



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

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Bonnie O'Sullivan, Editor

Dear Friends,

Eight Out of Nine Tumors Vanish After Taking FrequenSea for 30 Days!

Carries Story:

November 4, 2005

I have a rare cancer, called Carcinoid Tumor, I was diagnosed on 10/31/03, at 40, mother of three, my youngest now almost three. I have been facing the unthinkable — early death. There is no known cure for Carcinoid, it is managed by being surgically removed and then attempts are made to stabilize existing tumors or new tumor growth by an injected drug that has been developed to “fence the disease in,” thus buying time for the patient.

On December 8th, 2003, I had a major nine hour surgery at The Mayo Clinic in Rochester MN, successfully removing 98% of the tumors. I was left with a tumor in my spleen and one on my lung.

Nine months later I was begun on the 30 mg. injection to try to keep the cancer from growing.

In the past 22 months, I have returned to The Mayo, every twelve weeks for CT scans and blood and urine tests. I have been seen to develop seven new tumors to my liver, giving me a total of nine known tumors total.

On October 4th, just 30 days ago, I took my first ounce of the “mermaid drink” as I fondly call it, [FrequenSea/OceanFarmaSea]. I have taken four tablespoons or 2 ounces per day; one on an empty stomach in the morning and one before bed; I have not missed a single dose.

Beside sleeping better, feeling better and looking better, I have just returned from my three day trip to The Mayo Clinic where I had a CT scan to monitor the seven spots on my liver, so that it could be decided if I should undergo RFA or Radio Frequency Ablation, a surgical technique to remove these tumors from my liver. This is what happened instead. My

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husband and I sat in total disbelief as we were told that there are no tumors on my liver, and the tumor in my spleen has also vanished!!!! Eight out of nine tumors are GONE!

I have never written a testimonial in my life, but at this point, I feel it is my responsibility to do so. Is my Sandostatin injection the sole reason for this miracle? I doubt it, since I managed to develop seven new tumors in spite of it, and research shows that the injection acts mainly as a band-aid, and NOT a cure.

Have I just been blessed?

Yes, because in my opinion, The Mermaid drink [FrequenSea/OceanFarmaSea] was divinely inspired, and it seems about as clear as my CT scans that the answer is YES! In writing this I hope you and your family will find the healing you are hoping for, or at the very least, will become healthier and feel better while you're looking.

Cheers, Carrie

Sandy Goes Alone By Air for Week-Long Trip After Taking FrequenSea for 45 Days

By Bonnie O'Sullivan

This Thanksgiving we are thankful for two blessings. One is that my niece, Christy, is thrilled to be six weeks into her first pregnancy. The second is that my daughter, Sandy, has felt such an improvement in her health that she traveled alone (by air) from California to Kansas yesterday, November 22, to celebrate Thanksgiving with her son, Ben, and his wife, Tracy, and to meet, for the first time, her first grandson, Caiden, who is five months old.

Since Caiden was born on June 18, 2005, Sandy has wanted to go to Wichita to see him. However, her physical condition (blisters on her face, arms, legs and torso) kept her from even thinking about it because she was afraid she would spread her condition to him.

After taking antibiotics for three months and having 30 Hyperbaric treatments her skin cleared up on her face, arms and legs but small blisters continued to form on her hands.

In the beginning of October Sandy had several treatments with a Light Beam Generator that has 24 special heads that are placed strategically on the body for 90 minutes that help the flow of the lymph fluid in the body. After that she rented a Light Beam Generator with two heads that she used daily for the same purpose. These treatments have helped with the pain and swelling that she has due to her lymph system being congested. The treatments work, but her lymph kept going back to being congested between treatments.

On October 9th Sandy began taking one ounce of FrequenSea regularly every day. She immediately felt an improvement in her depression and it helped her Light Beam treatments to last several days before she felt the need to have another treatment. Soon she was talking about going back to Mexico to finish having her new dentures made. She called her dentist and made an appointment for October 23rd and we drove there two weekends in a row, which finally resulted in (on October 31st) being able to take home her new dentures. [However she is still not wearing them, as they need frequent adjustments (by my local dentist).]

On November 15th Sandy decided (and made her reservations) that she was feeling well enough that she could fly to Wichita, Kansas to spend a week visiting her grandson!

