

# Proposal: Upgraded Method of GaNS making for Different Feeding Applications.

Nano scale Food GaNS for your Body, Mind and Spirit



*The Nano scale is Key to the Plasma Field*

# Proposal: Upgraded Method of GaNS Making for Different Feeding Applications.

## *Food GaNS from Plants or Smaller is Stronger*

This method is an upgrade of all previous methods published, and comes as result of continued experimentation, with the goal of finding easiest and most effective ways to make Liquid Plasma Food (colloidal) solutions at home. The main goal is to preserve as much as possible the emotional, energetic, physical, properties of raw material.

This has been a very big challenge, requiring months of daily study of nano technologies and methods used. With my previous methods I also had achieved making colloidal solutions, but they were unstable, with aggregation and sedimentation observed. During this time I felt strong field energy from these liquids, with sensation and even taste in specific parts of the body, without drinking or touching the liquid.

Below are pictures of some of my previous Food GaNS solutions.



Lemon GaNS in salt water without any sedimentation colored and transparent.



Lemon GaNS with clear sedimentation, translucent solution on top.



Bone GaNS with clear aggregation and sedimentation in solution

To avoid GaNS aggregation and sedimentation we filtrate GaNS through different types of filters at least 4-6 times or even more. Then we get smaller particles, which freely flows in solution, and are held by natural magnetic gravitational forces. These particles are more open to connecting with other compounds in our organism, carrying unique information about their origin, transmitted in structured water.

The smaller the molecular clusters, the easier water can penetrate our cells. Nano scale particles in food are from 10 - 1000 nm. When these particles pass through a paper filter, they form a transparent colored solution or cloud in the water. If the solution is too concentrated, it becomes opaque, which can also be dissolved (or filtered more) to get a transparent solution. You will determine what concentration you would like to end up with in your final solution. [NOTE: To determine safe concentrations, please check out food and drug standard ppm values for each particular micro-element or compound you use in your GaNS. Please pay special attention to medicinal plants, as some can be toxic at higher concentration.]

Through this process we are preparing nano particles that are smaller than bacteria, viruses or cancer cells, yet larger than glucose, water molecules or antibodies. When solution is transparent, it does not mean they don't contain particles, it is just that these nano particles are very small. Some Nano particles emit less plasma field and someones more. It depends on their size, but we still talking about Nano size of particles.

Amino acids, fatty acids and other elements is very, very small, in Nano scale of 1 - 100nm. At the nucleus some protein formations or glucose polymers are very tiny microns which emit plasma fields (light), but less than nano scale particles! In order to extract them, we use stronger or weaker HCl - Hydrochloric acid or solution, often pH 0-1. It is now scientifically proven, that with HCl we obtain more hydrophobic compounds from fats and oils, such as alkanes, also 4 vitamins (K,E,D and A) and amino acids, well known as fat soluble. Low concentration of NaOH (up to pH 12) also helps release hydrophilic compounds such as phenols (alcohol), amino acids, sugars. These have polarity and attract water (water soluble). To access the nano level or very tiny scale of microns we filter numerous times, and keep pH around 8, because cluster are created and love to return to the previous state, which is expected. Particles each have their own unique code, especially those compounds rich with oxygen. Oxygen accelerate the processes.

You can extract GaNS from plants with salt, and this method is nothing new. My grandmother did it, who was a old style pharmacist in the tradition of that time. She made solution in many mediums - oils, spirits and salts. When there is too much salt, the salt needs to be wash off yet many valuable nutrients are lost. Salt can be used to support the body in cleansing and detoxing, however otherwise we avoid too much salt, do not drink it, use in bath or patches. Avoid use of plastic jars in GaNS production to keep from absorbing plastic. Water kept in glass jars can absorb silica ions just in one day, than imagine what water can absorb from plastic in natural osmosis.

In my experience and observation in many experiments using ZnO/CO2 GaNS water with caustic soda NaOH as neutralizer in Food GaNS making process, does not produce optimal Food GaNS. There is no a proper reaction. The solution needs to be drained and rinsed until clean and yet it has very soapy and sometimes even gel like consistence, which makes getting a clean solution very challenging. it can be used in soap production, yet it is definitely not a safe to consume. If you do chose to use NaOH, I suggest that you neutralize it by organic citric acid solution or pure lemon juice. This forms sodium citrates and is widely used in food industry; it also could helps preserve your GaNS.

Please follow along with the process we have developed that mimics how the body digests food - first masticatingm than HcL in the stomach and base in the small intestine - turning the food into a plasmatic state for our absorption.

