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THE ROAD TO HEALTH . . .
Using The Clark Method Newsletter

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Number 65

by Bonnie O’Sullivan

Dear Friends,

Recently a family member asked if I knew of anything nutritionally that would help with macular degeneration as one of my uncles has been diagnosed with it. That same week, my niece asked if I knew of anything nutritionally that would help her get pregnant.

As if in answer to those questions, an amazing nutritional product, FrequenSea, a delicious liquid tonic that contains marine phytoplankton — that just became available in the U.S. in August — was introduced to me by a dear friend and long-time reader.

I am positive FrequenSea will prevent my family and everyone who reads this newsletter (and acts on the information in it) from ever suffering from macular degeneration. And I feel certain it will aid my niece in getting pregnant and carrying her baby to full term.

I’ve been taking FrequenSea for about 3 weeks and from the first day I’ve enjoyed increased energy and felt more calm and secure in making big and small decisions. Today I climbed two flights of stairs while carrying a 25-pound package and when I reached the top I wasn’t huffing and puffing, as I would have been 3 weeks ago. I felt as though I had not exerted myself at all! Over the past three weeks I have not added anything else to my diet.

FrequenSea by ForeverGreen

To witness your body’s amazing ability to heal itself combine the ability to organically farm 25 to 45 metric tons of organic marine phytoplankton per day with the ability to extract the nutrients using a state-of-the-art exclusive plant extraction process, then add the nutrients to a great tasting liquid, ionic, whole food tonic (the result of which is called “FrequenSea” by ForeverGreen) and drink ½ an ounce per day, straight or mixed with a ¼ cup of water, once (or more) a day.

For general nutrition, phytoplankton contains the most versatile array of nutrition of any plant(s) known. It contains ultra-potent lipids to enhance brain function. It supports a healthy heart and has been clinically shown to reduce cholesterol and stabilize blood sugar levels. Neurologically it increases mental alertness, assists with ADHD, Parkinson’s, and general dementia. For joint health it relieves pain and inflammation. For the skin it relieves

psoriasis and dermatitis. For vision, it has been shown to be more effective than lutein. Phytoplankton supports a healthy liver, good sleeping habits, and increased energy.

No wonder Jacques Cousteau said, "The future of nutrition is found in the ocean."

On August 10th Tom Harper told his amazing story of personal healing. Just over a year ago, after his doctors gave him between nine weeks and nine months to live, Tom added a most surprising whole food to his diet. The marine phytoplankton from his growing tanks! That's right. Along with moderate exercise, clean water, and healthy eating habits, Tom started using phytoplankton harvested from his own 30 million dollar organic sea farm.

His doctors were stunned to see Tom's recovery from a rare type of lung cancer and that he has not had the need to use his 88 units of insulin. Now, I want to be crystal clear here... WE CANNOT SAY THAT ANY PRODUCT HAS EVER CURED ANY DISEASE. NOR HAS ANY DRUG EVER CURED ANY DISEASE. HOWEVER, WHEN YOU PRESENT AN ARRAY OF NUTRITION THIS COMPLETE, AND THIS CLOSE TO NATURE, IT ONLY STANDS TO REASON THAT GIVEN THE BUILDING BLOCKS FOR LIFE, EACH AND EVERY CELL IN THE HUMAN BODY WILL HAVE EVERYTHING IT NEEDS TO HEAL ITSELF. (Much of this is due to the balancing of pH!)

The amount of phytoplankton that ForeverGreen has put in FrequenSea and recommends per serving/per person is the same amount that Tom Harper has been using for about 12 months to fight his way back to health. It is a 19/1 ratio of liquid/phytoplankton and one half of one ounce per day is recommended. It does not take much for amazing results!