We believe that taking one ounce of FrequenSea daily, and an extremely strong desire to hold her baby grandson, are the things that helped Sandy go on her Thanksgiving trip. She is even talking about moving to Kansas to be near her family. (See: www.sandrastory.com)

Many people have sent us their testimonials about their health improvements due to taking FrequenSea. We thank them for taking the time to share their stories. I am devoting the rest of this newsletter to them. (For more FrequenSea info: www.road-to-health.com/65)

FrequenSea (Marine Phytoplankton) Testimonials

November 8, 2005

A friend of mine was talking about Marine Phytoplankton and that this is a really good product with all kinds of health benefits. I am a massage therapist and I had developed adult onset eczema. I started taking Marine Phytoplankton orally and I wiped some of the liquid on my hands to see if it would help clear up my eczema. I could see a difference over night and within 2 weeks my skin had completely cleared up. I also noticed that it takes away the itchiness that comes with eczema when I use it as a lotion. My husband is also on Marine Phytoplankton and it has helped him with his joint pain. K. W.

November 8, 2005

I started taking Marine phytoplankton exactly two weeks ago and I cannot believe what it has done for me in such a short time. My Chron's Disease, which was active for the last thirty years, is finally in remission after only four days on the Marine Phytoplankton it is so nice to be (normal) once again!! I had forgotten. My almost hourly "hot flashes" are gone, pain from Fibromyalgia and Arthritis has practically disappeared, my right shoulder was so bad that it used to snap whenever I lifted it above shoulder level or back and forth, my doctor told me that I had bone rubbing on bone, since the first seven days on the product I can swing my arm in any direction I want with no pain and no snapping! I had Psoriasis on both my elbows and that disappeared in my first week on the Marine Phytoplankton, I have lost 2" off my hips, 3" off my waist and 8 lbs in two weeks. I have gone off Zoloft since day one of taking Marine Phytoplankton and had no side effects, I feel so well that I do not feel that I need an antidepressant and I have so much energy that I am like a live wire. I. S.

October 26, 2005

18 months ago I was diagnosed with bi-polar disorder or manic depression. I have been taking Marine Phytoplankton every day for 2 months now and I have to say I feel great on it. I have a much more positive attitude toward life and seem far more able to look to the future. Personally I feel that, coming from the base of the food chain, Marine Phytoplankton supports and nourishes our most basic instincts and provides much needed neurological support. My mood swings seem much more stable now, and depressive episodes seem much easier to shrug off. My thinking is much clearer, as are my levels of concentration. Marine Phytoplankton has definitely improved the quality of my life, and long may it continue! In

my experience it is 'food for the soul'. T. S.

October 15, 2005

I am so impressed with how I feel and what has happened to me since starting on Marine Phytoplankton. I have been battling Type 2 Diabetes and had not found a way to reduce my levels even with taking Amaryl. A week and a half ago I had sugar levels of 312 they are now registering 140 after awakening, and 122 during the day. If this is just one week... WOW! And to top it off I have dropped 9½ pounds in one week. I have been on every product a marketing company has to offer with no results. It is absolutely amazing! I have results in 1½ weeks. What is going to happen as I continue? Marvelous Results... I thank you for your passion and courage to create a company with integrity and products that work. M. K.

October 12, 2005

My husband had a considerable-sized rash on his back for about 20 years that he would scratch everyday. Yesterday, just 3 weeks since he began taking Marine Phytoplankton, I noticed the rash had disappeared and the skin that had replaced it was soft! I'm Impressed! C.

October 11, 2005

A recent client of mine is a woman with breast, bone and liver cancer who started taking Marine Phytoplankton about two weeks ago. Previously unable to keep anything down and having very little energy, she is now very excited and is experiencing a complete turnaround. She has worked up to two ounces a day, has much improved energy, and can now eat with no problem. Her pH has come up from 5.6 to 6.2 as well. Prior to starting on this program, she had undergone chemotherapy and radiation, which made her quite ill. Her blood work, after about 10 days, has improved. Needless to say, she is ecstatic and grateful to have been exposed to Marine Phytoplankton. Her family can't believe the change! D. W.

October 10, 2005

I sold one bottle of Marine Phytoplankton to a lady who suffers from severe food allergies one week ago. Yesterday, she phoned me to order four more bottles because she has been feeling so good! Also, I was worried my daughter with food allergies may not be able to take Marine Phytoplankton, but it has not affected her negatively at all. In fact, if I forget to give it to her in the morning, she reminds me to! V. G.

October 9, 2005

As of my sixth day on Marine Phytoplankton, I have experienced the following health benefits:

I lost six inches off my waist, hips and abdomen, lost at least three pounds, got rid of a sinus infection in four days that had been lingering for about five months since enduring a root canal, my acne finally cleared up, and I have no more cravings after supper. All I can say is WOW! C. M.

