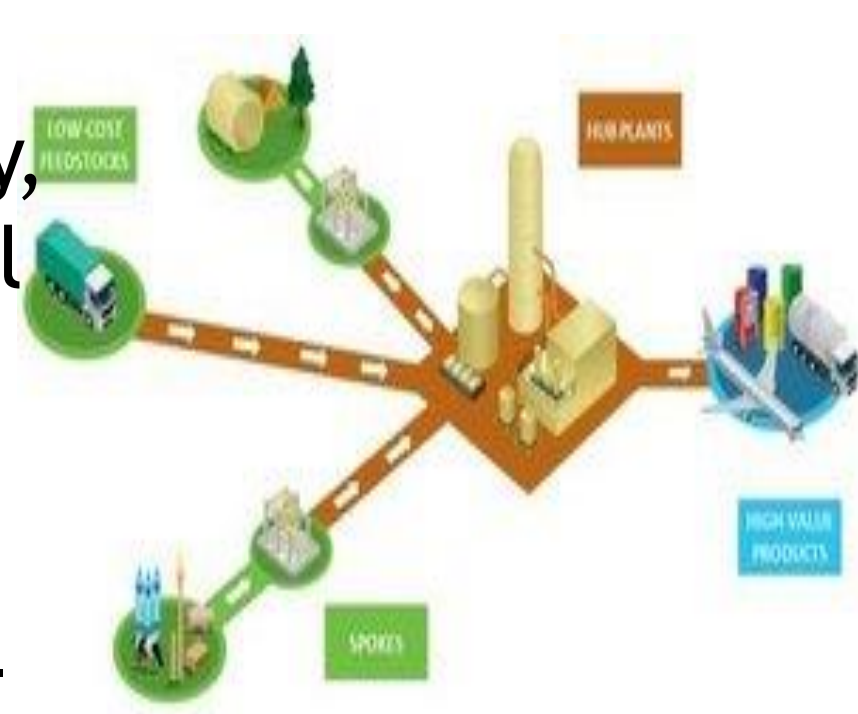
Biochemical pathways

One biochemical route is via methane formation by anaerobic digestion. This process is well developed due to the rise of biogas production from municipal waste or landfill sites.

The biogas has to be cleaned to obtain a gas with high methane content and MeOH is then produced from the methane as described above.

Recently a genuine biochemical route using methanotropic bacteria has been investigated. For example, bacteria such as *Methylococcus capsulatus* will convert methane to MeOH if methane is the only available resource.

Maverick Synfuels, a leader in alternative fuels and chemicals production technology, and Plant Process Equipment Inc., a global energy engineering and fabrication company, have formed a partnership to manufacture and sell small-scale gas-to-liquids (GTL) methanol plants. These skid-mounted modular plants can be rapidly deployed and are capable of producing between **3,000 - 10,000 gallons** per day of ultra-clean synthetic fuels and chemicals from natural gas or methane-rich “waste gas.”





If you produce 100,000 gallons of sludge/Day

100,000 gallons x 8.34 x 0.04 x 70%=

23,352 Lbs. Volatile solids

Destroy 55% by Anaerobic Digestion=

12,843 Lbs. Destroyed

12,843 Lbs. x 15 Ft³ / Lb. Destroyed=

192,645 Ft³

NEED 186,000Ft³

To make 3,000 to 5,000 gallons of Methanol/Day

That's a 33.0 to 35.0 MGD activated sludge Plant.

•Here are just some types of materials that are made from methanol:

Plastics

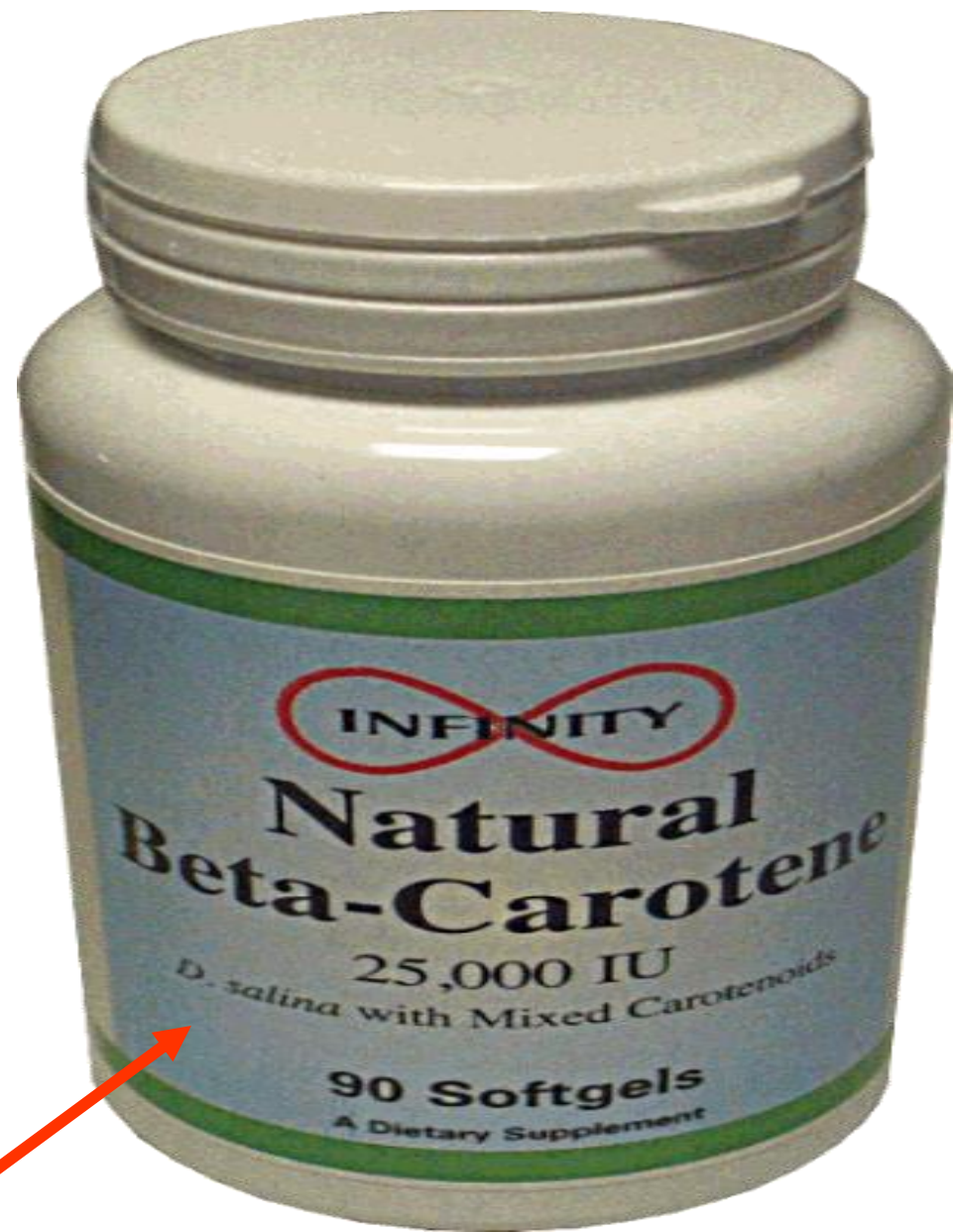
- Synthetic fibers
- Paints
- Resins
- Magnetic film
- Safety glass laminate
- Adhesives
- Solvents
- Carpeting
- Insulation
- Refridgrants
- Windshield washer fluid
- Particle board
- Pigments and dye



ALGAL
S C I E N T I F I C

Why us, why now?

We address a growing environmental problem with game-changing technology and an experienced team



INFINITY

Natural Beta-Carotene

25,000 IU
D. salina with Mixed Carotenoids

90 Softgels
A Dietary Supplement



Dunaliella salina algae



**PRODUCER OF BETA-CAROTENE
AND GLYCEROL FEED ON BRINE**

Management Team

Paul Horst (CEO). Jim Fahrner (CFO)

- Founded industrial computer company, 9x cash over cash exit in 3 years, later spun off as NASDAQ company
- Grew alternative energy subsidiary of DTE Energy to over \$40M



Geoff Horst (CSO), Robert Levine (CTO)

- Developed Algal's patent-pending treatment process
- PhD candidates in biology and chemical engineering



Mike Maringer, James Bleyer (operations, engineering)

- Managed Campbell Soup's largest wastewater treatment plant (10 million gallons per day), highest certification
- Designed and built bio-fuel plants



Notable Advisors: Joh Kang, Walter Weber

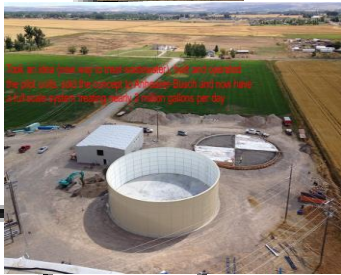
- PhD, VP & Director of water at Tetra Tech
- PhD, Professor Emeritus, U. Michigan



Engineering Partners

- Alan Environmental – John Baker

THE JOURNEY



RUMPKI

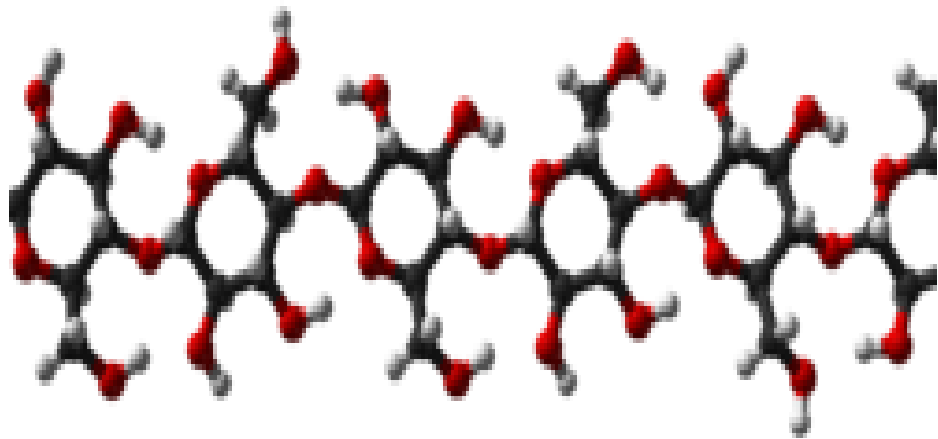


Took an idea (new way to treat wastewater), built and operated the pilot units, sold the concept to Anheuser-Busch and now have a full scale system treating nearly 2 million gallons per day



What is Beta Glucan? It is not a vitamin!