Phytoplankton works more at an energetic level repairing the mitochondria (or energy producer) of the cell, which affects all cell function. Stress on the mitochondria in the cell causes it to malfunction and degenerate. Malfunction of the mitochondria is linked to many diseases and more and more to increasing the aging process. When we consume a nutrient as close to nature as possible and as complete as possible with all the necessary nutrients (vitamins, minerals, amino acids, enzymes and phytonutrients) to repair the mitochondria damage and increase the production of the energy molecule ATP, disease is reversed and health is improved. Phytoplankton is the most complete plant source of nutrition known to man, and in a state most useable by the body.

We did a local price comparison on FrequenSea in a 30-day supply that included as many separate ingredients as we could find. We were astonished to discover that for the supplements we could find (that were of lesser quality), we would have had to spend as much as 3 to 4 times the cost of FrequenSea. And the fact remains that we couldn't come close to recreating what's in FrequenSea!

FrequenSea is a totally unique, exclusive combination of the best nutrition by land and by sea. In addition to the marine phytoplankton the other ingredients include: aloe vera, cranberry concentrate, blueberry concentrate, ionic trace minerals, a special blend of sea water and ultra purified water (rain), and a unique herb and sea vegetable blend of bladder wrack, spirulina, Irish moss, kelp, sea cucumber, nutmeg, astaxanthin sea algae, 24 Karat Chocolate™ powder, ginger, orange, Mexican sweet lime, morinda citrifolia (noni juice),

mangosteen, citric acid and rosemary anti-oxidant.

Most people purchase their supplements separately because they don't know that there is a product out there like FrequenSea, which incorporates all of these ingredients at a fraction of the cost.

It is a fact that as low as 10-20% of the nutrients taken in pill form actually make it to the cellular level. That means 80-90% has to be eliminated by the body, which can be very taxing on your system. It also means that for every \$100 you spend on nutritional supplements in pill form, about \$85 goes down the toilet. Liquid, on the other hand, has an absorption rate up to 98%.

I think you will find the following information very compelling.

What is Phytoplankton?

Phyto = "Light" — Plankton = "Floating/Suspended"

Scientists at NASA theorize that some 3 1/2 billion years ago, the world was changed forever. The appearance of tiny organisms with the ability to convert sunlight, warmth, water and minerals into protein, carbohydrates, vitamins and amino acids marked the beginning of life. Phytoplankton, which is composed of single-cell plants, is the basis of all other life forms on planet earth; it is the 'vegetation' of the ocean. Phytoplankton is responsible for making up to 90% of earth's oxygen.

Phytoplankton is the food utilized by the world's largest and longest living animals and fish. Blue whales, bowhead whales, baleen whales, gray whales, humpbacks, and right whales all eat plankton. These species live between 80 and 150 years and maintain great strength and endurance throughout their lives. The largest fish, a plankton-eating whale shark, lives for over 150 years, grows up to 14 meters long, weighs up to 15 tons, and is sexually active until it dies.

Benefits of Phytoplankton

The elements and electrolytes in plankton are almost tailor-made for the human body. It's no coincidence that the composition of human plasma is similar to that of seawater. Over reliance on land-based food sources often leads to deficiencies in micronutrients and trace elements. Our bodies need these elements to perform as nature intended. Left to its own devices, the human body has a marvelous system called homeostasis, which keeps all systems in balance. Take away some critical component and the body experiences malfunctions that cause suboptimal performance. Too many malfunctions cause disease.

NASA Studies

It's almost hard to believe, but new NASA-funded research confirms an old theory that plankton can indirectly create clouds that block some of the sun's harmful rays. Dierdre Toole of the Woods Hole Oceanographic Institution (WHOI) and David Siegel of the University of California, Santa Barbara (UCSB), conducted the study.

The study finds that in summer when the sun beats down on the top layer of the ocean

where plankton live, harmful rays in the form of ultraviolet (UV) radiation bother the little plants. UV light also gives sunburn to humans.

When plankton are bothered, or stressed by UV light, their chemistry takes over.

