

First Strong 210

Chapter 210 - Break through the third weight!

A spoon of salt, add a pot of soup, as long as delicious, you can slowly finish.

A spoonful of sugar is added to the drink cola. When you are thirsty, you can finish it.

But if a spoon of salt or sugar is put directly into the mouth... then almost no one can stand it, and too much sweetness and saltiness will make people unbearable.

The first time will be to vomit, then drink water, and then a lot of water to ease the discomfort from the throat to the stomach.

Shen Lang's experience is almost the same...

The energy of the first yang ginseng of these hundreds of years, if it is distributed, and other, as a drug guide, can have a lot of good effects, and each part will not be excessive.

But eating it directly is like eating salt and sugar directly. The overbearing effect of the drug makes his blood seem to be burned and boiled.

Although he is prepared, and has used the "Yin and Yang Bo Ruozhen", as quickly as possible to absorb the effect of the drug for their own use, there are still a lot of Lingquan, it is too late to absorb.

Salt and sugar can also vomit, and the first yang ginseng that has already eaten can only be hard.

If someone is watching now, you will find that the skin on his body is red, and you can feel the hot breath without being close...

After a while, Shen Lang found that this was not possible.

His spiritual willpower is not comparable to ordinary people. He is also very experienced in the various situations of cultivation, but now his body is almost unable to bear it!

The most ideal state is that there are things like ice sheets, so that the body can absorb the cold and absorb the cold to neutralize.

But don't talk about the ice bed, there is no way to find an iceberg at a time. In the city, it is better, even if you can't find a frozen warehouse, at least the freezer is very common, and the effect is similar.

After a while, Shen Lang determined that the body had reached the limit, and even if perseverance could withstand it, it would be greatly countered.

In desperation, he paused cultivation, then got up and took off himself, then ran out!

In the vicinity of this cave, there is a water pool – now it seems that it was also opened by the owner of the cave. Quickly streaking past, jumped directly into the pool.

This is the ordinary water pool, not a cold pool, but for the burning of the burning waves, it was immediately relieved, so that he pulled back on the edge of the explosion.

Because of the high temperature of his body, a large amount of water vapor rises, and the temperature of the surface of the pool is also obviously rising.

After a while, I couldn't feel the coolness of the water, and Shen Lang could only let myself sink.

The lower the temperature of the water, the lower the temperature, which makes him feel better.

Now the realm of Shen Lang is not comparable to the first day after the awakening. Water pressure and gas shut-off are nothing.

Feel the temperature relief, Shen Lang does not dare to neglect, directly under the water to practice "Yin Yang Bo Ruozen", the "valve" to the maximum, the absorption of the first Yangshen's efficacy and Lingquan energy, into Its own vitality.

In the process, I feel that the surrounding water temperature is high, and then continue to dive. After dive in the end, it floats up to the surface...

Such a toss, directly into the water of the entire pool, from the surface to the bottom, all turned into warm water, hot water!

Drinking a liter of Lingquan before Shen Lang was not because of greed, nor was it daring to be inexperienced. On the contrary, it was the use of the aura contained in Lingquan to neutralize the hegemonic effect of the first Yangshen!

Just like eating a handful of salt and pouring a glass of water, although it is still uncomfortable, it is not stronger than a little neutral.

After the entire pool of water has turned into hot water, Shen Lang feels that the body's spiritual spring has also been absorbed. The energy of his physical energy is already very embarrassing, and he has the third level of impact on the "Yin and Yang Bozhengzheng", but still a little bit of an opportunity.

He came out of the water, and then he returned to the cave, and began to drink the Lingquan in a big mouth. After drinking, he returned to the pool to practice.

After the darkness of the dead forest, the temperature dropped significantly. This made the water cooling effect slightly better.

But it is not enough for Shen Lang. The water in the pool has been evaporated by him a lot, and it has turned into hot water. There are no other pools nearby.

Finally, I have tossed a few times, in the middle of the night, the flames that have been devastated by the flame for several hours, have a feeling of Shutai feeling!

At this moment, he immediately understood that success!

"Yin and Yang Bozhengzheng", successfully broke through to the third weight!

After breaking through the third weight, and not saying how much strength is improved, the most direct feeling is that the body is not suffering. The heat of the original furnace was now reduced to the extent of hot water bathing.

It is not the sudden decrease in the efficacy of the first yang ginseng, but the internal organs of the body to the external skin, and the tolerance is raised to a higher level.

After the breakthrough, his speed of absorption and conversion of aura and efficacy was also greatly improved.

Returning to the cave again, all the fountains were drunk.

Once again, I sank into the water pool. Shen Lang let myself continue to cultivate and absorb all the effects and aura.

It took only half a night to break through the third weight, which has already made him greatly gratified. He was originally prepared for two days and two nights.

It's much easier now, and the speed of absorption is much faster than in the middle of the night...

For hundreds of years, the first yang ginseng, the Lingquan accumulated for hundreds of years, and the dual opportunities together, let Shen Lang complete the goal of this trip.

Shen Lang practiced under the water until the morning of the next day.

Overnight, the effects of the first Yangshen have been refining to 7788. All the energy of Lingquan has been refining into its own vitality, but it has not yet been completely thorough.

Moreover, he does not need to bring back any treasures of heaven and earth, and he can continue to cultivate.

But someone disturbed him!

After breaking through the third weight, his spiritual strength has also made great progress, and his knowledge can be explored to a greater extent.

Although he is practicing in the water but after all, it is in the forest of death, if there is any powerful spirit beast coming over, not to be killed, it is not good to practice.

In the middle of the night, I was self-satisfied, and that was no way. I noticed the situation around me in the middle of the night.

When he arrived in the morning, he found someone coming over here, and he looked at it and found that it was two girls, two disciples of the Tianshan Ice Palace, who fell into the rain and her sister or sister.

I didn't expect them to come to two people, and they were girls, and they came to the place of two hundred miles.

However, Shen Lang did not rise up to the old meaning, as long as they are not here, wait for them to go further and continue to practice.

But... for a moment, I found that they went straight to this side! Even if it is not a destination here, at least it will pass nearby!

“Lower the younger sister, hurry up, it should be not far away.”

This makes Shen Lang's heart move. Could it be that Tianshan Ice Palace knows the secret of Xie's family? Or to say... Xie Yunlin's betrayal is basically the news of other people's homes that Xie's family inquired about?