AGELESS SECRETS

THE AGE-DEFYING SECRETS OF SUBTLE ENERGY

REVEALING THOUGHTS ON AGING FROM JIM KASZYK, THE SCIENTIST WHO DISCOVERED



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THANK YOU!

Genes, Happy Water, Ancient Energy and Aging

We all know it's easier for some people to look young as they age because they have exceptional genes. But what is it that allows their genes to slow down the aging process?

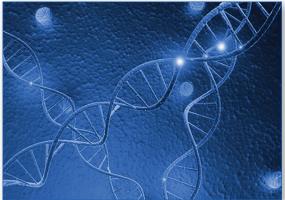
If we knew that secret then we might all be able to look as young as they do.

It seems the secret may be an Ancient Energy. 4,000 year old Traditional Chinese Medicine has claimed there is an unseen energy that controls how the body functions, somehow influencing our DNA to encode our genes to enhance youthful characteristics, like the look and suppleness of our skin.

This is the reason for the pyramid and the energy burst on the cover of this ebook. It suggests an ancient energy source that exists in our own bodies, that has only recently been examined and confirmed in modern laboratories.

This is the energy in us that creates Happy Water, a theory that focuses on an energized form of water (also called Structured Water) that I successfully recreated for the first time in 2009. Water containing this Subtle Energy had never previously been created in a laboratory - and, in fact, had always been considered anecdotal and theoretical.

In 2014, after 25 years of experimentation, that unique energy was officially confirmed by testing in a U.S. Government approved research laboratory. The William A. Tiller Labs, the world's leading experts in energetic water science, verified the existence of this energy field in the peer reviewed journal *Water*. (March, 2014 issue.) This verification confirms that an energy that was always viewed as theoretical, is real. And KASZ Laboratories is the first and only company to capture that energized form of water and bottle it.



Happy Water is the basis for our Energetic Cosmetic,[™] The Ageless Secret[™] line of skin care products, which we explain more about in these pages. (Along with many other beauty and longevity secrets.)

As for energized water, it's quite a complex scientific discovery that goes well beyond the scope of this short book. To find out more details about its discovery, the "why" and "how," you can find the detailed scientific information behind it at: www.LightEnergySecret.com

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Foreward: The Fight to Defy Aging Every Step of the Way



For more than half my life, I've been captivated by the teachings of men far more brilliant than myself in the area of cellular health, oxygen, nutrition, electrical energy forces and their effects on our vitality, outward appearance and longevity. Some of them have been Nobel Prize winners. Others are minds whose concepts and findings profoundly influenced my own work.

Because so many of these discoveries are truly revolutionary, I find it hard to restrain my enthusiasm on occasion.

In truth, we all want to live long, healthy lives and maintain a vibrant, youthful appearance for as long as we live.

While there's much, much more to the subject than can be covered in this short booklet, I thought it might be worthwhile to share some of the anti-aging secrets I've uncovered - and discovered - over my years of study and research on the topic.

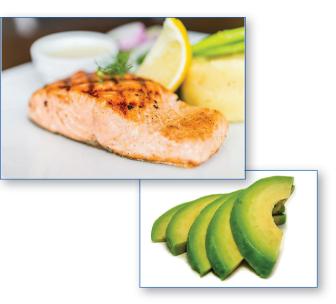
The most controversial and surprising thing you may discover is *you're not supposed to look older as you age!* In these pages, I'll explain why.

The topics are pretty far-ranging and eclectic, but I hope you'll find the information useful and enlightening.

At the back of the book, you'll find my phone number and email address. Please feel free to call me or email me anytime to ask any questions you may have.

After all, defying the ravages of aging is a fight most of us find well worth the effort.

Staying Young by Eating Fats



Your body gets most of its signals in regard to how it feels and acts from your brain. Even though your brain shrinks as you get older, there are foods you can eat and supplements you can take to help compensate for this loss of brain mass. That's because your brain is about 60% fat. So, if you eat foods or take supplements that supply the body with the right kinds of fats for your brain, that can make a big difference in how young you feel and look.