The plankton tries to protect itself by producing a chemical compound called DMSP, which some scientists believe helps strengthen the plankton's cell walls. This chemical gets broken down in the water by bacteria, and changes into another substance called DMS.

DMS then filters from the ocean into the air, where it breaks down again to form tiny dust-like particles. These tiny particles are just the right size for water to condense on, which is the beginning of how clouds are formed. So, indirectly, plankton help create more clouds, and more clouds mean that less direct light reaches the ocean surface. This relieves the stress put on plankton by the sun's harmful UV rays.

Source: http://www.nasa.gov/vision/earth/environment/0702_planktoncloud.html

Spring Bloom

Phytoplankton is comprised of hundreds of species of photosynthetic, unicellular organisms belonging to the Kingdom Protista. Temperate coastal waters, such as those along British Columbia (BC) Canada, are highly productive and support a diverse array of microalgal species from numerous Classes, including the primary producers called diatoms (Class Bacillariophyceae). Every spring, when conditions of light, nutrients, and mixing are optimal for growth, diatoms grow rapidly in the euphotic zone (upper 20 m). This event is known as the "spring bloom." During this period, many species take advantage of the enhanced conditions but generally three diatom genera are the most successful — Skeletonema, Thalassiosira, and Chaetoceros.

Recreating the Spring Bloom (Patent Pending Technology)

With our patent pending technology, spring bloom conditions are reproduced in a controlled environment, and this diversity of species is represented in our products, which make our phytoplankton more powerful. Also our exclusive extraction process allows us to combine the benefits of phytonutrients with a natural and balanced composition of sea minerals. Phytonutrients are natural plant-based chemicals that promote proper metabolic functions.

Until now mankind could only dream of obtaining significant quantities of microscopic plants. Through years of research, our Sea Farms can now grow these in quantity. Our state of the art facility allows us to produce something unique in the world for your benefit. Many manufacturers call this cyanobacteria algae. Our phytoplankton is not cyanobacteria but true micro-algae in its many forms and species. This along with our processing makes our product totally unique in the world.

This precious concentrate is now available exclusively through ForeverGreen.

Plankton Testimonials

Name: Judith, Age: 60

Here is a quick testimonial for this fabulous new product my friends and I are on. Yes, it's very new and we've all just begun but we are already having results. One friend is thrilled to not have as many "hot flashes" in the night and better sleep. Another friend has liver trouble and had the product checked out at one of the leading vitamin outlets in Victoria. They were impressed and supported her on using Marine Phytoplankton. My skin has become a lot nicer, even had compliments on how much younger I look (that's great when you have reached the 60 mark!).

Name: Kimberly, Age: 45

I started taking Marine Phytoplankton approximately late November of 2004. Within 3 weeks I was feeling more energy and mental clarity than I had experienced for quite some time. Within 5 weeks, I no longer had any Acid Reflux pain and was able to go off all medications for it (Losac). Also, for the first time in 20 years, I am no longer feeling any effects from IBS (Irritable Bowel Syndrome) that I suffered with for 10 years.

Name: Shelley

I have had an amazing experience with the Marine Algae. You see, I do not believe in magic potions, nor do I believe there are any true quick fixes. But I had a friend that told me Marine Algae was a good product and that I should try it, if only for the fact that it is loaded with rich nutrients that could help improve my life. I began taking Marine Phytoplankton. My friend suggested that I could put it (the Liquid) on any skin problem. I had a growth on my face, very close to my eye. It has been there for about 5 years. It appeared to be a very light mole that was growing. The size of the growth was about 2 millimeters in height, and about 4 millimeters in diameter. I began applying the Marine Algae directly to the growth. In a period of 1 month the growth has completely shrunk. It is no longer raised at all and the appearance of the skin is that it looks just like a tiny scar. Now, I would never believe that a product could take away such a growth. It did and I am so grateful. I did not want to go for surgery and have it removed, it was close to my eye. I have also experienced increased energy, and my overall skin tone has improved, especially on my face, which has really improved. Thank you for a wonderful discovery.