Beta glucans belong to class of carbohydrates called polysaccharides. Beta Glucan is a fiber-type of sugar that come from the cell walls of yeasts, algae and other microorganisms.



3D structure of **cellulose**, a **beta-glucan** polysaccharide.

Beta Glucan:

Nature's Secret



Vaclav Vervicka, Ph.D.

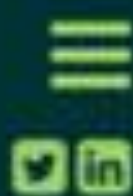
Beta-1,3-D glucan Clinical Applications

- **Cancer**
- **Elevated Cholesterol**
- **Prevention of Infection**
- **Radiation Exposure**
- **Septic Shock**
- **Surgery**
- **Wound Healing**

Stimulates the Immune System



ALGAL
SCIENTIFIC



ALGAMUNE

High potency beta glucan for Animal Health

A Little Closer to Home





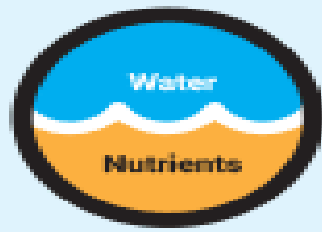
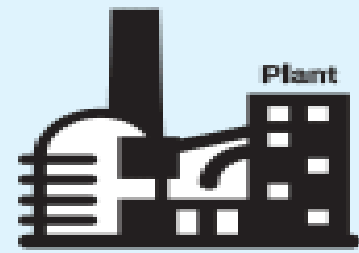
Trenton, Ohio

◀ Water Reclamation Center

◀  NUTRINSIC



We work with food and beverage processors to recover nutrients from their by products.

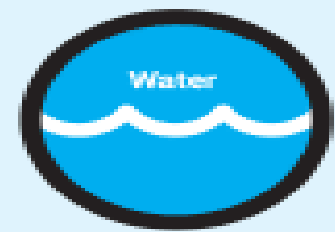


Micro-organisms convert nutrients into protein.

The protein is concentrated, sterilized and dried at the Nutrinsic processing facility.



Final processing and packaging as ProFloc™



Beer MARINATED STEAK



Could we make meat out of this protein?



