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Basic Science – New Paradigm

Before any discussion on any nutrient is undertaken, we need to review some very basic, and recent advances in Medicine and Nutrition.

The new science of Metabolomics (American J. Clinical Nutrition 2005;82:497) is revolutionizing the way we think about health disease. Its simplicity is astounding, especially when we realize that we have always intuitively know the principles Metabolomics is founded upon: energy consumed by our cells is indispensable for them to carry out their assigned duties.

Cell communication is how our 100 trillion cells get their metabolic function coordinated. They do this through a system of “messengers,” which are well known molecules like hormones, neurotransmitters, enzymes, etc. They form a vast network of communication, the Psycho-Neuro-Immune-Endocrine system.

Cell communication takes place mostly at the level of the outer cell membrane, which is the interface between each cell and its environment. The structure and function of our cell membranes is extremely important for our receptors to successfully receive the messages generated from other cells, thus coordinating our cells’ metabolism and function. Since cell membranes are made up of sugars, fats, and proteins, we need optimal nutrition for optimal cell communication. If we do not consume enough micronutrients, like antioxidants, our cell membranes begin to TOIL; that is, they become Toxic, Oxidized, Inflamed, and Lacking in Energy. Then diseases begin to manifest themselves. Simply put, by repairing the TOILING cells to improve their communication and their metabolism, we may impact most diseases and restore proper function at the cellular level.

Marine Phytoplankton – why is it a unique superfood?

Jacques Cousteau once said, “The future of nutrition is found in the ocean”.

The oceans of our world have sustained life since the beginning of time. Microscopic marine plants are the foundation of the marine food chain. Marine Phytoplankton’s single-celled plants, are consumed by the smallest forms of life up to the largest. Whales that feed on plankton and krill are known to live up to 200 years.



The exclusive technology which is used to reproduce and harvest more than 200 species of Marine Phytoplankton on land provides a unique blend of phytonutrients and a naturally balanced composition of sea minerals. These phytonutrients are essential natural plant-based chemicals that promote proper metabolic functions. Many of them exhibit potentially promising effects in human physiology.

Medical Opinion – Why Marine Phytoplankton is Unique

Dr Jerry Tennant is founder and Director of the Tennant Institute Of Integrative Medicine. Educated at Harvard University, he has over 15 years practice in Energetic Medicine treating thousands of terminally ill patients. Of all the products he has come across he had this to say of Marine Phytoplankton...

“This is the most exciting product I have come across. It contains almost everything necessary to sustain life and build healthy new cells. When you give the body everything it needs to produce trillions of healthy new cells then you get well”.

Dr Tennant notes that many products work for some people but not others. He believes this is because the body needs all the raw materials and critical components at the same time. “The problem is that we need ALL of them at the same time for things to work.” Another very important reason that makes marine phytoplankton unique and very effective is that it’s composed of single cells that bypass the liver and digestive system. This is highly significant and is one reason Dr Tennant believes results have been seen so quickly, particularly with critical and chronically ill patients who have sick livers. Whereas other products took months to see significant results, results were being noticed within days of taking marine phytoplankton.

Marine Phytoplankton and Modern Technology

Aquaculture is fulfilling Jacque Costeau’s prediction that “the future of life is in the oceans.” The new techniques of growing marine life in sea farms are silencing critics that this vital industry would produce toxic seafood, while damaging the environment. These assertions have been proven wrong by MPP growers in Vancouver Island, an area that the National Geographic Magazine has highlighted as one of the richest food growing areas in the world. This trend-setting sea farm has made the most nutritionally dense food on Earth, MPP, available to people for the first time in history. Whales, as well as marine life on the whole, has depended on algae in general, and MPP in particular, to survive. Now, you, too, may enjoy MPP for your better health.

Benefits of Marine Phytoplankton

Marine Phytoplankton – Ionic Whole Food Tonic

Marine phytoplankton provides a rare, complete food that will give the body virtually all the raw materials it needs in one single source to produce healthy new cells and neurochemicals for the brain such as dopamine and serotonin. Because it works at the deepest level of the cell, it seems to work for a wide variety of diseases and imbalances including chronic illnesses.

What makes phytoplankton unique is the exceptionally high success rate that has been experienced in overcoming a variety of health conditions and chronic diseases, enabling the body to heal itself. Dr Tennant believes this is because it contains all the raw materials necessary in one source in near perfect proportion. Like a chemical reaction, various components have to exist at the same time otherwise the reaction will not happen. He gives the example of the neurochemical serotonin which requires eight different vitamins and minerals for the body to produce it. If just one is missing, the body cannot produce it.

Marine phytoplankton also considerably increases the amount of oxygen that the body can carry. This is crucial for a healthy body and many people have reported that it has increased their athletic endurance and stamina due to increased oxygen levels in the blood.

In short, with the harvesting of marine phytoplankton we now have an exclusive, complete food source that can fulfil all our body’s nutritional needs. Health professionals have termed it the “world’s only complete food” and the most perfect food source now available.

Marine Phytoplankton Nutritional facts

- Contains over 65 nutritional properties including all the amino acids, all the essential fats, vitamins, key minerals and trace elements, rare anti-oxidants, phospholipids, electrolytes, nucleic acids, enzymes and co-enzymes.
- It is a living food that carries electrical frequency and works with the intelligence of the body.
- It is believed that it is the combination and proportion of elements and nutrients that make marine phytoplankton unique and so effective in enabling cellular regeneration and therefore healing.
- The elements and electrolytes are almost tailor-made for the human body. We arose from the sea and our internal bodies reflect this with the composition of human plasma similar to that of seawater. Our bodies are over 70% water. Marine phytoplankton provides the perfect antidote in an age of over-reliance of land-based food sources and continuing mineral depletion in the soil and in our food which in turn leads to deficiencies of micro-nutrients and trace elements in our bodies.
- In addition to overcoming mineral depletion, it also works to balance the body's PH with a PH of 8-8.5.

Marine Phytoplankton Extraction Process



One of the most frequently asked questions about Marine Phytoplankton is “How do we know that our bodies are receiving all of the nutrients in marine phytoplankton?”

ForeverGreen uses a natural, environmentally conscious process to extract essential ingredients for Marine Phytoplankton. ForeverGreen’s products are designed to preserve as large a percentage of the whole essence of nature as possible. To do this, they use a proprietary extraction process that results in a highly-concentrated liquid containing the power of the entire plant, even beyond the concentration of essential oils.

CO2 Extraction (Super Critical Fluid Extraction)

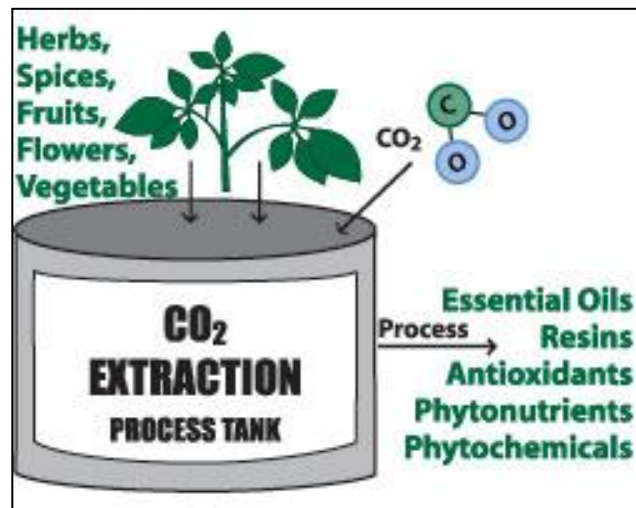
Instead of common extraction methods involving molecule-killing processes of heat, distillation, or harmful hazardous solvents and chemicals (acetone or hexane), ForeverGreen uses CO2 extraction to capture every nutrient from the whole plant without destroying its nutrients. This is done by placing the plant, herb, flower, root, etc., into CO2 pressure chambers. When a certain amount of pressure is applied to CO2 (carbon dioxide), it turns into liquid. This liquid CO2 can be used as an inert, safe liquid solvent. CO2 is the gas we exhale from our lungs. It is also the gas that plants thrive on. This unique CO2 extraction process preserves the essential oils, resins, and powerful antioxidant rich phytonutrients of the whole plant. According to Preman Brady: "When we are done with the plant, there is nothing left." By changing the pressures, the entire plant can be liquefied.