Name: Mary, Age: 83

I must be one of your oldest to try Algae! Since I have had two relatives live over 100, I thought it was worth a try. Like the Whale, I'm willing to try it (even if I have to swim and spout). I had open-heart surgery 3 months ago. As a very active person, I have little patience with the slow healing. After just over 1 week of taking the Algae Concentrate, I noticed my sleep pattern had changed. From 3 to 4 hours per night, I now have a more restful sleep of 7 to 8 hours. I find that I sleep better if taken in the evening.

The second and third week I was more rested, relaxed and my circulation was far better. After the operation I was very depressed — never been that way in 83 years. Now, I'm too busy for such a thing. If the first 3 weeks feel this good, I wonder what the future holds?

Move over world — let me get on with it!

Name: John, Age 85

Having used Marine Phytoplankton for only four weeks I have the following comments. I am 85 years old. I was in the Canadian Army from 1940-1946 with the 3rd Division — D Day till VE Day (May 1945). Poliomyelitis, spent months in the Veterans hospital — slowly got back on my feet. Much damage to my left side. Today I have severe Scoliosis of the spine and suffer backache and other discomfort.

My opinion of Marine Phytoplankton is that I feel I have a little more energy and in general a feeling of uplift of spirit. I will continue using Marine Phytoplankton.

Name: Tiffany, Age: 34

My results from taking Marine Phytoplankton have been exquisite, both physically and mentally. I noticed my mental clarity dramatically increase within four days of taking the product. My energy levels have soared, and my sleep patterns consistently good. I have suffered with Hypothyroid my entire adult life, along with HUGE carbohydrate cravings! From the time I started taking Marine Phytoplankton I noticed my blood sugar levels started to level out so drastically that these awful cravings and afternoon sugar crashes have all but disappeared, and my Thyroid has stabilized. Three months later I am 17 lbs. lighter, going from a size 12 to a size 8! Another wonderful benefit is that my sex drive has increased (this is great after 16 years of marriage!). My husband and I can both attest to an overall feeling of calmness, even during stressful times.

I feel truly blessed to be nourishing my body and mind with this remarkable whole food — Marine Phytoplankton.

Name: Dere Age: 41

I am a very active individual both in business and sports. I started taking Marine Phytoplankton about 1 month ago and noticed differences in my body almost immediately. As I've gotten older, I just assumed the aches in my joints were part of life, and accepted them as is. I have a pretty lean body, and good muscle mass for my height (6 feet). Since I've been on the product, my joints no longer ache and my muscle mass has increased. I have had a huge increase in my endurance, both mental & physical. Due to the stresses of owning and operating large-scale businesses, my adrenal gland has run at full throttle since I was 18 years old. This has led to bouts of depression as I depleted myself mentally a great deal. I've noticed my general moods have elevated, with an overall sense of calm within about 1 week after taking Marine Phytoplankton. My bouts of depression are almost non-existent. I can think with greater clarity, later into my days, and am much more patient with my wife and children after a long day at work. I actually look forward to taking them to their evening sports events, and still have energy to burn late into the night (if I so choose). My sleep is VERY restful.

I ran out of Marine Phytoplankton for about 1 week. My joints started to ach again and my old negative mental patterns started creeping back in. So, I'm back taking Marine Phytoplankton and grateful to have found this great product. I highly recommend it!

Name: Elaine, Age: 57

I retired because “I WAS TIRED!” I had accepted feeling fatigued as a way of life. After being introduced to Marine Phytoplankton. I noticed my energy increased almost immediately after being on the product for only a few days! Within 2 weeks, my clothes started to fit looser, and curiosity got the better of me. I got on the dusty old scale and found I had lost 6 lbs. I had tried several weight loss programs in the last 10 years with NO SUCCESS, even when going to the gym on an almost regular basis. I realized that my carbohydrate cravings had disappeared.