Applied CleanTech
Sewage Mining Revolution

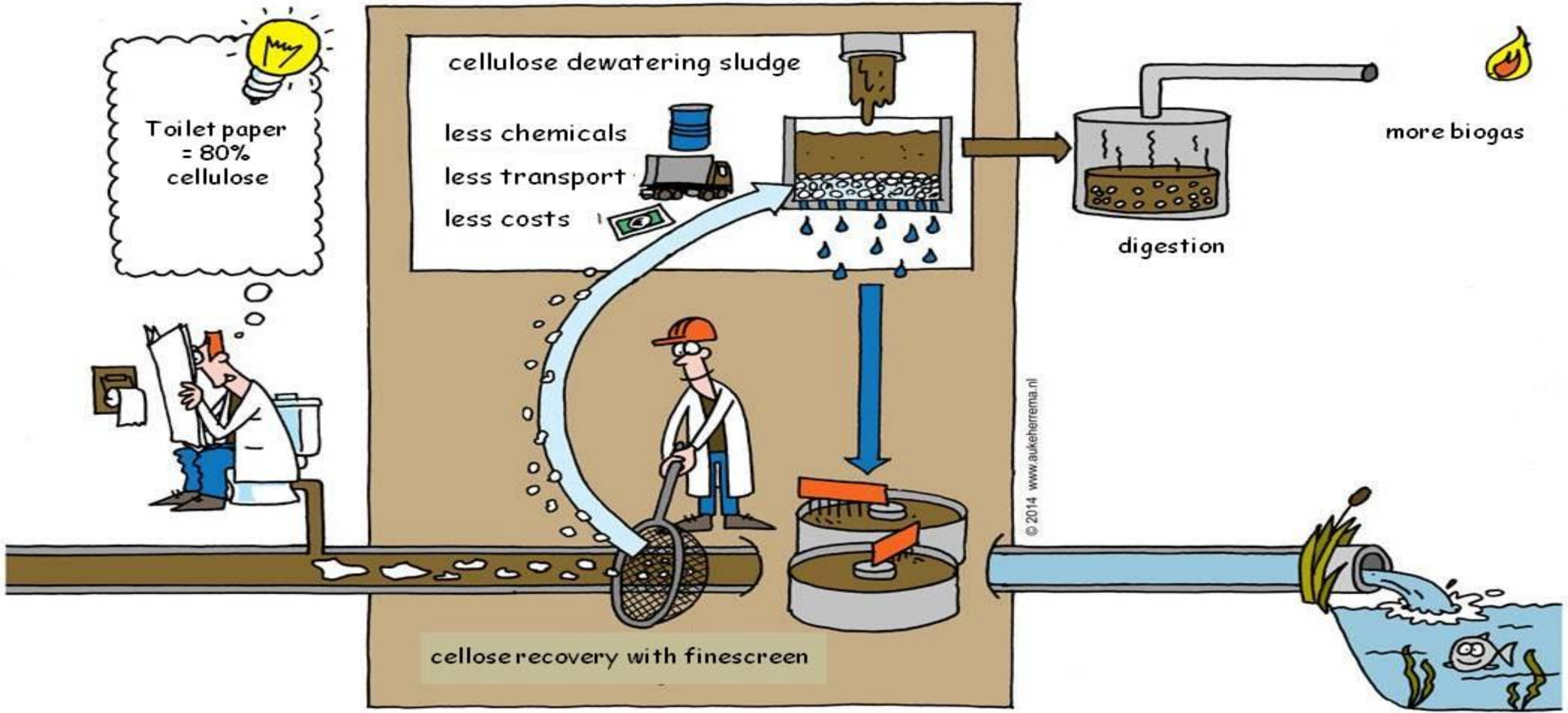
Our Vision & Mission

Our vision is to lead a change in the perception of wastewater, transforming it from a burden to a valuable commodity;

Transforming wastewater treatment plants into wastewater recycling plants

[Applied CleanTech Converting Sewage into an Economic Asset](#)





cellulose dewatering sludge

less chemicals

less transport

less costs

Toilet paper = 80% cellulose

digestion

more biogas

cellose recovery with finescreen

waste water treatment

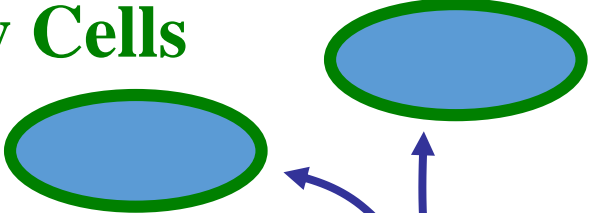
© 2014 www.aukeherrema.nl

Bacterial cellulose is an [organic compound](#) with the formula $(\underline{\text{C}}6\underline{\text{H}}10\underline{\text{O}}5)$ produced by certain types of [bacteria](#). While [cellulose](#) is a basic structural material of most plants, it is also produced by bacteria, principally of the genera [*Acetobacter*](#), [*Sarcinaventriculi*](#) and [*Agrobacterium*](#).

Bacterial, or microbial, cellulose has different properties from plant cellulose and is characterized by high purity, strength, moldability and increased water holding ability.^[1] In natural habitats, the majority of bacteria synthesize extracellular [polysaccharides](#), such as cellulose, which form protective envelopes around the cells