These beneficial fats that support brain functions are called essential fatty acids or EFAs. They are found in coldwater fish, such as salmon and sardines. They are also found in avocado and are available in cod liver oil, evening primrose oil, flax seeds and flax oil. Whether you eat No Carbs, Low Carbs, Medium Carbs or High Carbs, if you want to stay young it is critical for you to supply your body with these fats so your brain can support your cognitive and systemic processes more effectively.

With DNA, There's a Lot in Play: New Discoveries...and New Mysteries

One of the greatest discoveries in the history of science has been the deciphering of the genetic code in human DNA. Your DNA is made up of genes that contain information from all your ancestors, as well as information about how to renew and repair your body. Prior to this research, it was believed that there was a 1:1 relationship between genes and traits. That is, one gene would have information about how the body could make one specific protein, leading to one specific trait.

A New, Unknown Factor Emerges

However, genetic researchers have found that one gene could be responsible for as many as *three different traits*, and *they don't know why!* This is revolutionary. It means there is some other unknown factor "telling" our DNA what it can and cannot do. One possibility is our thoughts - and identical twins are proof of it.

Identical twins are genetically identical. However, if only their genes determined their health and their lifespan, they would each live lives that led to their dying on the same day, separated by only the minutes of their birth, and we know that is not the case.

Some people would say that their environment plays a big role. However, it would be more correct to say that it is *how they choose to react to their environment* that makes the difference.



Well-known author and New Age luminary, Dr. Deepak Chopra, gives the following example: Two people are going on a ride at Space Mountain in Disney World. One is filled with fear and holds on tightly with "white knuckles" the whole ride. The other is filled with joyful anticipation and enjoys every breathtaking turn and drop. They will each make different chemicals in their bodies as a result of their thoughts. The person who is filled with fear will make chemicals that will cause them to age faster. The person who enjoys the ride with happy thoughts will make happy chemicals - which makes them look and feel more youthful.

Your Thoughts Can Change Your DNA?



Since our thoughts can cause us to age faster, then our thoughts have a direct connection to our physical body, and quite possibly our thoughts can influence our DNA.

If indeed our thoughts can influence our DNA, then it means our DNA can "pick up" our thoughts. Research done by the Institute of Heart Math (www.heartmath.org) using human placenta DNA (the most pristine form) showed that DNA changed its shape according to the FEELINGS of the researchers. Feelings of gratitude, love and appreciation caused the DNA to relax and lengthen. Feelings of stress, anger, fear and frustration caused the DNA to tighten up, become shorter, and alarmingly switched off many DNA codes! So, Don't Worry, Be Happy! But, what is it that makes this thought DNA connection occur?

Perhaps it is your ability to create Happy Water! As we look at that, keep these next thoughts in mind...

Did You Know That You Are NOT Supposed To Look Older As You Age?

Dermatologists tell us that every 24 hours we get new skin on our hands. Every 28 days we get new skin on our face. Then through a process known as critical mass and cellular recruitment, in 6 months, miraculously not one atom, not one molecule from before will be there. *They will all have been replaced with completely new skin.* The big mystery has always been why do we look older as we age? Being happy can make DNA and collagen work better.



Don't Worry, Be Happy! It's healthy for you.

"Happy Water:" Children Have It, Adults Have Lost Most of It



When we were young, our skin looked great and our skin elasticity was fantastic.

When's the last time you saw an 8-year-old staring at a wrinkled face in the mirror?

We know that collagen and elastin give skin its suppleness. Healthier collagen and elastin are produced by what I like to call "Happy Water."

What is "Happy Water?" Happy Water is the kind of "energized" or "higher energy state" water we have in us when we are young. It is also known as "structured water" or "organized water." Simply put, a more highly energized form of H2O. Happy Water is water that, through a mysterious natural phenomenon, expands to occupy more physical volume at room temperature than plain water.