The AMP Process

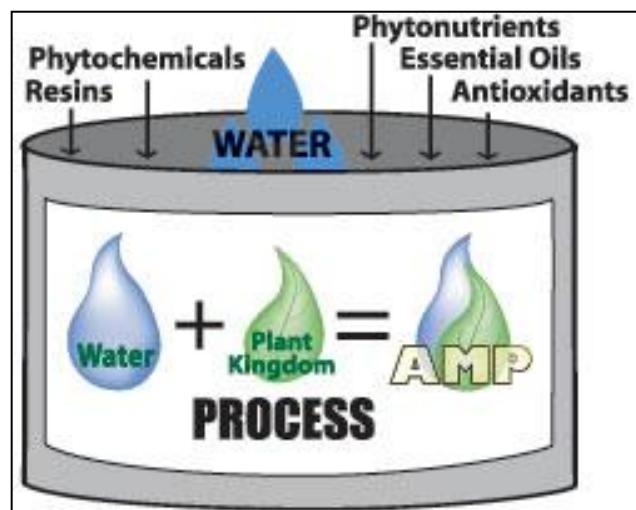
Once the CO2 process is complete, how do we optimally absorb these amazing nutrients into our body? Before the oil components and the water-based components can blend together, an emulsifier is needed. Prior to ForeverGreen's exclusive patent-pending AMP (Aqueous Molecular Partitioning) process, chemical-based emulsifiers were the only option.

The AMP process is a technological breakthrough, emulsifying the plant components and rendering them water-soluble making the nutrients instantly bioavailable in the body. Nothing carries nutrients into our cells more effectively than water, as 70% of the human body is water, as 70% of the human body is water and 94% of the brain is water.



Even the Frankincense in FrequenSea went from a rock-like material to a water-soluble liquid making it so bioavailable that it is literally predigested. Today most supplements come in forms that are not easily absorbed, therefore you often pay for expensive supplements that are never actually utilized by your body.

FrequenSea allows you to embrace health with 200 species of phytoplankton and the bioavailability of AMP'ed superfoods. The human body is walking water, and what we drink today, walks and talks tomorrow!



- Brain = 75% water
- Cells = 96% water Blood = 90% water
- Heart = 79% water
- Muscle = 76% water
- Skin = 72% water
- Bone = 22% water
- Body overall = 70% water

For optimal health it's necessary to drink plenty of clean pure water.

What is Frequensea?

Frequensea is contains a blend of 20 ingredients which have enjoyed centuries of traditional use because of their health-promoting properties. The ONE ingredient that has just become available, thanks to breakthrough technology in harvesting marine plants, is marine phytoplankton, which has more micronutrients and stored solar energy than any other plant on Earth.

The 20 ingredients contained in Frequensea are high in antioxidants, and many other micronutrients, which is why they are so helpful in maintaining and restoring overall health. The pharmaceutical paradigm has reigned supreme in our society, with its tenets reaching our far and wide to include the food industry and herbal supplement industry. This is why we often see a given food or here working on a specific disease, much like a drug would. This thinking is obsolete. All the ingredients listed herein may help practically all health issues since they work at the roof of problems: cell metabolism and communication. This is especially true when these ingredients are consumed together, maximizing their synergistic effect.

Frequensea Nutritional facts

Serving size: ½ oz. (15 mL)

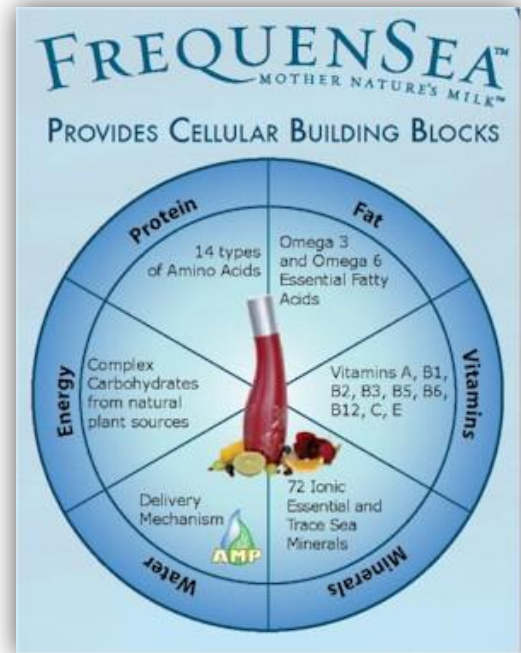
Servings per container: 32

	Amount	per	%DV
	servings		
Calories	5		<0.5%
Total Carbohydrate	1.25 gm		0.5%
Sugars (Natural Fruit Juices)	1.5 gm		
Magnesium (Ionic Sea Mineral Blend)	8 mg		4%
Selenium (Ionic Sea Mineral Blend)	5 mcg		7%
Chloride (Ionic Sea Mineral Blend)	23.76mg		0.7%
Boron (Ionic Sea Mineral Blend)	40 mcg		*
Aloe Vera Juice	1250 mg		*
Marine Phytoplankton	37.5 mg		*
Cranberry Concentrate	650 mg		*
White Grape Concentrate	250 mg		*
Noni Juice	540 mg		*
* Daily Value (DV) not established			
** Percent Daily Value (DV) are baesd on a 2000 calorie diet.			

Frequensea Ingredients

1. Marine Phytoplankton

MPP is at the very bottom of life's pyramid of Earth, since it is the most efficient way to store solar energy. MPP gave rise to our topsoil and our atmosphere, thereby preparing the ground for higher forms of life. Even petroleum is mostly fossilized MPP. Now it is easy to understand why there is no plant more nutritious than MPP. Only mother's milk tops MPP in nutritional value. As such, MPP contains practically all the micronutrients necessary to sustain us, restore cellular health and minimize the risks of disease. In other words, the TOILing cell membrane is corrected by anti-inflammatory micronutrients and antioxidants, which fuel our detoxification and metabolic pathways to sustain our energy-making metabolism.



Benefits:

- Immune system enhancement
- May inhibit growth of cancer cells

2. Blueberry

Blueberries are high in vitamins, minerals, polyphenols, and anthocyanins, which are potent antioxidant, anti-inflammatory macronutrients. As such, they are helpful for many conditions, particularly urinary tract infections, memory loss, and DNA oxidation and damage.

Benefits:

- Anti-inflammatory
- Antioxidant
- Relieves urinary tract infections
- Helps improve memory
- May protect DNA from oxidative damage

3. Frankinsense

Frankinsense is the "mother" of all essential oils. At its peak, Frankincense was of greater value than gold. This is still the case if you wish to have a safe and natural anti-inflammatory product without the myriad side effects of prescription drugs. By decreasing inflammation, you are working to improve the ravage of diseases, especially those associated with over-wrought immune system and TOILing cell membranes.

Benefits:

- Immune system enhancement
- Anti-inflammatory
- Antioxidant

4. Aloe Vera

It is the darling herb in Australia, where it is well known for its salutary effects in many kinds of mucosal problems. Aloe is high in oxidants and anti-inflammatory macronutrients, and it also has digestive enzyme activity. These are some of the reasons why aloe is very effective against infections and wounds in particular.

Benefits:

- Anti-inflammatory
- Antioxidant
- Antibacterial
- Helps wounds heal more quickly
- Resolves mucosal issues in cells lining the intestines, stomach, & sinus

5. Omega Oils

Our cell membranes are mostly composed of phospholipids, of fats. The function and composition of cell membranes throughout our bodies are critical for our wellbeing. Since most people consume too many toxic fats and not enough health fats, like the Omega oils (also known as Essential Fatty Acids) found in marine plankton, the stage is set for significant dysfunction.

Benefits:

- Anti-inflammatory
- Helps prevent cardiovascular disease
- May help resolve neurological & psychiatric issues

6. Oranges, Sweet Limes & Citric Acid

Citrus fruits are well known for their high vitamin C content, a lack of which has been implicated in health issues ranging from scurvy to cholesterol problems, hypertension, strokes and heart disease. They are also high in lutein, associated with the eye, heart, and prostate health; folic acid, a lack of which is associated with birth defects; and calcium. The content of calcium in these fruits is as high as, if not higher, than the content of calcium in milk. Citrus products have also been shown to help with allergies and asthma.

Benefits:

- Antioxidant
- Helps prevent scurvy
- Enhances cardiovascular function
- Can improve respiratory conditions
- Helps lower the risk of osteoporosis

7. Magnesium (Ionic Sea Mineral Blend)

Magnesium is involved in more than 500 enzymatic reactions of the body, to help it absorb and process vitamins, minerals and hormones. Proper magnesium intake can reduce insulin resistance and other metabolic problems. The lack of magnesium is rampant in our society, due to poor diets, food processing, environmental toxicity, soil depletion, and prescription drugs. It has been said that supplementing magnesium would bring a “higher return on investment and a higher reduction of disease and pain, in a shorter time, than any miracle drug or high-tech development.”

Benefits:

- Improves metabolic function
- Increases nutrient absorption

8. Boron (Ionic Sea Mineral Blend)

This mineral is best known for its functions on bone and muscle health. Also, it is helpful by enhancing testosterone, cognitive, skin, and optic functions. It has also been shown to help with osteoarthritis.