Wastewater

New Cells



Slime Layer

Cell Membrane

Food Storage

Membrane

Enzymes

NH_3
 CO_2
 H_2O

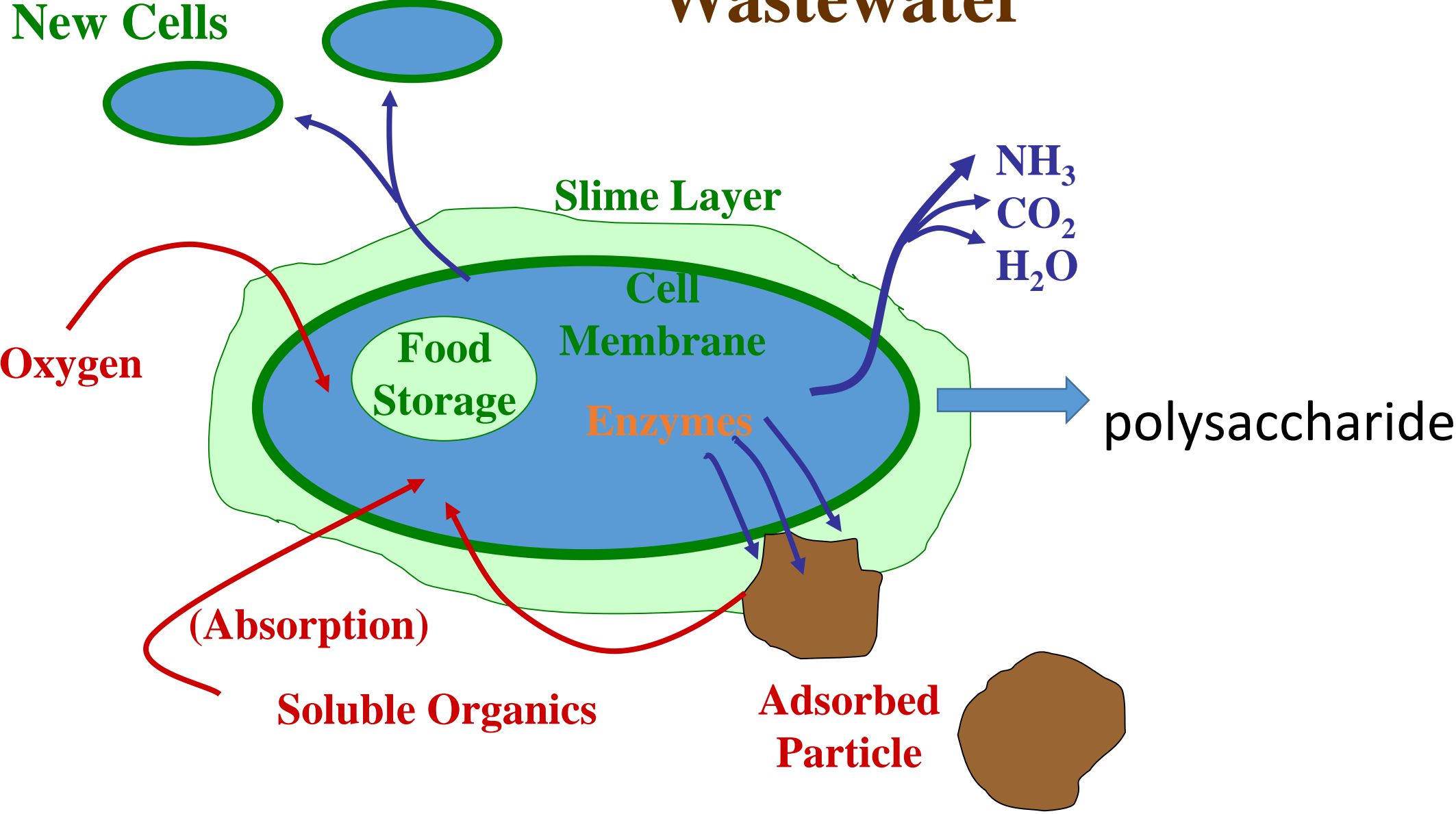
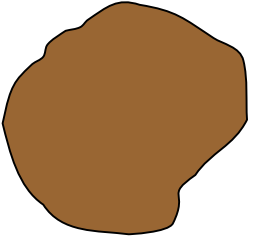
Oxygen

polysaccharide

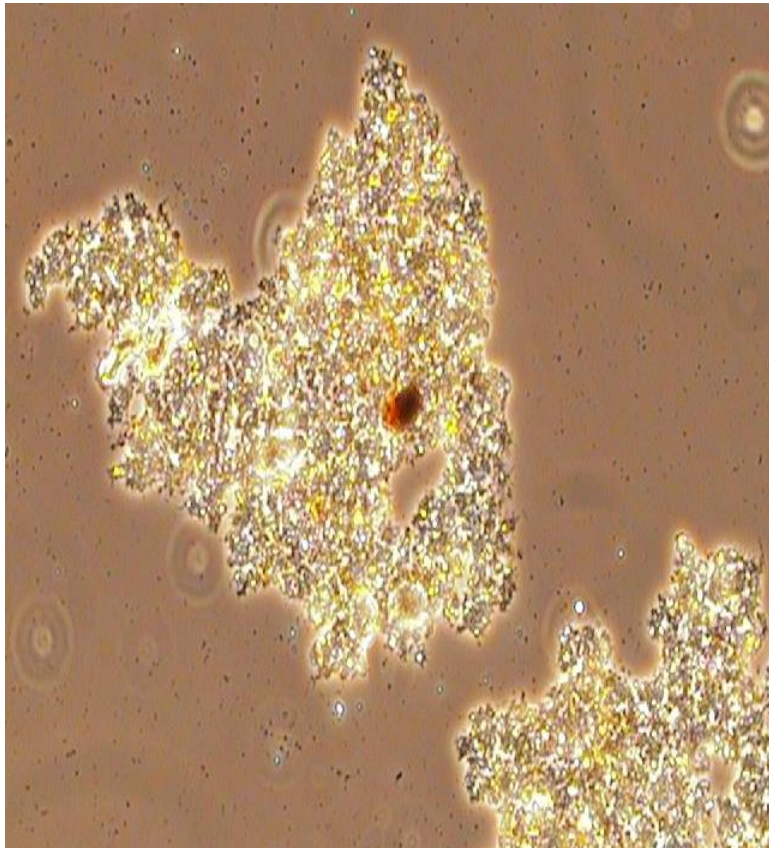
(Absorption)

Soluble Organics

Adsorbed Particle



Biomass 400X



7200X





Applied CleanTech



SRS: Sewage Recycling System

We offer a unique and effective technology that pre-treats wastewater in its early stages, before sludge is formed. Our patented proven SRS sewage mining technology recycles sewage solids, thus creating a commodity that is high in demand. The SRS technology treats the sludge problem before it occurs by reducing sludge formation by up to 50% and significantly decreases sewage-related health hazards and treatment costs.