October 8, 2005

I am taking one ounce of Marine Phytoplankton a day, one-tablespoon twice a day. After

only 10 days I was sleeping through the night instead of waking up multiple times a night like I was previously. Also, I'm waking up rested, my hot flashes have all ceased and the frequency and intensity of my migraines has greatly diminished. I used to have one migraine a week that lasted at least two days even with medication. After day 13 and 14 of taking Marine Phytoplankton, I had the first headaches I'd had, but they were not migraines. I think it may be a result of my body detoxifying itself, and they have not required any medication! Additionally, I noticed my right shoulder was not bothering me much anymore, which has allowed me to sleep on my right side comfortably. I have a small tear in my right rotator cuff, and after having my left one surgically repaired two years ago; I chose not to have this one repaired. I wonder what I will notice next! B. D.

October 7, 2005

Since beginning my intake of Marine Phytoplankton I have noticed that I sleep much more soundly and deeply instead of getting up several times throughout the night like I was before. Also, I've noticed that even though it's been quite hot here in the Sacramento area, I do not overheat when I go running outside. There have been several days that I have not made it out the door until late morning and my mile lap times have still improved! In general, I have noticed that my body temperature has decreased making it less necessary to run my air conditioner, which in turn reduces my utility bills. That is HUGE! Plus, I have used a large amount of supplements as part of my healthy diet for a long time to make up for the nutrients I lose as I perspire while running, but now I feel like Marine Phytoplankton does that for me. At first I really didn't think I would feel much different physically with Marine Phytoplankton because of everything else I take, but I do. I am delighted with the positive changes. Could it get any better than that? L. S.

October 7, 2005

My 16-year-old dog has cataracts in both eyes so bad that it looks like he has two opaque stones in his eye sockets! Of course, that was until yesterday after six days of taking Marine Phytoplankton. The rest of our family has been on it longer and I was unsure at first about giving it to him because I didn't know if, as a dog, he would reap the same benefits as we have. Now his cataracts and the opaqueness in his eyes are almost gone, and I do believe that he is even hearing better. He actually saw another dog across the street the other day and took off after him!

My husband and I both do not feel as achy and tired as we usually have since starting to take Marine Phytoplankton a little over one week ago. I also have not had the food cravings I had previously and am eating smaller amounts of food and still feeling satisfied. I really hope that this continues and maybe I might lose enough weight to be where I believe I should be. I'm feeling better already! D. K.

October 6, 2005

I have a friend with an 8-year-old daughter named Chelsea. Chelsea has had severe food allergies and asthma her entire life. Last week she went to the doctor to refill her inhalant prescription for her asthma. He asked her to take deep breaths, and by the fifth one she

needed the inhaler because she was wheezing so badly. The day after the visit, Chelsea began to take half an ounce of Marine Phytoplankton daily added to her juice. After a week, she was able to endure over an hour of exercise on a trampoline without the use of her asthma medication, which would not have been possible a week prior. She visited the doctor again today and he said he could not explain why she was no longer wheezing and has reduced her need for the inhaler from several times a day to two times a day. Because of Marine Phytoplankton, her moods have significantly improved and she seems to be feeling much happier! V. G.

October 5, 2005

My daughter has some health problems that include tens of thousands of pinholes in her bladder, which cause infections and make it extremely painful to use the bathroom. For a year now she has been going to specialists and trying medications that have not been very helpful and often cause side effects. Although her first bottle did not show her much improvement, her continued use of the product has given her significant results. Although it's too early to proclaim she is healed, she has had better results with Marine Phytoplankton than with anything else by far. Thank you. Dr. K. L.

October 5, 2005

My husband and I have been taking Marine Phytoplankton daily for the past two weeks and we are simply amazed by this product! I have recently had to begin wearing reading glasses when my vision had never before needed correction. After taking Marine Phytoplankton just once, I have not needed to wear them at all! I have not felt this wonderful in years and am full of energy, feel very clear, and have a sense of vitality unlike before. My 83-year-old mother has also been taking Marine Phytoplankton and has become a walking testimonial. Since taking the product she is full of life and has much more energy in the afternoons, which were usually spent napping. She claims now she doesn't need to! Her family looks amazed and she looks younger and much livelier, and this is a woman who went to aerobic classes three times a week before taking Marine Phytoplankton! I am so impressed, and feel so blessed — even honored — to be able to take this product and feel such a wonderful sense of well being. I find myself telling everyone about it and am even more proud that it comes from the magical island on which I live, Vancouver Island. M. F.