Benefits:

- Enhances bone, brain, and muscle health
- Provides testosterone support
- Helps improve skin and eye health

9. Noni

Morinda citrifolia is loaded with nutrients such as sterols, polysaccharides, minerals, omega oils, pectins, amino acids, resins, and antioxidants. As such, an entire industry promotes its numerous health benefits. Noni is best documented to have significant anti-inflammatory and analgesic effects.

Benefits:

- Anti-inflammatory
- Antioxidant
- Analgesic
- May help reduce damage to cell DNA

10. Polysaccharides

The right sugars are vital for the correct glycolization of proteins involved in cell communication. As such, polysaccharides are indispensable to prevent cell inflammation and oxidation. The high consumption of refined sugars in our society results in displacing these healthy polysaccharides, causing insulin resistance, obesity, diabetes, and heart disease.

Benefits:

- Help prevent insulin resistance, obesity, diabetes & heart disease

11. Trace Minerals

Enzymatic reactions must have trace minerals as co-factors to metabolize the energy we consume from foods. This is why maximizing your intake with the 72 trace minerals found in a quality marine phytoplankton blend can reduce inflammation and oxidation in TOILing cells.

Benefits:

- Anti-inflammatory
- Antioxidant

12. Ginger

Ginger is the safest of all herbs, and the most studied, which is why it is so often recommended for pregnancy-associated digestive problems like nausea and vomiting. Of course, it is widely used by many other people with indigestion issues.

Benefits:

- Helps resolve indigestion problems

13. Astaxanthin

This is one of the most potent antioxidants tested to-date. Likely we will see more marketing for xanthine supplements in the future. One of the most important uses of xanthines is decreasing inflammation and oxidation, thus improving immune system function and metabolism. This is why fucoxanthines have been shown to reduce insulin resistance, serum lipids, improve liver function, and weight issues.

Benefits:

- Anti-inflammatory
- Antioxidant
- Helps reduce insulin resistance to decrease risk of diabetes, heart disease, and obesity
- Helps improve liver function
- Boasts immune system function

14. Rose

From ancient times, rose has been associated with sexuality, and this appears to affect cells involved with the reproductive organs. As such, it helps not only with libido, but also with menstrual problems and mood. Rose is also widely used in the cosmetic industry for skin preparations and fragrances, likely because it contains micronutrients like Vitamins A, B, C, D, and E, tannins, zinc, fructose, and malic acid.

Benefits:

- Helps to improve mood
- Resolves issues involving the reproductive organs
- Can help alleviate skin problems

15. Cranberry

Cranberries are high in Vitamin C and polyphenols, which have been shown to reduce cell membrane inflammation in many conditions, famously in urinary tract infections. When the cells lining our urinary tract, particularly the bladder, are toxic and inflamed, the cell membrane becomes sticky. This is why the ever-present bacteria are now more likely to adhere to these cells, causing colonization. Soon, the bladder goes into spasms, and diagnosis of UTI is made.

Benefits:

- Anti-inflammatory
- Antioxidant
- Useful in the prevention & relief of urinary tract infections

16. Nutmeg

Nutmeg is high in antioxidants associated with healing of indigestion problems by restoring cell membrane integrity so that our stomach acid will not further irritate the cells lining the esophagus and stomach.

Benefits:

- Helps resolve indigestion problems

17. Rosemary

It has been reported to help with indigestion, menstrual issues, gout, cough, headaches, appetite, and high blood pressure, but the best-documented effect is on alopecia. Its health-promoting effects may be traced to the essential oils and antioxidants it contains.

Benefits:

- Antioxidant
- Anti-inflammatory
- Help resolve hair loss
- Can help with ingestion and appetite

18. Selenium (Ionic Sea Mineral Blend)

Supplements with selenium may help reduce the risk of cancer, thyroid problems, aneurisms, infections, heart disease, and cardiomyopathy.

Benefits:

- Promotes cardiovascular health
- May reduce the risk of cancer
- Increases thyroid function

19. Grape

Grapes are high in flavanoids, proanthocyanins, and resveratrol, which help reduce toxicity and inflammation in cell membranes. A study showed that resveratrol markedly reduced insulin resistance, which resulted in improving metabolism and thus reducing weight, as well as decreasing the risk of diabetes and heart disease.

Benefits:

- Antiflammatory
- Antioxidant
- Helps reduce insulin resistance to decrease the risk of heart disease, obesity, and diabetes.

20. Chloride (Ionic Sea Mineral Blend)

There is overwhelming evidence on the functions of chloride in all health issues, particularly in electric function of the nervous system, through cell communication issues. Depletion of this molecule is common in active people, those taking medications, and those with gastrointestinal and renal function problems.

Benefits:

- Improves nervous system communications

What makes Frequensea Unique?

1. Invisible to the naked eye, marine phytoplankton are microscopic plants. Tom Harper's marine phytoplankton are easily absorbed at a cellular level, making its nutrients instantly bioavailable to the body. Tom Harper's marine phytoplankton is exclusive to ForeverGreen in this incredible industry.
2. Many of the elements of FrequenSea (such as frankincense, astaxanthin, rose, ginger, lemon, lime, and orange) are water-soluble ingredients. they are rendered water-soluble through ForeverGreen's exclusive AMP (Aqueous Molecular Partitioning) delivery process. More information about the AMP process can be found in the FrequenSea brochure.
3. FrequenSea features rosemary antioxidant, a completely natural preservative, as opposed to the harsh preservatives that are added in high levels to many of the other juice products on the market.
4. The sweet taste, but low sugar levels of FrequenSea help to make the 28-day experience both beneficial AND pleasurable.

Frequensea 28 day Miracle Plan

The problems with a lot of health regimens these days are that they require too much work and are often unpleasurable, "plug your nose" experiences. Tom Harper's 28-Day Miracle was designed to be simple and pleasurable, yet extraordinary in its power and effect. Tom Harper and his inspiring story is living proof that the human body will perform miracles by the minute when we honor and edify its intelligence. All we have to do is give it the proper raw materials.

We believe that FrequenSea offers arguably the best raw materials available to man since the inception of man.

Here is how Tom Harper's 28-Day Miracle works:

For the first 20 days:

Drink eight (8) ounces of FrequenSea per day.

Note: It is recommended that you allocate your daily amount into two parts by drinking four (4) ounces in the morning, and another four (4) ounces in the afternoon for maximum results. Some test market study results have shown that FrequenSea may cause heightened levels of energy, creativity and happiness, and therefore it is not recommended before bedtime.



For the remaining eight days:

Drink four (4) ounces of FrequenSea per day.

Note: It is recommended that you allocate your daily amount into two parts by drinking two (2) ounces in the morning, and another two (2) ounces in the afternoon for maximum results. Some test market study results have shown that FrequenSea may cause heightened levels of energy, creativity and happiness, and therefore it is not recommended before bedtime.

After the 28-day period:

It is recommended that you stay on a maintenance plan of a minimum of two (2) to four (4) ounces of FrequenSea per day.

“An ounce of prevention is worth a pound of cure.”

--Benjamin Franklin

Testimonials

The human body is a self-healing mechanism. Without any conscious effort, it will perform “miracles by the minute” when given the specific raw materials it needs.

*The contents of this document have been collected and assembled without editorializing any of them. They are in the exact words of the writer, without attention to grammar or spelling. We felt it was important to maintain the ‘rawness’ of their stories.

Disclaimer: The experiences shared herein are that of the writer and are intended for informational purposes only. The statements contained herein have not been evaluated nor approved by the Food and Drug Administration. Any advice and/or product(s) mentioned should not be used to diagnosis, treat, cure or prevent any disease. Always consult your healthcare professional if you are currently taking medication, pregnant, trying to get pregnant, nursing, or if you have any other health condition, before taking any products mentioned or applying any information contained herein.

ACID REFLUX

I thought I'd tell you how the product has helped me. I have had severe acid reflux for about 3 ½ years now. I tried a lot of natural health products and then my doctor told me to take Mylanta which helped so much. I was on it too long, about 1 year. My doctor said that was too long to be taking Mylanta and gave me 2 prescriptions to take together everyday. He gave me Prilosec and also prescription strength pepcid. These did help but I knew it wasn't solving the problem just masking it.

There were times when I had Mexican or Italian food that I had to also take Mylanta again. I stopped the Prilosec and Pepcid and just suffered with the acid reflux. Well I have been taking the product for 2 months and noticed I haven't been bothered with acid reflux **at all**. In fact we had Mexican food 3 times last month and Italian at the Olive Garden this week and absolutely **no acid reflux**.

Anonymous

ALLERGIES

My friends, Eric and Jasmine, started taking the product. Both of them had allergies. Eric suffered moderately, but Jasmine's allergy symptoms were very bad. After taking the product for only one week, both of them are symptom free ... no more allergies! They are the product "lifers" now. They won't be without it. It's the first thing that goes into their suitcases when they travel.

L.S.

I sold one bottle of the product 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 the product, 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.