Recyllose™ : Revenue-Generating Resource

Based on proven proprietary wastewater-recycling technology, our sewage mining solution (SRS) automatically extracts cellulose out of raw wastewater and turns it into a valuable revenue-generating commodity: Recyllose™ (recycled cellulose). Recyllose™ has numerous applications in various industries, including construction, insulation, pulp & paper, and bio-plastics, can be used as an economical and environmentally-friendly fuel source, and more.



Changing the Way We Handle Wastewater

At Applied CleanTech, we developed a unique, innovative solution that automatically produces a usable, valuable and revenue-generating commodity from wastewater. Wastewater treatment plants (WWTPs) can now become manufacturers of Recyllose™- a valuable recycled cellulose-based product from wastewater. Our technology significantly reduces sludge formation by extracting cellulose out of raw wastewater. By doing so, we save costs and energy consumption to WWTPs throughout the entire process, as well as increase WWTP's capacity and reduce greenhouse gas (GHG) emissions & carbon footprint.

Our Demand for Water

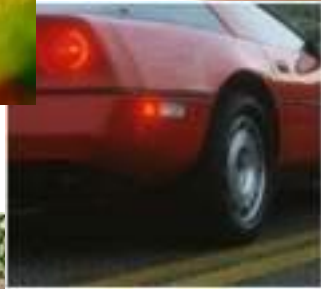


It takes 5,670 litres (1,500 gal) of water to process one barrel of beer

454 litres (120 gal) of water are used to produce one egg



It takes 45 litres (12 gal) of water to process one chicken



147,000 litres (39,000 gal) of water are used to manufacture one new car



About 25,700 litres (6,800 gal) of water is required to grow a day's food for a family of 4

It takes 7,000 litres (1,850 gal) of water to refine one barrel of crude oil

Did You Know?

Approximately 75% of the human body consists of water.

Water exists within all our organs and it is transported throughout our body to assist physical functions.

The total amount of water in the body of an average adult is 9.77 gallons.

Human brains are 75% water.

Human bones are 25% water.

Human blood is 83% water.

75% of a chicken is water.

80% of a pineapple is water.

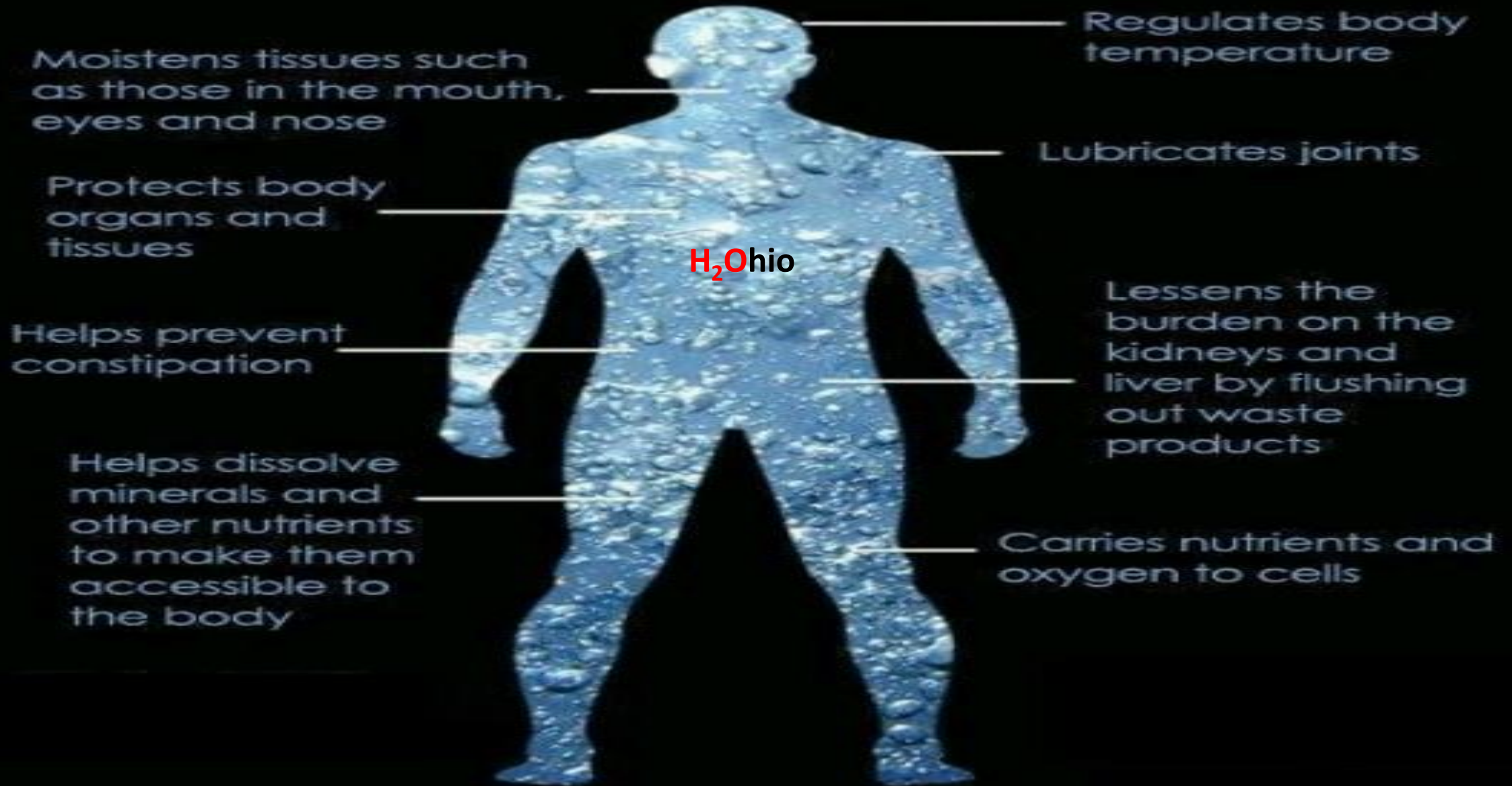
95% of a tomato is water.

