

GDL Arielle and Prana

<https://silosolo.com/337413>

Summary

The video discusses the benefits of sea moss, its frequency and vibration, the importance of organic food, praying over food, and the overall impact of diet on health.

Silo sample questions

- What are the benefits of sea moss?
- How does the frequency of sea moss affect the body?
- How does the environment and food affect the frequency of the body?
- What is the significance of praying over food?

Topics

Sea moss

Frequency and vibration

Organic food

Praying over food

Health benefits

Key Takeaways

- Sea moss is a plant that is rich in vitamins and minerals
- Sea moss can be beneficial for both internal and external use
- The frequency of sea moss is measured in megahertz and can affect the state of your body
- The frequency of your body can be influenced by the environment and the food you consume
- Praying over your food can change its frequency

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