ANEMIA

I went to the doctor to have my cholesterol and my iron checked yesterday. When I got in this morning the PA had left me a message with the results. I have been taking the product since mid October. I had gone for my annual physical and was told I was anemic (low iron) and that my cholesterol was out of control. They couldn't give me an LDL reading because my tricyclerides were so high. She recommended that I take iron supplements and Tricor (cholesterol medicine). Paul [husband] and I decided to just try the

product until my follow up, which was yesterday. Here are the results: The anemia is gone! My iron stores are still a bit low but they have improved. My LDL was 84 (less than 100 is good), HDL went from 23 to 36 (40 is good, but I improved greatly), and my tricyclerides went from 510 to 377 (less than 150 is good, medication is recommended at 500, so it was also greatly improved). I have been taking 2 ounces a day. I plan to continue that course. She said that she didn't need to see me until my physical next year.

Terri

ANXIETY

My wife has been on disability for 14 years. We tried many things to help her but had no luck until we came across a booth at a health expo and were offered a sample of the product. My wife and I each tried a shot of the product. Later in the day she noticed that she did not have the anxiety and stress that she normally gets when she is in a crowd of people. We stopped back at the booth and bought a bottle of the product. The next day she was able to get out of bed at 7AM. Now she is up and functioning every morning for the first time in 14 years. She has also been able to take care of her father who just got out of a nursing home. Four months ago this would have been impossible.

She has been able to get her GED and once again enjoy life. I attribute it all to the dietary changes and the product. I highly recommend the product to all my friends and clients.

T.R.

I have had anxiety for several years. Medication was the only thing that held in "in check". A coworker gave me a bottle and I have never experience such a calm and relaxing state of being. I instantly felt more emotional stable and slept like never before. Right away, set myself up on a monthly order of the product. I went on holidays to Paris and forgot my medication. I never had one anxiety attack during the trip and felt great. Usually, traveling makes me nervous and I find it quite stressful. My doctor took me off my medication because it served as no purpose (he said). The product has given me life!

Jeff G.

After experiencing 5 months of panic attacks I had to stop working, I couldn't go out and socialize, and I couldn't drive anywhere because the attacks would come from no where. Within two days of taking the product, twice a day, my panic attacks had completely vanished. I was amazed with how this whole food juice calmed me down within minutes of taking it. Two and a half years later, they have never come back!

Marie

I have had anxiety and panic attacks for about 15 years. I heard about the product from a client of mine, but never bothered to try it. One day, my client gave me a bottle. My panic attacks disappeared. I was very surprised, but why question a good thing ... they have never come back since the day I took the product. I order the product regularly taking it everyday and I also notice several other health issues I've struggled with, continuing to disappear.

Scott

ARTHRITIS

I began to experience a lot of joint swelling in my hands, shoulders, knees and ankles. That pain would simply jump around in my body without warning and I kept going to the doctor who concluded I had either strained a muscle or had a torn rotator cup. Eventually after CATS and MRIs showed no problems the doctor gave me a blood test and when it came back she said that I had Lupus. I was prescribed a series of medications that made me very ill. After researching more about lupus it occurred to me that I needed to find a doctor that specialized in autoimmune deficiencies. I found a doctor who specialized in autoimmune diseases and after a series of blood test this doctor told me I had RA, Rheumatoid Arthritis. She said that my RA factors were over 200 and started me on a methotrexate, and other RA combo drugs including, I eventually ended up switching to other RA drugs and weekly injections of Enbrel shots. I was constantly praying for something natural I could

take that would cure this horrible and unforgiving disease. My doctor insisted that there was no cure for RA and that I needed to accept the fact that I would be on medication for the rest of my life, that RA was not reversible. The side effects of the medications were at times unbearable. A friend of mine who at one time had stage four pancreatic cancer introduced me to Marine Phytoplankton and suggested that I talk to a friend of hers for more information. It was suggested that I began with 1 1/2 oz of Marine Phytoplankton a day and after 30 days I should see some change in my body. After being on so many over the counter drugs and prescribed medications I was a bit reluctant but decided to try it 3 days after purchasing it. After all, I really had nothing to lose. Within the first half hour of taking the Marine Phytoplankton I felt. The swelling had left my hands, completely (this is where the RA had settled). Each day I continued to take 1 1/2 oz of the Marine Phytoplankton and I have not looked back. It has only been 30 days and I have not taken any medications for arthritis. I have been pain free and I have not had any joint swelling. This is truly a miracle for me and it is what I have been looking for. I am recommending it to everyone I know that has

RA. I believe that Marine Phytoplankton is the all-natural product that is healing my body from the inside out. You must give it a try.

T.W.

After taking Marine Phytoplankton for only 2 1/2 weeks, my mom noticed a significant change in her arthritis pain. She also has very bad arthritis in her knee and has walked with a cane for quite awhile. She has not used her cane since her first month of using Marine Phytoplankton. As an added bonus, her blood sugar has dropped 20+ points! Even after indulging in all the holiday party foods!

This has definitely been a blessing in disguise for her.

J.

My mom has very bad arthritis in her knee and has walked with a cane for quite awhile. She has not used her cane since her first month of using the product. As an added bonus, her blood sugar has dropped 20+ points! Even after indulging in all the holiday party foods! This product has definitely been a blessing in disguise for her. I have been suffering with Rumatoid Arthritis for about 7 yrs. I have tried several nutritional products some specifically for inflammation. Some of them worked a bit, but nothing sustained my health or the level of pain I lived with everyday. When I was introduced to the product, the first thing I noticed was sleeping through the entire night. That has never happened! The pain subsided tremendously and I had more energy and ease to do activities I did before I had R.A. For about 5 days, I ran out of the product and that's when I new for sure this was the answer I had been searching for. The product had slowly given me my life back, and I forgot what it was like before. I feel young again. Thank you Tom Harper and ForeverGreen!

Brad K.

After leading a very healthy and active life, running 5 miles everyday, arthritis set in my knees out of no where. Specialist diagnosed it as a genetic disorder. I was always in extreme pain, taking medication and nutritional supplements. I could hardly walk up the stairs because of the pain. Unable to slow down my busy schedule, life became extremely stressful and I chose to take a leave of absence from work. I've been using the product for 6 weeks and could not only carry on my active life, I was forgetting to take my medication. At 8 weeks, I'm 98% pain free, only taking 1/2 my inflammation meds, and I'm back walking everyday. I was skeptical about the product at first, but results don't lie!

V.L.

ASTHMA

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 the product 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 the product, her moods have significantly improved and she seems to be feeling much happier!

V.G.

When I was a kid I had severe asthma, but as I grew up it gradually disappeared. I've always been very active, but felt I was held back from many activities (especially activities that involved running) because it would cause strain on my lungs and breathing. Running was always a sport I knew I would be really good at, unfortunately it wasn't possible, especially long distances. I was on the product for about 6 months and felt so good so I decided to begin jogging around our park lake. I was fine! I jogged a little further each day and my lung were absolutely fine. I usually run with my cousin and he remembers how I struggled as a kid with my asthma and he's amazed with what I can do now. It's an amazing feeling being able to do something I always wanted to do.

Nick K.

BLOOD PRESSURE

In talking with a friend of mine the other day, he shared how impressed he is with the fact that his Blood Pressure is down – without the use of medication – and in his words ‘the only thing different that I’ve done is add in this here the product stuff! Here are the particulars: Fred is 59 years old and was put on blood pressure medication a couple of years ago for ‘unruly’ blood pressure readings. Even *with* the medication, his blood pressure was still elevated. The first of October he decided to try the product, and at the same time decided he’d do without his medication to see what would happen.

(NOTE: If you have started a medication at the recommendation of a medical professional, please consult them about going OFF the medication.) In any case, he started on 2 oz. of the product daily, and upon having his blood pressure read a couple of days ago, it was 110/72. Perfect, according to the nurse. Lower than he had been able to get it WITH medication! Hmmm . . . Congratulations Fred!

Just to be clear . . . The body is a miraculous self-healing mechanism. It's designed to heal itself. It takes inordinate measures to reduce risks and health challenges that might otherwise kill us! Did you have to give any conscious thought to the last cut you had on your hand, to get it to heal? No, it healed without you even having to think about it! The innate intelligence of our body is a miraculous! Often times its not able to do its job at 100% because we haven't given it the raw materials to work with! That's where the product comes in. . . Edifying the body with a complete Whole-Food wholebody tonic like the product can empower the body like nothing else I've seen in the nutritional world
I've studied intensely for the last 29 years.

Anonymous

This is a story from my mother-in-law who is going to be 84 in March. Mom is very proud to announce that she finally has normal blood pressure. Her energy is great as she still works part-time as a book keeper. She has a great companionship with a man and they are active members in their American Legion Post. All of this on half ounce a day!! She states" It took a while, but it works". She has now agreed to take a full shot everyday. We gave her a spa foot bath and Spa Salts for Christmas. I am happy to report she no longer has any restless legs at night and is sleeping well. She uses it everyday for 20 minutes. I am excited to see what we can create as she has now started a liver cleanse. Her companion contacted me and he wants what she has and is now a distributor under Mom! My guess is that the product of their American Legion Post is about to be Raised.