This kind of water occurs naturally in some remote mountainous regions. Ordinary tap water would be considered unorganized or unstructured water.

The bigger question here is where does this structured water of youth come from and why do we lose it?

Your Skin's Electrical Magic



Did you know your skin is "electrical," producing electricity constantly?

Research I have done proves that by boosting the energy in the skin and hydrating it at the same time, your skin's elasticity can be greatly increased. An easy way to understand how this works is to compare the difference between quartz and sand. Both are chemically the same, but quartz is highly structured allowing it to amplify electrical signals. Sand is randomly structured and it does not amplify electrical signals.

It is the ability of your skin to produce this electricity which greatly determines how well your body supports the formation of Happy Water within it. In simple terms, the electricity flowing through our skin energizes and structures water in our cells. The natural electrical activity in our skin converts ordinary water to this enhanced Happy Water. By boosting the skin's natural electrical energy, Happy Water actually transmits energy to cells deeper in our skin. When it contacts the outer layers of your skin, *it actually expands the water within*. And remember, our bodies are about 70% water.

Electricity and magnetism can create structured water. This "higher energy" water, energizes our DNA, which signals the body to produce higher-quality collagen and elastin. And, again, structured water expands the water in deeper skin cells. This results in cells that are better hydrated, "plumper" and smoother in appearance.

When we enhance the water in both surface and deeper cells, wrinkles begin to disappear in moments. The skin becomes more firm and supple, with a youthful glow.

Wrinkles, Wrinkles, Wrinkles: the True Cause



Over time, our skin no longer has the resilience and suppleness of youth. As we age, our ability to produce Happy Water declines. Stress factors - emotional, chemical and environmental - diminish our ability to keep producing this energized form of water as we get older. Stress is a normal part of living.

The first signs we are losing this ability to create structured water (getting old) is our skin begins to wrinkle and sag. This is the true cause of wrinkled old-looking skin!

Want to know how to easily have skin that looks like it never ages? Ask Me.

Sun Damaged Skin - A Supplement That May Protect You

The sun is good for you. But too much or the wrong kind of sun exposure can be bad for you. The damage can occur if you don't have enough minerals in your blood, don't move around enough and when you get too much exposure at peak times.

Of course, every person is different and some can tolerate more sun than others. However, there is a supplement that you can take which may help minimize damage from the sun. That supplement is MSM. MSM works by making cell membranes more



flexible. Since over exposure to the sun tends to decrease cell membrane flexibility, taking MSM can help.

Here is an important fact to remember from Nobel Prize Winner Dr. Alex Carrel: "staying young is all about creating conditions in your body that will allow your cells to receive all the nutrients and oxygen they need." Dr. Carrel won the Nobel Prize for proving scientifically that if your body could get all the nutrients and oxygen it needed, it would never die!

If your skin becomes leathery and sun damaged it will age faster because the cells are less flexible and can no longer receive nutrients easily. MSM is very safe. It is an organic sulfur molecule that is in every cell in your body. It is impossible to be allergic to MSM. It is very

water soluble and safer than common table salt. You can easily take 6 to 8 grams per day. However, you should start with one gram per day for a week then gradually build up. The reason for this is not that MSM has side effects, but instead MSM can help your body flush toxins out, and, if you go too fast, you may not feel too good from the extra burden your body has to deal with. While MSM is not a cure for arthritis, many people take it to help improve joint flexibility and relieve pain. Take MSM to help improve your skin flexibility and help protect against sun damaged skin.



MSM is available in many forms, including powders, crystals and capsules

Is Age Reversal Now Possible?



In a famous experiment that was done at Harvard, several volunteers who were over the age of 50 were placed in an environment that was like being back in time. The magazines, the surroundings, and the music were from the 50s. They were told to have only discussions like those they had in the 50s. After two weeks, amazingly, when aging measurements were made, the results showed that they had reversed their age the equivalent of 10 years. Two weeks after returning to their normal environment they reverted back to their former selves. So this experiment clearly shows the effect of the mind/body connection on the way we appear. What no one has been able to understand is why?