October 4, 2005

As of last week, I've increased my dose of Marine Phytoplankton to one ounce before my morning run. Tuesday, I ran six miles; Wednesday, four miles (in the late morning heat); and six miles again Thursday. I am consistently running 20-30 seconds faster per mile and that is very significant! I think that it is all because I am providing my body more oxygen with the use of Marine Phytoplankton and also sense that my body is using the oxygen more efficiently. I really don't know or care how it's happening... I'm just excited that it is! L. S.

October 4, 2005

My former doctor once told me that I had hypothyroidism and would have it, and therefore need to treat it, for the remainder of my life. Last week, upon having my blood retested, my

current medical doctor discovered I no longer have hypothyroidism and will not have to continue any more treatment for it! I believe increasing my pH levels is to credit for my recent health turnaround. Following a doctor's guidelines closely as well taking Marine Phytoplankton daily has also helped me to lose almost 15 pounds and lower my body fat percentage significantly without changing my diet dramatically. Now that Marine Phytoplankton is available, keeping my pH levels up has never been simpler! C. W.

October 4, 2005

I have several good things to say about Marine Phytoplankton. First of all, my mother has had a Candida infection in her mouth for the past year. When many prescriptions and remedies did nothing to get rid of it, she tried Marine Phytoplankton and it was gone after two weeks! I also have a few friends that have benefited from taking Marine Phytoplankton. One suffered from a yeast infection that would not go away, ever after taking three prescriptions. It is now gone, and she had only been taking marine phytoplankton for a little over one week. Another friend of mine has had gallbladder pain for several years. After taking Marine Phytoplankton she has experienced two weeks of no pain, which has never happened before. One friend had tenderness on his big toe from stepping on Coral in Belize almost a year ago. Marine Phytoplankton has completely gotten rid of the sensitivity! Lastly, more than one person I know has lost weight simply by adding Marine Phytoplankton to their diet — one has lost seven pounds in less than two weeks! What an unexpected surprise! Sue

October 4, 2005

I'm finding that the most amazing thing about what we have with Marine Phytoplankton is how universal it is. People just seem to "get it." What's that about? Is it that 8th-grade science class we all took that we studied this basic food source for the planet, this magic process of photosynthesis, this turning of light into life? I can't believe that nearly everybody I talk to has a basic acceptance that marine phytoplankton is a powerful and enviable nutritional source — from health practitioners, to aunt Suzy, to my hairdresser — they all get it! All of my contacts have similar amazing results and all want the product. I just wish there were more hours in a day! I've never seen anything like this, and I'm loving it! R. J.

October 3, 2005

We had a call from a lady in California who has suffered terribly with Lupus for many years. After ten days on Marine Phytoplankton, she called to tell us that her pain and discomfort have diminished to the point that she has taken the product to her physician and to her Lupus support group. B. S.

October 3, 2005

This is just wild! I had my first delicious taste of Marine Phytoplankton this past weekend and have had one to two ounces a day since. Yesterday morning I couldn't believe my scale when it said I was down four pounds! This is something that doesn't happen to me very often. D. W.

October 2, 2005

I have been using the new Marine Phytoplankton and I am feeling great within four days of taking it. I am about to turn 56 and have the usual complaints of aging such as stiffness, but I notice them diminishing by the minute. The most amazing effects I am feeling are that my food cravings are decreasing more and more as I continue to take Marine Phytoplankton. Thank you to all of those that are responsible for this amazing product. By the way, our business in the last 10 days is at the level where we were during our last 30-day period! Thanks again. T. P.

October 1, 2005

Upon arriving home from my J.O.B. last week, I was surprised to find I had received my first order of Marine Phytoplankton. At work the next day, one of the accounting staff members showed up with a huge headache. I recommended that she try some Marine Phytoplankton and 15 minutes later her headache was gone. Needless to say she bought a bottle! W. S.

I invite you to go to www.whyplankton.com to view a 15-minute video about this astonishing news in the health and wellness industry. (Please also see: www.road-to-health.com/65)

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 FrequenSea (formerly “Ocean FarmaSea” or “Marine Phytoplankton”)

To purchase FrequenSea, 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 “FrequenSea” 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 “FrequenSea,” and select “1” or “4.” [Four bottles of FrequenSea, 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).