

Chapter 2578– 2579 of A Dish Best Served Cold Novel

Chapter 2578

Otherwise, why would every time I meet her, for myself, it is a catastrophe of life and death.

For the first time, when he met Mark under the old house of Chumen, he almost went into a rage and died.

This time, it was because of him that he was facing life and death again.

Yu Yun felt that she really owed Mark in her last life.

However, seeing Yu Yun look so embarrassed and angry, not only did Mark not feel guilty, but also smiled inexplicably.

I just think that when this woman is angry, she is quite cute.

At least, it's much more cute than when it's stern and cold.

“You still laugh~”

“I'm going to be killed by you!”

Seeing that the bastard still smiled, Yu Yun was so angry that she gritted her teeth. If it weren't for her injury, she vowed to cut this bastard with a thousand swords.

“Don't leave soon?”

“Could it be that you want to die here too?”

Yu Yun was full of anger and shouted at Mark angrily.

Yu Yun knew very well that after a while, the power of the ice spirit fruit exploded in her body, and with her current situation, she would definitely not be able to suppress it. “

At that time, the dantian burst and the infuriating energy swept away, and Yu Yun's end was a burst of body and death.

And the “self-destruction” of a titled master is not much different from the explosion of a nuclear island.

It is estimated that a radius of one kilometer will be razed to the ground, and there will be no life or death.

Naturally she has no hope of survival, and Yu Yun naturally doesn't want Mark to be implicated by herself and fall here.

Listening to Yu Yun's anxious and angry words, Mark shook his head and smiled.

“Don't worry, I won't let you die.”

“Next, just listen to me.”

“Since I dare you to directly swallow the ice spirit fruit, since there is a way for you to safely absorb the pure power in it.”

Mark calmed down softly. His faint words seemed to have a special magical power at this time, which made Yu Yun's original panic in his heart quickly settled down.

“Do you really have a way?”

Yu Yun still asked.

Mark didn't answer, just walked over, helped Yu Yun again, and asked her to sit down in front of him.

“Concentrate and keep calm.”

“Then urge the zhenqi in the body to slowly flow into the dantian along the veins~”

.....

“First little week~”

“No matter how big it is!”

“So and so, back and forth...”

.....

Mark's deep and deep words sounded slowly in Yu Yun's ears.

Soon, Yu Yun's mind was completely silent, and in accordance with Mark's instructions, she ran the power in her body little by little.

Until, completely enter the cultivation state.

Mark, on the other hand, urged the dragon god body, and then mobilized the vitality of the body according to the method recorded in the Yundao Tianshu, and slowly instilled the vitality into Yu Yun's body to suppress the ice in the ice spirit fruit. The attribute power makes it release at a speed that can be endured by Yu Yun's body.

Sure enough, with Mark's participation, the violent explosion of ice spirit fruit energy in Yu Yun's imagination did not appear, but docile, trickling into Yu Yun's limbs.

Of course, Yu Yun at this time was immersed in the pleasure of rising power, and couldn't even bother asking what Mark did.

But in fact, what Mark did at this time was only based on the method recorded in the Yundao Tianshu.

Yundao Tianshu records treasures such as ice spirit fruit, and naturally there are ways to swallow it and refine it.

Refining in vitro is safe, but it wastes too much energy and takes a long time.

The internal refining is limited to avoid these shortcomings, not only can fully absorb the power of the ice spirit fruit, but also greatly shorten the time.

Of course, the disadvantage is that it is very risky.

Chapter 2579

Just as Yu Yun was worried about, refining the ice spirit fruit in his body, if he is not careful, he will burst into death.

However, this drawback is not impossible to avoid.

There are no fewer than nine solutions recorded in the Yundao Tianshu.

One of them is to use the power of the dragon god body to suppress the ice attribute power of the ice spirit fruit.

Fortunately, Mark is the master of the Yanglong body.

Therefore, he would naturally be able to use the dragon body to help Yu Yun suppress the power of the ice spirit fruit.

"You stupid girl, if you can meet me in this life, you just have fun, right?"

"If you didn't have me, could you train into a dragon body?"

“Without me, can you master the Yunyan Sword Art so quickly?”

“Without me, you wouldn’t have the chance today.”

Mark smiled contentedly while helping Yu Yun suppress the power of Bing Ling Guo.

Mark has always felt that this Yu Yun can meet herself, is the blessing of her eight lifetime cultivation.

However, I really don’t know how Yu Yun would feel if he heard Mark’s heartfelt voice at the moment?

In this way, Mark has been urging the dragon body to help Yu Yun suppress it for a full seven days.

Seven days later, Mark couldn’t hold on anymore.

He is too tired, even more tired than going through a battle of life and death.

Eventually, he fell down from the stone platform and lay on the rocky ground behind him, gasping for breath.

“I go!”

“No more.”

“If this continues, I will really be drained~”

Mark lying on the ground groaned weakly.

The clothes on his body were undoubtedly soaked, and his forehead was full of wet cold sweat.

The whole person looks very imaginary.

If Ericson Li was here and saw Mark’s appearance, he would definitely want to be crooked, thinking that Mark had just fought against some opposite sex for 300 rounds last night.

But God knows that Mark conveyed his true energy for seven days and seven nights.

This is the reason why Mark cultivated the Yundao Heavenly Jue. If someone else uses Mark’s way of conveying vitality, insisting on two days is probably the limit.

But in fact, according to the records in the Yundao Tianshu, Mark only needs to use the power of Yanglong to help Yuyun suppress for three to five days.

But Mark just clenched his teeth until he couldn’t hold on.

After all, if he helps Yu Yun to suppress it for a day, Yu Yun will be less dangerous.

“Yu Yun, you can only rely on yourself for the rest~”

Mark was still very vacant, and he didn't relax after a long rest.

At this moment, he was lying on the ground, tilting his head to look at the aftermath beside him.

Her eyebrows were closed tightly, and her slender eyelashes swayed slightly in the wind.

Qingcheng's stunningly pretty face faintly showed a bit of pain.

Mark knew that Yu Yun was also experiencing torment now.

Practice, this is the case, it has never been smooth sailing.

If you want to master power, you have to endure pain.

Only a finger that bleeds can make the world's absolute noise sound.

Only after the tempering of hell do you have the power to create heaven.

To practice the road, you can only go on your own.

No one can replace the other person and endure the pain.

Time passed by every minute and every second.

Mark gradually regained his strength after repairing it for a long time.

Unlike Yu Yun, he didn't suffer any injuries.

The only injury is probably the slap in the face when Yu Yun first saw him.

Therefore, after he rested for a while, he was alive again.

Mark, who was regaining his strength, didn't intervene in Yu Yun's practice anymore.

After several days of absorbing and refining, Mark estimated that most of the energy of the ice spirit fruit had been absorbed by Yu Yun.