If we look at the idea of "Happy Water," we have a possible explanation showing that if one can compensate for the effects of stress, age reversal may be possible. This may also explain why, when people return from a great relaxing vacation, they somehow look years younger.

Want to know how to do it without going on vacation? Ask me.



10 Minutes a Day to a Healthier You



Most people exercise to increase circulation or to build muscle. And those are great benefits. When you look great, you feel great.

Exercises that increase circulation stimulate your heart muscle and ultimately strengthen it. This in turn makes it easier for you to pump your blood around and supply your cells with oxygen and nutrients, thereby keeping you young.

Weight resistance exercise will make your muscles stronger, which ultimately can result in you being able to do more physical activity with less fatigue.

Weight resistance exercise also helps to strengthen bones, reduce bone loss and increase the production of Human Growth Hormone (HGH). Laboratory tests have shown that increasing HGH can retard the aging process or even make people young again based on the measurement of certain chemicals in the blood.

Another important benefit from exercising is that it stimulates the lymphatic system. The lymphatic system is a series of vessels that carry more volume than your blood's circulatory system. Unlike the circulatory system for your blood, the lymphatic system has no specific muscle, such as the heart, to move the fluids through it. It relies on the movement of your muscles to make the fluids flow through it and cannot work unless your body moves!

Your circulatory system brings nutrients and oxygen to your body's cells, your lymphatic system takes the waste products away.

The lymphatic system is best stimulated by gently bouncing up and down. It operates using a series of one-way check valves that open when you bounce up and close when you come back down creating a pumping motion. So if you want to be young again, it makes sense to help your cells take away the waste products. Clearing the waste can make it easier for them to get all the nutrients and oxygen they need to keep you young looking. A simple way to do this is to bounce gently on a small trampoline for 10 minutes a day!

Magnesium, Calcium and Potassium and the Alkaline Blood Equation

In order for your body to renew itself it must have oxygen. Your red blood cells are the vehicles that transport oxygen to your cells. A diet rich in foods or supplements that enhance the production of nice, healthy red blood cells can improve your energy and make you feel and look younger. One of those groups of foods is called "Green Foods".

They are called green foods because they are rich in Chlorophyll. And Chlorophyll, amazingly, is almost identical chemically to the chemical in your red blood cells that transports oxygen. The only variation is that, in your blood, the central atom is Iron and in Chlorophyll, it is Magnesium.

Foods that are nearly unparallelled for supplying Chlorophyll are Wheat Grass, Barley Grass and Alfalfa. They are available as commercially produced powders and capsules.

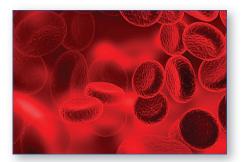
Up to now, I have tried not to get too technical with chemical terms, but we need to discuss alkaline and acidic blood. In order for you to renew more easily, your blood must be slightly alkaline. When your blood is not slightly alkaline and instead becomes acidic, really bad things can happen. You can die. You can become prone to heart disease, kidney problems, weak brittle bones and cancer. In addition to helping your body make healthy red blood cells, Green Foods also supply increased Magnesium, which helps your blood stay slightly alkaline.

You see, stress, too much protein in the diet, over-exercising, infections and aging all challenge your body to keep your blood slightly alkaline. Your body balances your blood by using minerals to keep it slightly alkaline. These minerals are Magnesium, Calcium and Potassium. If your body does not have enough of these to keep your blood slightly alkaline, your body will rob Calcium from your bones and use it to rebalance your blood!

This is really a metabolic process. In truth, one's blood rarely becomes acidic. However, evidence that the body is working hard to maintain proper conditions can be seen by looking at the saliva or the urine. They change their readings according to the "battle" that is taking place in the body.