70% of an elephant is water.

Each day the sun evaporates a trillion tons of water – or lifting the world's population (2.05 billion, 180#/cap. –

6504 times/day)

Water's effect on the Body



OUR BODIES AND WATER


Water flows through the blood, carrying oxygen and nutrients to cells and flushing wastes out of our bodies. It cushions our joints and soft tissues. Without water as a routine part of our intake, we cannot digest or absorb food.

Some people have survived 8 to 10 days without water.

Maybe You Should Start Talking To Your Water

I recently watched this wonderful documentary that scientifically explains how water takes on the energy found in its surroundings. I have actually started talking to my water and infusing it with transforming energy. Scientist have taken samples of water and said words like "love" and "hate" and "Hitler". They then freeze the water and analyze the crystals.

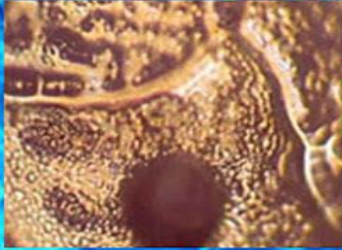
The water that received positive affirmations has beautiful snowflake like crystals and the energy is heightened. The water exposed to the negative messages formed misshapes, ugly broken crystals and this happens every time.



Dr. Masaru Emoto's

Water

Experiment



polluted water
Yodo River, Japan



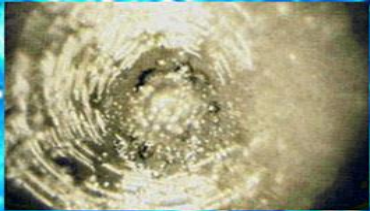
Fujiwara Dam Water
BEFORE prayer



Fujiwara Dam Water
AFTER Prayer



spring water
Yusui Mountain Spring, Japan



you fool



heavy metal music



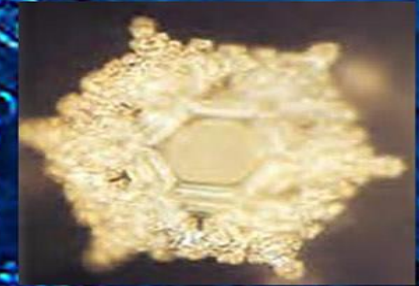
Beethoven's music
Pastoral



thank you



you make me sick



love & appreciation

Water Crystals as photographed
by Dr. Masaru Emoto



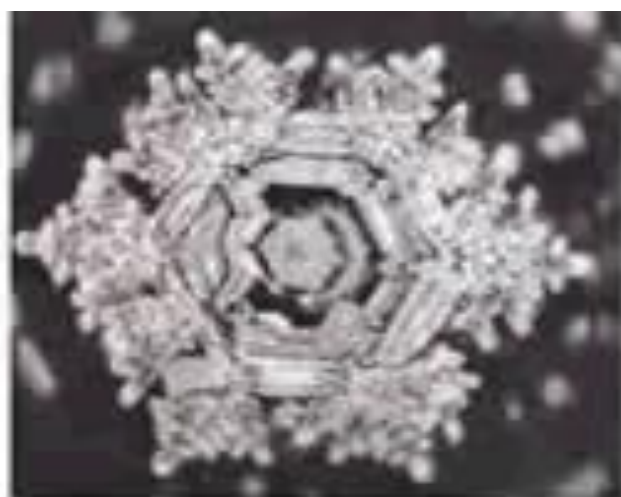
Words of love and encouragement are symmetrical and pure like snowflakes