Kathleen

I just talked to my brother in-law. His doctor reduced his high blood pressure medicine AGAIN today, took him off another medication and said his congestive heart failure had "resolved itself"!!! I guess that was after taking his medicine like a good boy for 14 years (maybe taking the product for 6 weeks helped too!!) WOO HOO!

N.A.

BROKEN BONES

In 2003 I broke my arm. I was given 3 casts in the time it took to heal. Each time the cast caused much pain, because I don't think the cast was put on correctly. After the final cast was removed, I had constant pain in the arm. I could not rotate my hand the way I could rotate the arm that had not been broken. I started on the product. Within the first week the pain disappeared and has not returned. can now rotate my hand fully. Thank you Ron Williams, ForeverGreen and Tom Harper.

Una F.

CANCER

I have had 3 different types of cancer.

1. Mesothelioma - Diagnosed in May of 1989; No cancer treatments would help to shrink the lining of the lung. Prognosis: incurable; life expectancy - 2 years A lot of prayers, along with a multitude of very costly vitamins and a gallon of bitter taheebo tea daily. February 1991 - no cancer showing in blood test and xrays showed lung had returned almost to normal.
2. Prostate- Diagnosed in December 2000, because of high PSA. Prognosis: Stage 3.5; without surgery 2 - 3 years Treatment: removal of prostate and lymph nodes 2 weeks after surgery, blood test – clear
3. Non-Small Cell Carcinoma - Found a mass on yearly medical exam x-ray. Many test later in March 2004 the mass was Diagnosed and it was also discovered that I had a large mass in the lymph node between the two lungs in the sac holding the heart and lungs. Prognosis: incurable because it had metastasized to the lymph node. 7 or 8 months at best. May get another 1 to 2 years with radical amounts of Chemo and radiation. Treatments ran from August 9th to December 13, 2004 everyday for 5 - 6 days each week. I had no appetite, was exhausted, forgetful, skeleton skinny at 116 pounds and scared to go out for fear of catching the flu that was going around. I did get pneumonia 3 times from April to November 2005. During all this my wife, family and friends thought I would be dead by Xmas as I was sleeping most of the time because of extreme weakness. My wife's friend had sent an email to her about Marine Phytoplankton around the first week in November, but due to her worry she never took the time to go to the websites. Finally our friend called my wife and us and I listened to "Another Day" and read other testimonials. I started on it about the first week in December and within a few days my wife noticed that the grey paler parts of my skin were being replaced with a rosier glow, and the twinkle was back in my eyes. I noticed that I was not sleeping through the day anymore, and that I had more energy. The next few days my appetite

returned and I was eating 3 meals a day and snacking in between. I started to gain weight again. I went for my check up at the Cancer Clinic where my blood work was a-okay, my x-ray clear and the Doctor could not hear any rattling in my lungs. I am now 134 pounds and feel fit as a fiddle. Thank God for Marine Phytoplankton.

K.F.

Here is the information on my friend Laura:

Laura is 76 years old. About three weeks ago she underwent surgery for a bowel obstruction. It turned out to be cancer with metastasis to the liver and kidneys. She did not do well after surgery and for about a week and a half after surgery refused food or drink. The doctors told her daughter that she would not go home and her daughter had begun to look at the possibility of Laura going to a hospice facility. Laura had ordered a bottle of Marine Phytoplankton but never got around to trying it. I encouraged our friends to go get it from her home and give it to her in sips, even if she just sipped on an ounce all day just get it in her system. Well, she drank the whole ounce at a time and they began to give her an ounce a day. After three days she was alert and eating, taking care of her own bath and has now been moved to the rehabilitation floor. They are continuing to give her an ounce a day, however when her new order comes in it will be increased to two ounces a day. I am so very much encouraged. I talk to her everyday and now she is talking about coming to Dallas for a visit when she recovers. I will keep you posted.

J.C.

On September 4th a new client came to see me, to use my sauna. She had had her uterus removed because of cancer, and when they tried to give her chemotherapy she had a heart attack. After all of this was over, she developed cancer of the bladder. The doctors told her that there was nothing they could do for her and to basically curl up and die. Her C-count at this point was 500. (normal is 35) I immediately got her on to the product.. Within the first week she said she was feeling so much more positive, and that she felt she could beat the cancer. 6 weeks after starting with the product, she went to a second doctor for a second opinion. Her blood count was 38. The doctor said the equipment was faulty! At this point she told me that for the first time, she actually forgot she was sick as she was feeling no pain! A week later she went back to her own doctor. Her blood count was 33 and the tumour had shrunk by 30%! Her hair has grown, her colour has improved, she feels very good! Thank you Ron Williams, ForeverGreen and Tom Harper

Una F.

I have a rare cancer, called Characinoid 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 Characinoid, 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, I took my first ounce of the product as I fondly call it, 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 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 have managed to develop seven new tumors in spite of it, and research shows that the injection to act mainly as a band aid, and NOT a cure.

Have I just been blessed? Yes, because in my opinion, The product 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

In June I was diagnosed with prostate cancer. I was introduced to the product at about the same time so I started taking three capfuls per day. A week later blood tests confirmed that I had the fastest growing cancer, with a 10 out of 10 for bad rating. I was sent for a physical test that confirmed the cancer was outside the prostate; that was not a good sign. I continued taking the product at triple doses and finally last Friday we had the scan results. We were very worried, but the doctor said that the cancer had not gone any further and that it was confined. I have felt very well since starting the product and now look forward to even better results over the coming weeks.

J.G.

A recent client of mine is a woman with breast, bone and liver cancer who started taking the product 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 the product. Her family can't believe the change!

D.W.

Hello, I have been on the product for about a month starting in Jan. Having cancer in the bone from prostate cancer, my days can be painful. After a week on the product my pain began to subside. My sleep cycle has changed from napping in the day to a meaningful day of activity. After a month of the product my PSA only went up less than 3 points. That might scare some but when you have been through months of 10 PSA point jumps a few years back, 3 points is nothing. Cancer drains the body and make life somewhat hard physical and in the mind. I started and stopped radiation treatment for 13 months hormonal therapy. Since then I have been on Transfer Factor a immune booster. Also I tried Red Reishi and slowed my cancer down. Since I started on the product, I cut my other supplements in half. I take 2 oz a day of the product and my life has changed for the better. If I could drop my blood pressure meds, I would do so. Since I had a heart attack last year, my wife would not forgive for putting her through that again for not taking my meds. The good thing is that my blood pressure has dropped with out change in my meds. Because of the positive affect the product is having, I plan to cut my meds in half and see if there is an increase in blood pressure. Story to be continued. Please let your family and friends know about the product, even if they do not believe the possible results.

Anonymous

CHRONIC FATIGUE

My son, a computer programmer, who writes programs for huge companies, was diagnosed with Chronic Fatigue in December of 2004. His condition was so bad that he could not even put a sentence together. He would repeat himself because he could not remember what he had said 5 minutes earlier. He forgot all his computer languages. He could not work and was on Disability Insurance . He could not walk up one flight of stairs in his house. He had to pull himself up by the banister, and could not breathe by the time he reached the top. He could not drive. He was sleeping 18 hours a night, and when he was "awake", he fell asleep on the couch. He was rarely without a cold --- often having had to take to his bed.. The doctors sent him for every test in the book, and at the end told him he had Chronic Fatigue and to "rest" How much more could he rest? When the product became available, he started taking it immediately. The product is what turned him around. It has taken a while, because all his systems had shut down, but he is now able to work. His memory has returned. He hasn't had a cold since taking the product.. He has been able to take his two young daughters (7 and 9) tubing in the snow up the mountain for as long as 4 hours at a time. Needless to say, he will not be without the product. for one day! Thank you Ron Williams, ForeverGreen and Tom Harper!

Una F.

CHRONIC PAIN

I picked up my first order of the product and went home and started it that night. I took the recommended 1/2 oz. so as not to overwhelm my body with detox issues. I didn't have any symptoms of detox so the night after that I began 1 oz nightly. I am now taking a 3 oz dose nightly. I feel GREAT. Before taking the product I had a SEVERE craving for ice cream, with in 1 week the craving was gone. I also had pain 24/7. Some days it was so bad that I had to RX pain pills to ease the pain so I could sleep. I use to take the pain pills any where from 2x daily to 2 or 3 times a week, it all depended on how bad it was and / or when I had to work. I drive a city bus. I now can say I don't remember when I took the last RX pain pill. These are only 2 of the many things that have changed in my health since starting the product. I say THANK YOU SO MUCH!!!! It is an answer to my prayers. Naturally Grateful,

Christine

I was a pro athlete for 12 years and retired due to an injury and increasing inflammation in my joints. I was at a health show with my wife and came across a booth that was showing the product. It caught my attention since I've always been intrigued with the mystery of the ocean. As I began reading about the discovery and harvesting process of marine phytoplankton, I remember thinking, this guy Tom Harper, needs to be on the "Discovery Channel". I bought a few bottles on the spot and ordered 16 more. The improvement in my body has been unbelievable. The "abuse" my body went through for years while playing pro ball took a major toll on my ability to live comfortably. That has now changed. I've now coach junior league and also play on a team 3 times a week. No pain. It's like the old days ... I love it!