Why to do filter? First, to separate all fibers in liquid. By so doing we remove all large compounds and clusters that have not reduced in nano size. Why do we keep only tiny microns or nano particles? Each element have his own MAGRAV field, in a tiny nano scale! Everything that has larger mass settles down , thanks to Earth's gravitational field. This larger mass will slowly will attract other particles in the liquid. Smaller is attracted to larger. Correct!? Please take a look at your GaNS after some time, when it is settled completely. The GaNS are very active solutions and each GaNS has it own activity period. ***By filtering you achieve a nano scale, and this is where standard particle physics ends! By filtering we end up with solution where all particles are in correct scale and are self organized, with their own MAGRAV fields as colloids within water.*** This brings in plasma light ! When I

drink or take my food GaNS in this way from the field, it works, so these discoveries or re- discoveries bring sense of satisfaction based in the resulting experience.

For long time storage of GaNS I can suggest using citric acid, to achieve the EU standard for food preservation, which is pH 4,6 (acidic). Fresh GaNS always is better option of, and they will store for quite a long period of time at low temperature.

I hope this guide will inspire you to make your own food grade nano solutions at home, containing wonderful flavorsome scents & life force to delight the senses. If you follow the basic steps this process is easy to do, with basic knowledge and simple tools available to everyone. Please remember, every detail is very important, so do it with responsibility and attention to detail to produce well made Food GaNS solutions.

Arvis Liepa

### **Disclaimer**

Avoid any touch of nano materials - GaNS. We do not recommend eat or drink any GaNS products without recommendations of plasmatist or doctor. This materials is only for experimental, educational and testing purposes. Any interpretation of this material is on your own risk. You are responsible for your own actions. This technology need more laboratory experiments and tests.

## **GaNS Making with Carbon Stick (upgraded version 01.09.2016)**

### **Materials list:**

- 1. 50 gr fresh or dried plant**
- 2. 23 % HCl Hydrochloric acid solution**
- 3. Distilled water**
- 4. Baking soda  $\text{NaHCO}_3$**
- 5. Caustic Soda  $\text{NaOH}$**
- 6. Carbon stick (pure graphite rod)**
- 7. Pure Zinc,  $\text{Zn}$**
- 8. Citric acid**
- 9. Low amperage power supply**
- 10. Alligator clips**
- 11. Cloth pegs**
- 12. Glass jar 1 - 1,5 l**
- 13. Two measuring cups 200 ml and 1, -1,5 l**
- 14. Kitchen scales**
- 15. Bamboo sticks (wood spoon, spatula for mixing)**
- 16. Small syringe (5 ml)**
- 17. Kitchen filter, plastic**
- 18. Coffee filter, plastic**
- 19. Tea bag filter, paper**
- 20. Coffee filter, paper**
- 21. Funnel for filtration**
- 22. Gloves**
- 23. pH meter**
- 24. ppm meter**

All images included in this material are illustration of different GaNS, to visualize the steps of GaNS production.



1. We start with 50g fresh or dried mass of herbs or food (this is a pine buds)



*Pine buds - rich with Vitamin A, Vitamin B, Vitamin C, Vitamin E, and Vitamin K, contains Omega-3 and Omega 6 fatty acids and valuable minerals.*

If you have a whole plant or big parts of a plant, chop it as small as possible first.

*Avocado seed*



*Chopped avocado seed*



If you do not use avocado seed you throw away about 70 percent of the antioxidants of avocado.

2. Prepare a weak HCl solution, if plant or seeds are harder, use a more concentrated solution.

***To prepare weak HCl Solution?***



To a 200ml measuring cup, add 1 - 5 ml 23% Hydrochloric acid solution in a syringe. Then add distilled water to the 100 ml mark in your measuring cup.

*Please note Hydrochloric acid is strong acid and can burn your skin. Use protective gloves.*

Concentration of HCl depends upon acidity of the plant or fruit you use. If it is acidic use less acid.

Test the acidity or alkalinity of the substance. Check it out before you start.