Words of hate, anger and criticism are discolored and malformed



Water Molecule,
Before Offering a Prayer



Water Molecule,
After Offering a Prayer



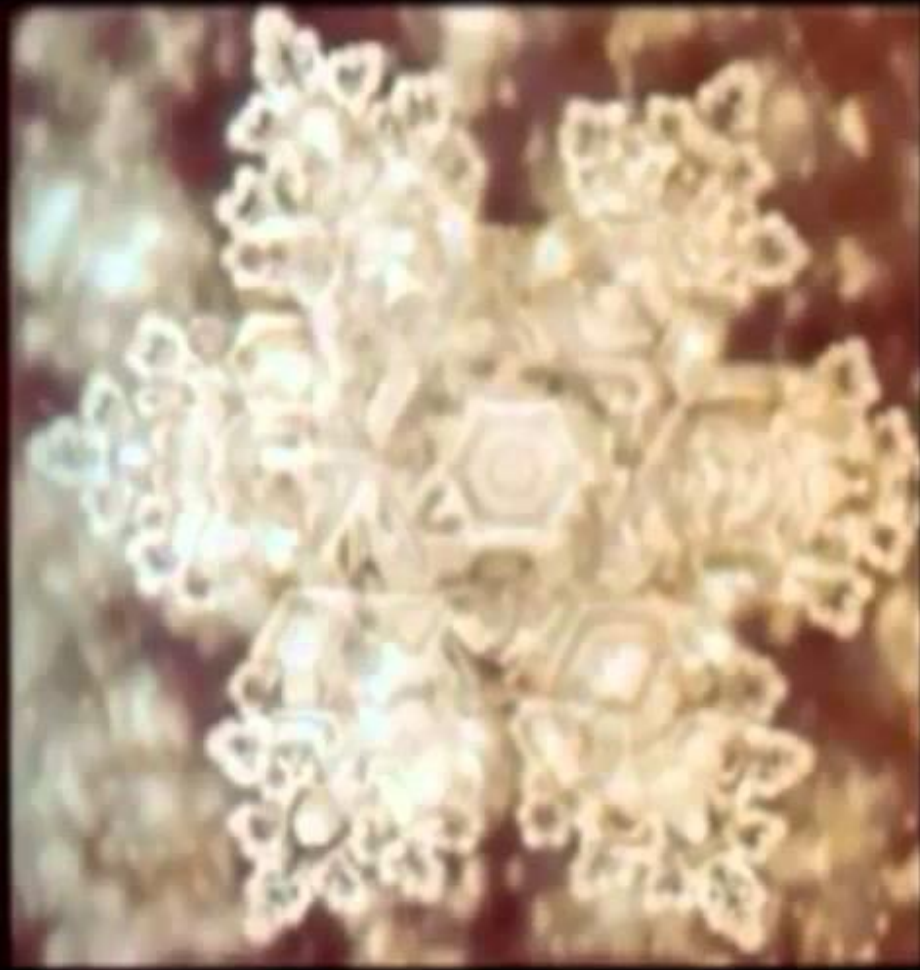
Thank You



You Make Me Sick,
I Will Kill You



Love and Appreciation



polluted river compared to a clean stream

Water Crystal Photos from Tap Water in U.S. Cities



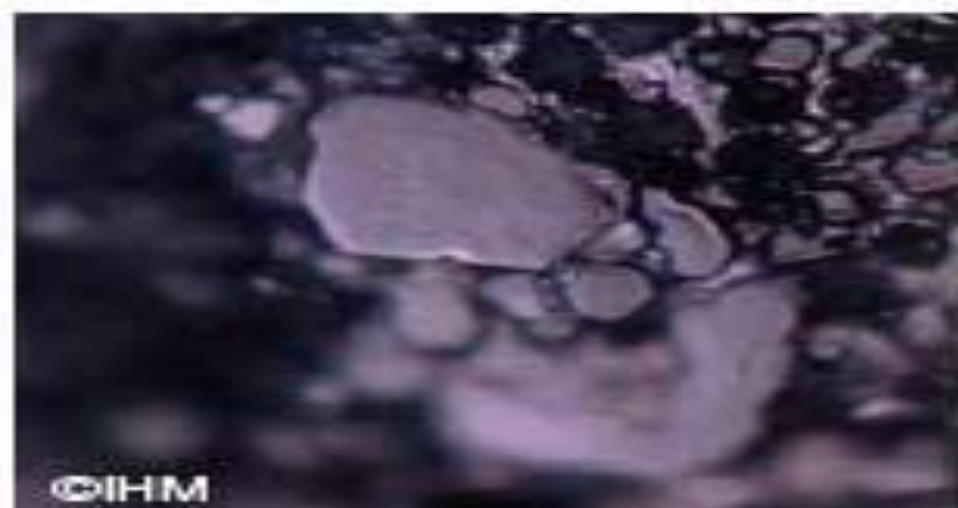
Los Angeles



Denver



New York



Dallas Area



HMM
NEED MORE
PROOF

The Rice Experiment

1. Place 1 cup of Cooked Rice into two separate containers. Place a lid on each.
2. Mark one container with a positive phrase. I used “Thank You Rice”
3. Mark the other container with a negative phrase. I used “Stupid Rice”
4. Place them in your kitchen at least 12 inches apart.
5. Once or more every day say aloud to the rice container the phrase written on it. I know this sounds nuts but just try it. For example, every time I went into my kitchen I would say “Thank You Rice” and “Stupid Rice” Try to say it from a place of gratitude (thank you) and a place of anger and frustration (stupid).







THANK OPERATORS YOU