R.D.

I have been practicing Shotokan karate for over 45 years. During these years, I was an active competitor for more than 30 years, winning numerous championships including 2 world championships and all styles championship in Yokohama, Japan, and as a result have suffered a few injuries over the years. With repeated exercise and training the joints of the body do wear down and I have had a number of arthroscopies on my knees and suffer from arthritis and especially of the joints of the big toes. As one might imagine practicing karate involves the feet and well as the rest of the body. For a number of years the pain in the feet has hindered my training especially my ability to kick the heavy bag and also to spar with my training partners. I considered surgery to try and eliminate the pain. This was not an option I was looking forward to. Fortunately I was recently introduced to the product and thought it might be a good addition to my regimen of supplements. To my surprise I found that since taking the product, and didn't have it for about a week and near weeks end, the pain in my feet returned and I found it difficult to train. Once I renewed my supply of the product the pains once again subsided. I have to thank the product team for producing such an outstanding product. It has become a regular part of my health regimen and I am no longer considering surgery.

John M.

I started taking Marine phytoplankton exactly 6 weeks ago and I cannot believe what it has done for me in such a short time. I suffered from chronic pain from a recurring virus around my Heart muscle for 5 years. The pain became so intense at times that it gave the same symptoms of a heart attack. Within 4-6 weeks of taking the product, I was feeling quite better. Also I feel more energetic and going for exercises regularly for last 2 weeks. I am sure if I continue taking the product & going for exercise regularly, it will change my life. Thanks to the great product...The product has made my life!

Methew P.

CYSTS

I just wanted to share an unexpected success story... I have had a ganglion cyst (tangled up nerves, as I understand the condition - resulting in a visibly large and sometimes painful lump in my wrist) for over 2 years. Typically, the only way to "treat" this condition is to have it surgically removed, which can result in severe complications (eg: loss of hand function). I have only been taking the product and doing the liver cleanse for about 2 & 1/2 months, and yesterday I noticed that my wrist looked different. It took me a minute to realize what was so different, but when I did, I was AMAZED - the cyst is literally HALF the size that it used to be! Everyday I am excited to discover what other health "miracles" these wonderful products will help my body achieve!

Kim W.

I have another good experience that it can only be from the product. This one is a little more embarrassing for me. I have had 2 cysts on the wall of my vagina that my GYN doctor has told me not to worry about. It has been there for years and she checks it often. Recently with all my urinary infections I had to see my GYN doctor and I have found out that the cysts are so much smaller. They were only about the size of an eraser of a pencil to begin with so I am so happy they are going away.

I use to get cysts on my ovaries so I am prone to having them. Great news to share!

Anonymous

DIABETES

Thought you might enjoy this testimonial.....this woman is a friend of 40 years. The only oversight she made as she wrote her experience was that she didn't state a weight LOSS OF 12 lbs! Now that's a wow! Just to let you know, I started to take the product in August - my diabetic counts were 12.3; 11.3; 11.9, etc. (they should be between 3 and I was on 5 Medformin a day plus 1 Actos. After the second day of taking the product my counts were 8.2; 7.5 and at lunch I was 5.2 (wow) and 8.3 at midnight. These counts have continued to go down and as of the 31st of August I stopped taking the Actos and 2 Medformin.

Also I went off my blood pressure pills, niacin for my cholesterol (I won't know what my cholesterol will be until next month) and my blood pressure counts are between 116 and 120 (because of the product my energy level is so good that I am able to swim for 30 to 35 minutes non-stop 3 to 4 times a week). I saw my Dr. on September 9th and asked if she had heard of the product and she said (yes) - told her my story and she was OK with it - except she asked me to take one more Medformin a day. So I take 2 in the morning and 2 at supper. This is because I am overweight - as I lose weight I will come off the zpills. In addition changes I have noticed are: way more energy - I am not depressed any more - I have color in my face and at my age (66) I was also having little urine accidents which I no longer have - my feet are not longer swelling - I am just a happy camper - I love this stuff! (I am taking 1/2 ounce of the product breakfast and supper). As of September 25th my counts are between 6.3 and 7.4.

Elsie

My wife is diabetic and after she got breast cancer we hit some hard times and could not afford her medication. Her sugar count went to 318, which is high. I told my sister about this, and she had a bottle of Marine Phytoplankton. She stated that Marine Phytoplankton has been known to lower sugar count for diabetics. I picked up the bottle and gave Juanita one ounce that evening. The very next morning her count had dropped 88 points. I told a friend about Juanita's experience with Marine Phytoplankton and had him try it. His sugar count dropped 103 points the next day.

We kept track of Juanita's a.m. and p.m. tests for two weeks... up and down, up and down but the highs were not as high and lows were lower. After 10 days the lows were in the 120's & highs were 212 to 250. Her Dr. started her on penicillin shots so she stopped taking Marine Phytoplankton. Her sugar count went up, and then up some more until one night it hit 382. I told her flat out that she was going to take Marine Phytoplankton with her. First night she had a 142-point drop. Three days later her readings were in the 170s and going down little by little. Sincerely,

K. W.

I just got a call from "Sue". She started her 80-year-old father on the product three days ago. He has had a quadruple bypass, and has diabetes. He called her this afternoon to report that he has no more hip pain, no more foot pain, and has a reduction in his blood sugar levels of 40+ points. He says he hasn't felt this good in forty years!

Carol

The product balances out my blood sugar like nothing I've seen. I'm a school teacher and need something throughout the day (besides always snaking) to tie me over. The 1oz. samples are the best. When I get home from school, the product is my life savor! Last year I gained 10 pound from after school snaking. This year, with the product, I've lost 20!

Cindy M.

I am so excited about our New product with Marine Phytoplankton! I wanted to share some of my success with using the product just after 6 weeks. I have been a diabetic for 30 years; I was diagnosed when I was 14 years old. It is a true blessing that I have not experienced very many complications from this disease. As I've been using the Phytoplankton, my blood sugars have been so great! My lab result this past week was a hemoglobin A1C of 7.8, it used to be 8.9. That's huge!! I can truly say that I really haven't done anything different with my diet except to add "the product" with Marine Phytoplankton.

I have also been on antidepressants for the last 4 years, or I guess I should say I had been on antidepressants. I have successfully weaned myself off of Prozac. I've replaced it with White Dragon and Rain Maker. My mind feels so much more alert and I have so much more energy. I also have had a condition called restless leg syndrome, where your legs feel like they have to keep moving all the time.

Since taking "the product" with Marine Phytoplankton this condition has subsided. This is such an amazing product and I am so grateful to be in the right place at the right time! I don't ever want to be without this product. Thank you so much Tom Harper for discovering this incredible product and for being willing to share it with the world. I will be forever grateful. Sincerely,

Christine

I am so impressed with how I feel and what has happened to me since starting on the product. 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 9 1/2 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 1 1/2 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.

ENERGY

As of last week, I've increased my dose of the product 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 the product 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.

My name is Michelle and I always have an abundant amount of energy to give through my days. Soccer is my passion and I train hard to be in top shape for the field. I find I can make it though a game with adequate energy, but my energy seems to dissipate by the end of the game. I was introduced to the product this summer after my first game of outdoor season. I noticed immediate energy increases especially when I did short bursts of running. My dry land training improved and I started noticing an overall increased body strength. My mental focus for my games was sharp and I was running faster than most of the girls on the field. That's when my coach decided to move me to the forward position, instead of midfield. I love the product and I take it before each game I play!

Michelle

From the first moment I tried the product, I loved it. I am continually awed by the quality of the product, as well as the company as a whole. I have more energy, mental clarity, and I feel more alive. Every day I am excited to take my shot or two of the product because I know I am feeding my body in the most nutritious way possible, and I want to share it with the World.

Janell R.

I have been feeling more spring in my step and more energy for biking, hiking and in all types of movement. I feel more power in my movements. I feel that I am able to be more disciplined when exercising and meditating and my food choices have improved. Thank you very much,

T.P.

I work in an office 6 days a week and many days are over time hours. I needed energy desperately. A colleague of mine gave me a 1 oz. sample of the product. It gave me lasting energy throughout the day. I was very surprised. It tasted delicious as well! I even forgot about my afternoon coffee that day. I now purchase the product from ForeverGreen every month. It gives my incredible, sustained energy so I'm able to focus and concentrate a lot better at work, completing all my deadline. It has also taken away the panic, overwhelmed feeling I often deal with daily. I even have energy and feel "alive" in the evening after work.