***Avocado seed  
Natural antioxidant***



***Raspberries  
Strong  
antioxidants***

***White willow bark  
Pain reliever***



**3. Mix your weak HCl solution with substance and leave it for a half an hour to absorb the acid, specially if it is a hard structure, dried roots, bark, nuts and seeds etc.**



**4. Than blend it very well with kitchen blender (either hand held or jar type blender). Leave for some hours in the sun or on a heater, in temperature no more than 40C or 104 F. Blend it as fine as possible to brake down the physical structure of the substance.**



**If substance contains lot of resin you will need a stronger acid solution; and later in process we will use caustic soda NaOH.**

**At this stage solution should be pH 2-3.**

**Now let is react for 2- 3 hours, just remember to mix it from time to time.**

***These are Pine Buds***

5. Now we neutralize the acid in a solution by adding baking soda  $\text{NaHCO}_3$  solution and increase the pH till 7.0-7.5 to reach alkaline.

*How to do this?*

Take 2 teaspoons of baking soda  $\text{NaHCO}_3$ , dissolve it completely in 100 ml distilled water.

Then add the baking soda solution step by step to your GaNS making substance.



*Pine buds*

*Blueberries*



Try to keep as much of the compounds as you can, for a stronger GaNS.

There will be lot of bubbling (it depends of what is in jar), as lot of  $\text{CO}_2$  Gas is liberated. So add the baking soda gradually.

Continue to mix it well, as you add baking soda a little at a time. When the baking soda

does not react any more (no more bubbles), solution is neutralized. pH should be 7.0 - 7.5

When the solution looks like this you are ready for the next step. Go directly to point 7.

*Raspberries (photo) in alkaline state change color from bright red to moss green.*

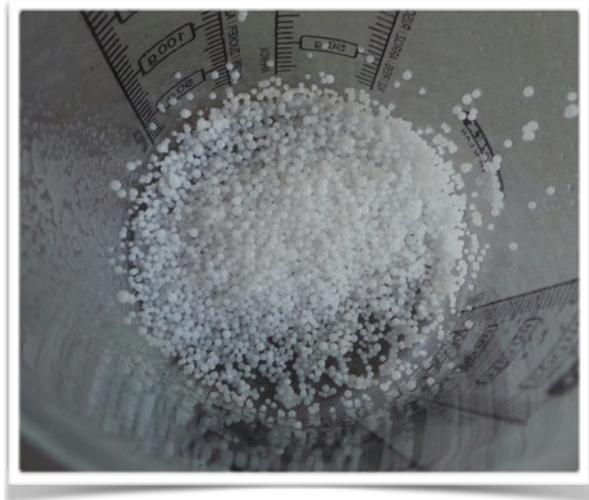




If your substance still contain a lot of fibers you have to add NaOH solution to continue decomposition. Reaction with NaOH releases a lot of heat so it could help to break down harder structures. I use NaOH when I need to brake resin, root, bark, seeds or nuts, NaOH and heat also brings more oxygen into the solution.

Pine buds (lot of resin and hard fibers)

Caustic Soda Granules



6. To make caustic soda solution: Dissolve 2 teaspoons of caustic soda NaOH in 100 ml water.

**Please be careful, solution and jar will be hot after caustic soda reacts with water. Use protective gloves and eye wear, as caustic soda can burn the skin.** Use kitchen blender one more time, after adding NaOH solution. Solution will increase its pH 10 - 11. pH12 should be a maximum (use your pH meter). Leave solution again for couple of hours. Mix it as always as often you can, it will help to penetrate deeper and brake down the harder structures in a substrate.



**Please note that all reaction is speeded up in direct sunlight or heating.** If temperature is lower, reaction will take more time.

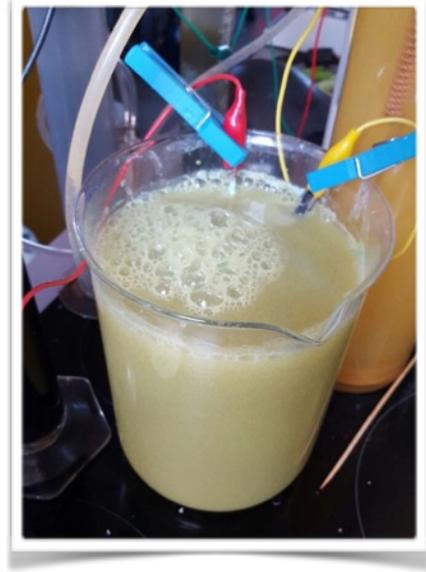
After NaOH reaction you can decrease pH value back to 7,5 by adding citric acid solution (1/2

teaspoon to 100 ml water) or lemon juice, which is an organic and natural acid widely used in the food industry to preserve a food.