The harder your body has to work to maintain the proper conditions for the blood, the more likely you'll age at a faster rate.

So, if you want to stay young or reverse the effects of aging, make sure your diet includes foods and supplements that can supply you with adequate amounts of these alkaline forming minerals. One inexpensive source for Potassium is Apple Cider Vinegar. The kind that has been processed under low heat and still has "the mother" in it is best. Nuts are rich in Magnesium. Dairy is rich in Calcium, but Calcium from dairy sources is more difficult for you to absorb. Sesame seeds and green leafy vegetables are some of the best food sources for Calcium.





High-Absorption Minerals are Better



Because it is so critical to have enough minerals in the diet, you may want to consider taking supplements. However, it is very important to take the correct form of these supplements - the kind your body can best absorb. For example, the Calcium in chalky tablets is very hard for your body to use.

The best supplements are called high absorption Calcium and high absorption Magnesium, such as Magnesium Orotate or Aspartate. Don't do guess work here. Ask for and take the advice of a Naturopath, the owner of a small health food store, or, if you go to a large chain, make sure the person is knowledgeable. How do you know if you have enough alkaline minerals in your diet? You can test your saliva or your urine with test strips available at health food stores.



Careful With Skin Care Products: You Could Be Absorbing Harmful Chemicals!

The following information originated from an article written by Dr. Howard Peiper, N.D. Dr. Peiper, nominated for a Pulitzer Prize, has written and co-authored many books on nutrition and natural health including the best-seller, The Secrets of Staying Young.

For years Dr. Peiper searched for an all-natural skin care product he could recommend. The problem was he could not find one product, not even products sold in health food stores, that were truly all natural.



Many of today's commercial moisturizing manufacturers – in their quest for increasingly inexpensive production and a long shelf life – use synthetic ingredients that can damage and dry out your skin, actually exacerbating your skin problems!

Did you know that over 60% of most substances that come into contact with your skin assimilate into your body? Most of us use a moisturizer frequently, which means that your body is absorbing whatever chemicals it contains.

Beyond just damaging your skin, mass-produced moisturizers can expose you to low doses of synthetic, sometimes toxic elements. This can occur on a daily basis or even more, depending on how frequently you use them!

That's why it's so important to choose carefully. Research has linked some ingredients to birth defects, reproductive failure, allergic reactions and contaminated breast milk.

Here are some scary facts regarding commercial, chemically based moisturizers:

In the nearly 75 years of its existence, the FDA has only *banned or restricted only 9 personal care product ingredients*. Over 90% of the more than 12,000 ingredients tested in commercial products were of synthetic origin. 84% of these products contain immune system intoxicants. Over 63% contain reproductive/developmental toxic ingredients. Many of these ingredients are directly linked to cancer, infertility, kidney and liver disease and also severe skin problems. Nearly 36% are known carcinogens. Over 50% contain chemical or synthetic fragrance. Only 1% of 15,000 products have had all their ingredients screened by the FDA. 99.8% of all these ingredients have NOT been analyzed for safety.

To learn about the one skin care product found in health food stores that meets Dr. Peiper's standards, read the complete article, (click on this link to read the report) *"Is Your Moisturizer Killing You?"*

Cosmetic Surgery and Injections



Cosmetic surgery and injections can take years off the way a person looks and feels. Most facelifts last about 8 years and then need to be touched up. Collagen injections and fat injections can plump up skin and lips and make people look better. Unfortunately, the results are temporary and they need to be repeated in a matter of weeks or months to keep seeing the appearance benefits.

Botox injections are FDA approved for skin in the forehead area. Botox contains a poison that has the ability to paralyze muscles. Since the injection paralyzes the muscles in the face, the muscles relax and the frown lines go away. However, the patient can no longer use those muscles, so they no longer have facial expression in the treated area. The muscles hold up the face, so Botox must be used with great care.

