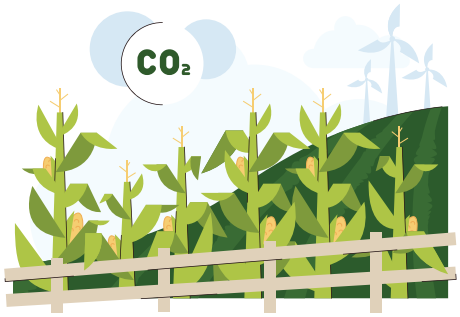
How Does Bio Energy Work?

Can you list the steps to explain how Bio Energy works?