7. Next step is electrolysis with pure Zn and Carbon Stick or pure graphite rod. Connect (-) cathode to carbon rod and (+) anode to Zn, Mg or Fe (these are very essential metals for our body), so adding them to the solution is a nutrition supplement. To achieve better results, add 20 ml vegetal glycol or liquid cane sugar to solution, to help



form an envelope around particles and prevent large cluster formation.



Run your electrolysis for 30 - 60 minutes on low amperage of 0,5A (maximum 1A). Do not look at voltages. Add air bubbler to solution, size of bubbles also matters. This is a benefits of Carbon stick method, as it also adds tiny bubbles to solution in electrolysis.

Electrolysis help to polarize your liquid solution and initiate envelopes formation around the particles. It also links with zinc or other metals. Zinc emits a very strong, large and stabile field, connected to emotions. It absorbs and emits UV light. You can say that electrolysis make structured solution. Electrolysis at low current in physics is considered also as electrolysis in the plasma environment. pH 8 is desirable in order to synthesized smaller size nanoparticles.



In some GaNS you can observe a highly concentration of amino acids, visible as rainbow bubbles.

**8. Next step is filtration, *the most important part of this process.* For that you will need 4 types of filters:**



**A regular kitchen strainer will separate all heavy stuff from the solution.**

**Use pulp from strainer for composts, and to supplement your agriculture. You can also dry the pulp and use for infusions, extracts, lotions and potions.**



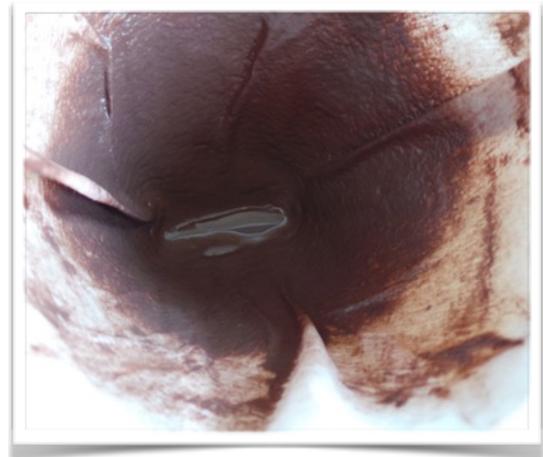
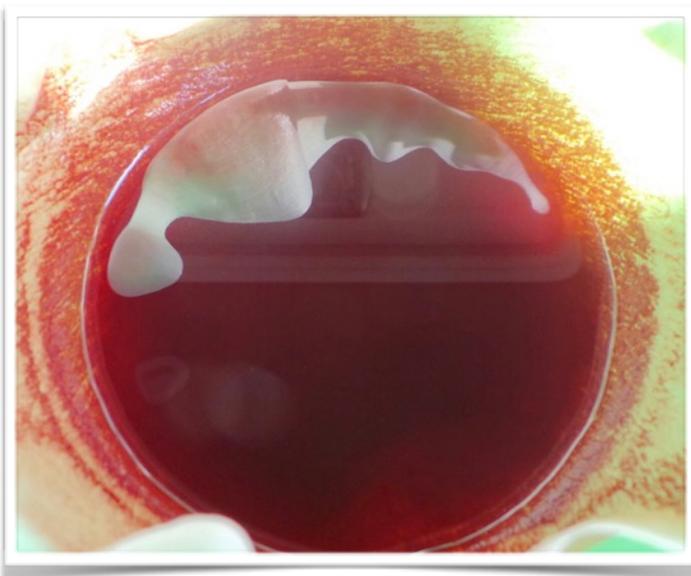
**Dehydrate balls of pulp to use later for organic fertilizer or infusions.**

**I suggest to filter twice through kitchen strainer to separate as much pulp as possible.**

**For second filter, use plastic coffee filter. Again please do it at least twice or more times.**



**Then use a tea paper filter and repeat the process again two or more times. You will be surprised at the small particles cleaned out into your filter.**



**For a last filtration I use coffee paper filter, at least 2 more times. ( Very frequently I filter it more than twice). When your GaNS finally goes trough this filterm it is in a true nano state.**

**All previous filtrations contain quite large compounds by mass.**



***Coffee filter after last filtration.***

**Filtered liquid must be as clear as possible. When the solutions is too saturated or still contain large compounds you may not be able to filter trough a coffee filter though you can still use this stage of GaNS,**

**however it is suspension and less potent than a true GaNS state. When you are able to use the coffee filter method you are getting maximum benefit from a small amount of material with very little waste. For instance starting with 50 g of apple, after filtration there is approx. 5 gr pulp left over. While you will get 45 gr in liquid, containing apple nutrients as plasma liquid.**

## How to use and preserve GaNS?

For GaNS preservation I suggest using lemon juice, citric acid or vinegar, which are natural preservatives. Please note: Desirable pH after adding these is 4,5 - 5,2.