Mary

I have started taking the product only 3 weeks ago, 1oz. every morning and evening. For the first time in my life, I found something that helped with my chronic UTI, chronic yeast infections and gave me more energy. Thank you for the great product!

Paula J.

I am more energetic and sleeping more soundly since last 9 weeks after I started the product. I am feeling much healthier. The most exciting thing though, is that I have not seen doctor for a long time.

Houston K.

FLEXIBILITY

I have been a dancer since I was 4, trained professionally, and I was fortunately blessed with a very flexible body. I put aside dancing a few years ago due to an injury, also I was a full time student in university. I noticed after a year of not dancing, my muscles were quite tight and when I stretched I would be terribly stiff the next day. I have been on the product for 2 years now. I'm quite healthy and stay very active. I have begun dancing again and I'm absolutely shocked that I've become more flexible than during the years of my professional training, plus I'm never stiff the next day. I also noticed a big difference in my muscle tone

as well. I lost that defined dancer's tone when I wasn't dancing, however even a few years later; it has taken nothing to regain it. I know several retired dancers and that does not happen. Even after 2 years of the product, I'm still amazed with the continuing results!

Sarah

My name is Roger and I'm 85 yrs old. Usually at my age, things don't work the way they use to. It used to be difficult bending down to tie my shoes. It took me a while, but eventually it would happen. For the last month, I've had to get help from my granddaughter to tie my shoes. She gave me the product and told me to take every morning and every night. So I did. I figured if whales could swim like they do and live to 150, then it's worth giving it a try. I might grow a fin or two, but what do I have to lose. After two weeks, I could bend down and tie my shoes by myself. I think my memory has improved too.

R.A.

I started taking the product 2 weeks ago and so far I am amazed with the results. I am an avid golfer playing on average 5-6 games a week. The first thing I noticed was my flexibility and rotation of my body. The last few years, it has become more difficult to fully exert my muscles. A couple of days ago, I finished my best 2 games in a row. A hole in one, both games. It's been 3 years since I've play that well! It wasn't until the next day, I realized how The product has benefiting my body. Flexibility, stamina, endurance, and concentration. This stuff has been a hit in the club house!

Doug H.

FOCUS

Besides my amazing health story, my sons have also been taking the product. My 11 year old has been in a special needs school for the last 3 years, due to severe memory loss caused from seizures. Since taking the product my son no longer needs to take medication and his memory is as good as it ever was. In September he will be able to go back to his regular community school. I can't believe how he feels about himself.

As a mother you don't know what it is like to see the life come back in your child's eyes, and watch his self-esteem get better. He tells numerous people about the product and its web-site and the video they should watch. He loves what the product has done for himself as well as the family. My other son, who is 8 years old, has been diagnosed since birth with epilepsy, autism, ADHD, tourettes, and more. He was using 5 different medications a day and it was a struggle to get him to function. People were scared of him.

He would never get invited to birthday parties or sleepovers. He had a very aggressive nature, he could only sleep 2 hours at a time, he was wetting the bed and was 15 pounds underweight. After 6 weeks of taking the product he is now medication free, which is amazing! He has been in a special needs school since he was 3 years old. His teacher cannot believe the difference in his behavior in such a short amount of time.

The boy that always struggled, just received 3 A's, 2 B's and 1 C on his final report card. He is no w sleeping through the night, no longer wets the bed and his weight is now up to normal. Everybody is noticing the dramatic change and is asking what has happened. All we can say is the product and hand them a brochure.

I had tears in my eyes when he got invited to a birthday party and his first sleepover recently. Life cannot be better when you see your children live happy and peaceful lives. Words cannot express the gratitude I have. Thank you the product for giving us peace and well-being.

Rita R.

It was only 4 days after I began giving the product to my children. My youngest, who is 11 and has difficulty focusing in school, said to me "mommy, the whale juice is helping me understand the teacher better." I was beside myself. His grades we declining and I was desperately looking for natural alternatives to help. I found it with the product. The teacher has noticed a dramatic difference plus his grades have improved.

Megan K.

HAIR

This is a simple and yet significant example of how profoundly the product with Marine Phytoplankton can affect the body. Our bodies truly are self-healing mechanisms, seeking to self-repair when they have the raw ingredients to do so. Thank you to Sharon M. for sharing the following:

Our daughter is also taking the product. She was really stressed, and her hair was falling out by the handfuls. Thank goodness she had thick hair. She's been taking the product for about 3 weeks and she hardly has any hair loss now. Her hairdresser remarked today that her hair seems a lot healthier than it did

just a couple of weeks ago. Her 3 year old also takes it. He really likes it, so I had to tell him, "Just one to a customer" Now, he goes to the refrigerator and takes the bottle out and asks, "Can I have my customer, Grandma?" Oh, the hairdresser was so impressed, she asked Rebecca what she was doing for her hair. We explained it to her, and I related a little of the history behind the product and she is very interested in telling her mother (who has breast cancer) about it. So, I am sending one of the CDs over to her (the hairdresser).

Anonymous

My partner has suffered from chronic dandruff for years needing to wash his hair daily with antidandruff shampoos, and after taking Marine Phytoplankton daily for 2 days he noticed that his dandruff was almost gone, now after 6 days good-bye dandruff!! This product is great!

A.

I have been using Marine Phytoplankton for 1-1/2 months now. My wife noticed in the second week that I was growing hair in my bald spot (a lot of it!) The gal that cuts my hair also asked if I had changed conditioner and I said "no" and she had noticed that my hair was much healthier and thicker.

F.K

HEALTHY DIET

For the past 17 years, since my last pregnancy, I have been unable to eat bananas. My ears and mouth would itch and burn, and small blisters would appear instantly on my tongue. Since taking the product for approximately 3 weeks I now crave bananas, and eat 1-3 everyday with no ill effects. I love ice cream and have eaten it several times a day usually finishing off 1/2 gallon every 2-3 days.

My motto was, "when in doubt, bring me ice cream". Since taking the product I have only had one ice cream cone. It was delicious, but I don't seem to crave ice cream. My body is satisfied and I am sure that substituting fruits and vegetables for ice cream is much more enhancing for my health.

I live in the desert and wear sandals everyday year round. My dry leathery heels are softening up and I never put cream or anything on them, I just take my the product. I am also becoming more limber and not waking up with numb hands and feet every morning.

B. D.

Ever since I began drinking the product, I have been craving health foods. I haven't always had the best diet. As a kid, I never ate vegetables. Now, all I crave is vegetables and fruit. Some of the processed food I used to eat, I can now taste chemicals. Soda, now taste like acid to me. I never crave sweets and that was always my weakness. The product has helped me change my lifestyle. I'm definitely feeling better because of it.

Jenn

The product has inspired me to be more responsible for my health. One big thing I realized is how I have been eating for emotional reasons and take a look at that. One reason this showed up is because a few days after I started taking the product, I noticed that I would not be as hungry and I did not have my cravings like I use to. And I noticed even though I had this result, I would still go on eating more until I felt full.

I thought very interesting! So I have taken this one step further since I feel I want to take a stand for "My Health" then I had to take a look at this. I have started working out at a health club and I have lost 7 pounds since I star ted their program. I have had difficult time losing weight in the past and I am so pleased that I have had these results. the product has been the catalyst for me to get off my behind and take responsibility for myself. Fingernails, hair and skin hair improved also.

M.F.

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 that we were at during our last 30-day period! Thanks again.

T. P.

HEPATITIS C

I have having Hep-c; but I don't know if I should tell it quite yet, because I haven't finished. There is also the question of essential oils; which I have added and am ingesting. In other words, not only can I give the product testimonial, I can later give the whole story with the 2. My viral count in the beginning was 2,500,000 in April of 2006.

Utilizing 30 different vitamin PILLS, and many target items such as flower essences, schizandra, licorice root; it came down some. But with that regimen (all the PILLS) it fluctuated for 4 months. In October (after having spent thousands of dollars on PILLS, etc, and procrastinating because I had spent soooo much money, I started the product. Holy moly, in just 1 month my viral count went from 757,000 down to 46,500. Then I messed up. I ran out of the product. What a dummy!!! My body went to hell-in-a-hand basket!!! I should have gotten a 4x4 in the beginning.

You see, I was going to be the proverbial "guinea pig"; and if it didn't work, I would not involve anyone else in trying what I was-- just because I was trying the product. I got it to other people, and dummy me ran out. So when I got it re-established in my body, I could once again feel results, and was waiting on the next PCR test; and my wife started on the product. In just 1 week, she was no longer taking the blood pressure meds, our friend was off the Lexapro.