Want to know how to get results that cannot be achieved with cosmetic surgery or injections? Ask me.

Two More Beneficial Therapies



Getting a Massage As Often As Possible

According to the International Massage Association, one of the secrets to the long life span of Bob Hope and George Burns was that they each got a massage every day! And it makes perfect sense, because a massage can help bring more fresh nutrients to the cells and help take away waste products.

One of the reasons we look older as we age is that we lose Collagen. Massaging the skin helps to bring fresh nutrients to your cells making it easier for them to create new Collagen. However, because breakdown chemicals are also produced when the skin is massaged, no one has been able to totally replace lost Collagen just by massaging skin. So the best one can hope for is to retard the effects of aging.

A "Breath-taking" Key to Immortality

What is the key to Immortality? It is the breath. Life begins when you take your first breath and it ends when you take your last. When you breathe you bring in oxygen. Here is a nice easy exercise, called Power Breathing, you can do anytime to help increase your oxygen.

You can do this by simply taking power breaths several times per day. Think of them as the most valuable and least inexpensive "immortality supplement" you can take. Here's how to take a Power Breath: Breathe in deeply through your nose for a count of "4". Hold your breath for count of "7". Exhale through your mouth for a count of "8". Then breathe naturally.



You'll be providing your body with an oxygen boost that's good for your health.



How to Be Immortal - The Force Be With You

Let's recap. Dermatologists tell us we get new skin on our hands every 24 hours. We get new skin on our face every 28 days. Then every 6 months there is complete turn over of cells on the face - every cell is completely new. Dr. Alex Carrel won the Nobel Prize for proving that *if cells can get all the oxygen and nutrients they need, they can live forever*.

This is all part of what is known as the Natural Skin Renewal Process (NSRP), where your cells renew constantly.

Now here is some new information. Another amazing fact is that medical studies have proven that 98% of the atoms in your body are completely replaced every year.

Still another amazing fact is that a researcher from Yale, Dr. Harold Burr, discovered that all living things had an electrical energy field surrounding them. He proved this field of energy had a direct correlation with growth, development and repair. Astonishingly when he measured the shape of the electrical field around a seeded sprout it was not the shape of the seeded sprout but was instead the shape of the adult plant it was to become!

Want to know how to safely increase the electrical energy of your skin? Ask Me.

Now the Ongoing Effort to Defy Aging is In Your Hands

Thank you for reading this ebook. I hope you found it informative...and that you begin to integrate some of these invaluable anti-aging techniques into your daily regimen...if you haven't already.

With a little effort and a consistent approach, you'll be able to live longer and look better years longer than you ever imagined. I've seen these things work for hundreds of people over the years.

And remember, you can contact me personally if you have any questions or comments.

Meet the Scientist Who Invented "Happy Water" and Introduced "Energetic Cosmetics" to the World



About Jim Kaszyk, Founder, President and Chief Research Scientist of Kasz Enterprises.

Bachelor of Science in Chemistry, University of Massachusetts. Served in the U.S. Air Force School of Aerospace Medicine during the Vietnam War. Chemist and Medical Researcher for the prestigious Laboratory of Pathology, a San Antonio, Texas Toxicology Laboratory. Research and Development Chemist. Developed a product that improved the quality and cost of textile processing. The company named the product in his honor. Plant manager and epoxy resin chemist. Chairman of a committee that developed a prototype training manual for epoxy resin technology. Currently President of KASZ Enterprises, which does research and development on products based on Structured Water chemistry. Founder of a complete line of herbal skin care, sun care and shampoo products. Invented The Ageless Secret,[™] world's only Energetic Cosmetic,[™] a complete line of therapeutic revitalizing skin care formulas based on the electrically enhanced "Happy Water" he created more than 20 year ago. He continues to refine and develop new product formulations at his laboratory in Palm Desert, California.



References and KASZ Laboratories Contact Information

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Organic "Energy Infused" Anti-Aging Skin Spray