Keep your GaNS or colloidal liquids in closed bottles or jars in cool, dark place as you would do with any natural product.

Adding preservatives: colloidal Ag silver, Au gold (acidic by nature, see in photo), or add more Zn zinc GaNS, these are good disinfectants.

Keep eye on your GaNS. If it changes transparency or become cloudy after a time, or you think there is a growth of bacteria, fungi or yeasts, if odor, smell or taste has changed or fermentation has started, stop using your GaNS.

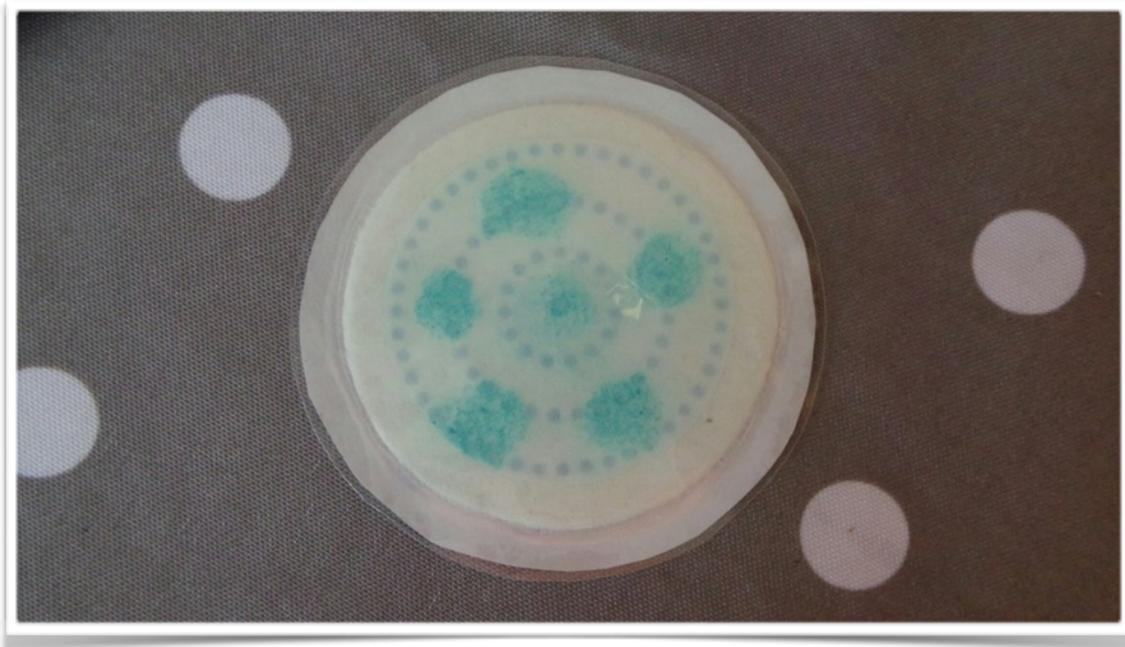


When you will make your GaNS you will be connected with it directly. You even can absorb energy from it, simply by holding the bottle. GaNS is wonderful solution to feed your Body, Mind and Soul.

I like to add 1-2 ml GaNS for one glass of water, let it sit for a few minutes and than drink regularly.

It is good idea to know what EU or U.S. FDA standard are by checking the norms on internet of ppm before use.

**Use Herbal GaNS in patches for external absorption.**



**Make a patch with vacuum food sealer if possible.**



**This patch in the photo was without changes for almost a year.**

**Zip lock bags are also good quick method to apply GaNS externally in**

**urgent situations however they do not last long as they do not tend to grow mold (as picture below), so vacuum sealed is a preferable method.**