I am now working full time again (by choice) and am an active Volunteer in several organizations. My family and friends have noticed huge differences in my overall well being and have begged me for information on where to purchase the product.

Name: O.

Thank you so much for the samples that you dropped off on Friday. We just started and already are seeing some amazing things happening.

My son, who has all the food allergies, is for the first time having normal bowel movements. My daughter slept through the night for the first time since I can remember. And as for me, well it seems as though my body has decided to get rid of a whole lot of waste and toxic build up because my body has gone into a cleanse mode and I feel wonderful. Have had the best sleep of my life and can't say enough about Marine Phytoplankton already.

I have been on the phone non-stop to as many people as I know, and so far everyone I have talked to can't wait to get on the product.

Name: Chris

About 5 years ago my eyesight had deteriorated to the point of requiring glasses. Suffering from astigmatism, I worked for years on computers not noticing that I was squinting all the time trying desperately to focus on the screen. I am a graphic designer and my eyes are everything to me.

I started taking the Marine Phytoplankton less than a month ago and my eyesight has improved greatly. I still require glasses, but I can focus easier, my vision is much more focused with no squinting, and it gets better everyday. I have performed eye exercises daily and had noticed only a slight difference after a few months. But after a couple of weeks on this product, the exercises are giving me dramatic results. I can now read the directions on the back of the shampoo bottle, which is something I haven't been able to do for years. Along with vision clarity is the brain clarity as well.

I have taken greens for years and saw improvement in mind focus and energy. With the addition of Marine Phytoplankton in my diet, I am seeing dramatic differences in my ability to focus on tasks and the amount of energy I have to take them on — plus I sleep better at night as well. I am looking forward to updating this testimonial with exciting and dramatic improvements in other areas of my well being in the near future.

Name: Rich

I have been on Marine Phytoplankton now for 2 weeks. Before I started, my oxygen level was set at “4” on the machine and now it is down to “2.” If I am sitting, I can now take the air off completely. Before, without the air, I could only walk about 10 feet. Now I can walk about 200 feet. Before, I would start huffing and puffing.

This is Bonnie Again:

To all of you who have been searching for ways to improve your pH, I am honored to be the one to present Marine Phytoplankton in the form of FreqenSea. The health benefits of marine phytoplankton are unparalleled! On August 10, 2005 ForeverGreen made history by being the first company to bring the healing benefits of marine phytoplankton to the United States.

This is a wonderful opportunity for each of us to really get a handle on our health, whether there are specific health issues, an unbalanced pH, or just a desire for optimal health and prevention of disease.

Please go to www.whyplankton.com to view a 15-minute video about FreqenSea.

Love,



Bonnie

The Material in this letter is for educational purposes only and is not intended as a prescription for any illness.

How to Buy FreqenSea (Marine Phytoplankton)

To purchase FreqenSea, 16 Fluid Ounces, \$39.95 plus shipping (approximately \$10.00) go to <http://www.forevergreenrth.com/> and click on the “SHOP” tab at the top of the screen. When the next screen comes up, choose your country and click on “continue.” On the next screen click on “FreqenSea” on the left side of the screen, which is the first product listed under “Product Categories.” On the next screen, click on the drop-down icon beside the empty square next to “FreqenSea,” and select “1” or “4.” [Four bottles of FreqenSea, 16 Fluid Ounces each = \$129.95 plus shipping (approximately \$14.00)] Then click on the “Check Out” tab. On the next screen, put your email address in the space at the top (no password is needed) and give your name, address, Credit Card Number and Expiration Date. ID #9510 is the Referring Member’s ID # (#9510 is The Road To Health’s ForeverGreen ID number).

To join the ForeverGreen Multilevel Marketing (MLM) business opportunity go to <http://www.forevergreenrth.com/> and click on the “SIGNUP” tab at the top of the screen and follow the prompts. Please use ID #9510, which is The Road To Health’s ForeverGreen ID number).