**You also can add your food or herbal GaNS to homemade cosmetics (toothpastes, pomades, bath waters)**

**Always keep them in low temperature to avoid grow of fungi or bacterias.**



**You can use Herbal GaNS water as foot bath.**

**You can dry also nine pulp from filter to a fine powder to store for future applications.**



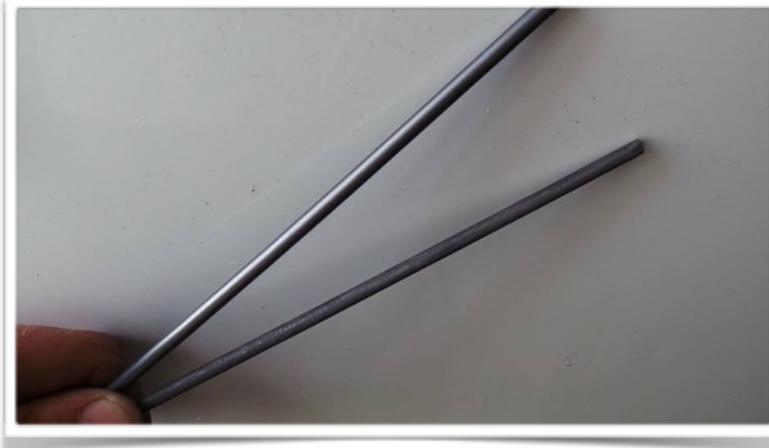
**GaNs can also be absorbed directly by inflation into lungs / brain by using vapor and atomizer, a great way to feed your body with herbal GaNS ebergy.**



## More Tips and Tricks

*Ask questions, think for yourself, read and never stop learning!*

*How to clean the Carbon stick?*



Sand your Carbon stick with 500 grade sand paper and than put your carbon stick it in white vinegar for a few minutes, than add baking soda, rinse with distilled water and polish with household cleaning sponge.



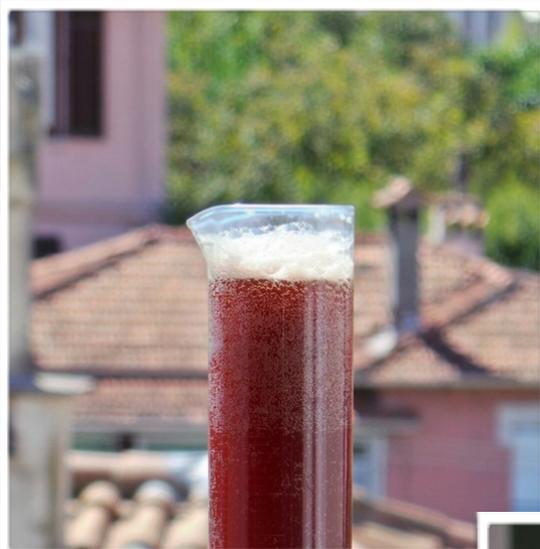
Calibrate you pH meter before starting to use it.

Always check pH and ppm of your GaNS. Use your GaNS as much as you can, store in cool dark place and think about safety. **KEEP YOUR GaNS MAKING JARS and TOOLS CLEAN!!!**



***Avocado***

***Cannabis***



***Raspberries***

***Celandine,  
Greater***

***Pine buds***



We continue our experimentation and research, and have already started to write a book about all our Food GaNS experiences. However, much further research and serious testing in laboratories is required to optimize this field. We would be very happy to cooperate with independent scientists willing to do this research and share results for common good..

We know that many people and even scientists around the world, now use this and other technique of GaNS production and running experiments on it. Please, do not stay in background, but share your experiments and experience. Sharing is most important to resolve issues and produce optimum results at this stage of technical development. We welcome collaboration.



Follow upgrades of Food GaNS on our Facebook page - "Liquid Plasma Feeding" . On one page we share our experiments, discoveries, important information from other resources:

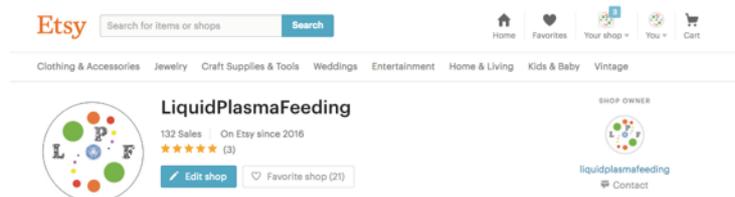
<https://www.facebook.com/Liquid-Plasma-Feeding-1823450381211530/>

The second FB page is public group open for discussions, exchange of experiences, results, sharing, critics, suggestions and advices:

<https://www.facebook.com/groups/113180092443769/>



We are offering a simple Starter Kit and other materials for GaNS production at our Etsy shop here:



[https://www.etsy.com/shop/LiquidPlasmaFeeding?ref=hdr\\_shop\\_menu](https://www.etsy.com/shop/LiquidPlasmaFeeding?ref=hdr_shop_menu)



<https://www.youtube.com/channel/UCAHuDtUsAZfUeWXFeCLqzJQ>