Every day I was hearing of people no longer taking meds. Some of those were taking cholesterol meds, some were taking anti-depressants and what the doctors call "meds for chemical imbalance or bi-polar disorder". The list is endless with people being able to STOP TAKING PILLS for their doctor-named problems. In November my PCR test was 46,200 HA! HA! HA!-WOO-HOOO!!!!!!!!!!!! I have so much energy in such a short period of time, and have learned soooooooooo much.

Even the osteoarthritis is a manifestation of the liver, and my joints are improving. (Had problems early in life that started in 1989 and I'm only 53. I have reduced heavy pain meds to practically nothing, and that will be OVER in about a month (maybe less). Talk about excited. I'll leave you for now. But just know that my story is not over. We are helping so many others. You can't beat FOREVERGREEN. I LOVE IT!!!!!!!!!!!!!!!!!!!!

Phil

HOT FLASHES

I am 48 and experience hot flashes. I'm embarrassed to talk about it, but I hope my story can help other woman who are experiencing the same. It all of a sudden began one day and gradually got worse. It is usually during stressful times, and of course at night. My neighbor, who was also experiencing hot flashes, shared the product with me and mentioned it help her quite a bit. With in only 3 day of taking the product, twice a day, I realized I hadn't had one hot flash. It's been 5 months and beside the odd one, here or there, it has brought my body back into balance. I feel normal again. A huge benefit, my stress level is as low as it's ever been. Daily "stuff" doesn't affect me like it use to, therefore it hasn't triggered hot flashes. I recommend all woman to be on the product. If you're looking for balance, it's right here!

Janna

JOINT PAIN

I have now been on the product for seven weeks. Two weeks ago I mentioned to Lorene I had NO HEAT in my hips joints. That's big for me! I've had so much inflammation over the years, even considering that I was faithfully taking minerals, vitamins with Mangosteen, 5000mg of ester C, 4 capsules (three times a day) of a joint-specific supplement, and calcium – all of these for years! And I still had heat in my hip joints – inflammation! Even with all of this, I would still end up taking three to four aspirin if we were going dancing. Last April I stopped taking everything?! I guess I was sabotaging my health. I went to a Training the first weekend in August when Surprise! The product was introduced.

(I hadn't known anything about it beforehand.) I think I had about 6 toasts that day, (that's about 6 ounces!) then started taking it religiously. One oz. twice a day the first week. Now 1 tablespoon am and pm. Two weeks ago I put my hand on my hips, and I noticed I had no heat.

WOW! The real test was horse back riding for several hours this past week. Trotting up and down the mountains, my hips actually felt great! My knees ached in the morning from hanging on to the poor horse the day before, but an oil Blend took care of that in a heart beat. I'm feeling better than I have in years! And I'm telling everyone about the product!

D.L

I have been taking Marine Phytoplankton for two weeks, and a few days ago while walking to my mail box I noticed that my knee was not making that "creaking" noise that it had been making for a long time. Not only was it not "creaking", it didn't hurt! (I had thought I might need a knee replacement soon). I don't usually try things that I have to drink, but Marine Phytoplankton is very pleasant. I have more energy and have lost about 5 pounds (with no exercise) since I am not as hungry. I can't help but tell people about it!

D.B.

KIDNEYS

My boyfriend, bob has charcot's foot, poor kidney function and in august, 4 growths (tumors, cysts, whatever) were discovered on his kidney. Blood work indicated poor kidney function necessitating an ultrasound of the kidney in mid-August, which revealed four suspicious spots on the kidney, one of which was 2" across. He was taking the OF/FS for approximately 6 weeks and was then scheduled for a CAT scan. Yesterday, he received the wonderful news – the CAT scan results showed absolutely nothing - no trace of any spots or damage. His blood work is also improving. Of course, THEY can't explain why the kidney is free of spots and his blood work improving. But we know better! We are now going to tackle his charcot's foot and diabetes with the products. Sincerely,

Maria

Monthly blood tests showed steadily worsening kidney function necessitating an ultrasound. The ultrasound showed 4 lesions on my right kidney. Two of them were no great cause for concern but the other two were 4 cm. across and growing. I started on the product. They scheduled a CT scan for me in 6 weeks. I returned for the CT scan and waited another 6 weeks for the results. My specialist and family doctor told me there was not a single mark on my kidney. Absolutely clean. I used to take other supplements knowing they were good for me but feeling no noticeable improvement. We only take our morning and evening shot of the product now and feel great.

Bob M.

LUNGS

My husband has had a year of bronchitis that usually turned in to phenomena. He was building up a resistance to prescription drugs and his doctor wasn't sure how to treat him. It was getting to the point that he was missing 2-3 days of work every other month! Since starting the product all symptoms have gone! He has been drinking 2oz. for a month now. His lungs don't feel tight and breathing is much easier. He is also applying eucalyptus essential oil nightly before bed.

Thank you for such a wonderful product!

L.J.

I was a smoker for 30 years, but quit 5 years ago. I have struggled with the health on my lungs since quitting, which is one of the reasons I started taking the product. Within a week, I noticed my breathing improve. I could take deeper, longer breaths at a time without feeling dizzy, or coughing.

It has been 6 months of taking the product and I am now walking 4 miles a day and my breathing has improved dramatically. Five different times within the 6 months, I have had severe coughing attacks. Each time, I coughed up grayish-black mucous. After this happened each time, I felt I had a clearer air way. I know my lungs are detoxing from smoking. After 5 yrs. of quitting, it's remarkable how the product has assisted the regeneration of my lungs.

R.T.

I have been on the product 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.

Rich

I am a former smoker of 25 yrs. After many failed attempts, I was finally able to quite when I started the product. It was not the magic bullet, but it helped more than anything I tried in the past that was unsuccessful. First of all, I had the determination and discipline to quite. Second, I took a shot of the product whenever I had a craving for a cigarette. I drank a lot at first, but it took the cravings away. I now take the product everyday and it's been 9 months since my last cigarette.

J.L.

MIGRAINES

I am taking one ounce of the product 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 the product, 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.

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 suffer from migraines and since I have started taking the product from last 2 months, it is less frequent and feeling a difference. Overall also, I feel mentally and emotionally focused! Thanks for amazing product. It is bringing significant changes in my health and life!

Anna K.

OBSESSIVE COMPULSIVE DISORDER

The story is about my Mum. My mother has OCD (Obsessive compulsive disorder). This disorder makes your mind think that if you do an action, or have a thought, one more time you will feel better. We think Mum has had this disorder since her teenage years. It has never been treated.

When I was a child doctors prescribed Valium for her. My childhood was different from others. She spent her life trying to cover her disorder. Then nearly 10 yrs ago at 67 she fell over and broke her arm. It was too much; she completely lost herself in her disorder. Her days are a series of events that are one string of obsessions. Food must be eaten at exactly the same time each day and the food is exactly the same every day. 8am - Weetbix. 11am - pita bread with cheese. 2pm - a banana (this must be eaten facing the front door leaning against the sink). 7pm - cornflakes (the bowl is tapped and both arms are looked at before each spoonful is taken). She washes the dishes and sink, but only the sink, there could be spider webs past the line onto the bench but it cannot be wiped.

She must go back to bed after each activity, take all her clothes off and lay on her right side (during the day) and the left (at night) this is in the fetal position. All water is drunk in the bedroom. Her walk is slow and invalid like. Every 2 weeks she showers and we take her to the doctor for a Serepax prescription. She wears the same clothes every day. These clothes are never to be washed.

She was in hospital about 8 years ago for 6 months, and then the hospital asked her to leave. She would not cooperate with the doctors at all. They said she was the most stubborn patient they had ever encountered. The other issue that has been happening over the past 10 yrs is she has been reducing the amount she eats, just by a cornflake at a time. She started with a meal at dinnertime of chicken, potato and broccoli. This disappeared about 5 yrs ago. The pita bread as it stood 5 weeks ago had one slither of cheese.

So as you can imagine she was not looking all that good. I went for a visit after I got back from America and she looked dreadful. Her skin was grayish, her cheeks were sunken, she was a skeleton and quite miserable. I spoke to her about the fact that the blue nurses were concerned about her health and that it was possible she would be taken away on a ITO (involuntary treatment order). She said she couldn't do anything about it. She was unable to swallow anything other than what she eats now. She said the symptoms she was feeling were understandable due to the lack of nutrition.

I suggested we put a buzzer on her so that when she fell down from weakness she could buzz me. Then I asked if she would please try my new product Marine Phytoplankton, the kids and I were feeling very good on it and some amazing story's had been told at the conference and it just might help. "OK but no buzzer Shelley".

That was 5 weeks ago. She started taking a dose in the morning and one at night. It became another obsession. After 2 weeks her skin started to take on a normal tone, the sunken cheeks seemed less.

She smiled and had become chatty. After 3 weeks she walked up 2 blocks to the car from her doctors surgery. She has taken on the organizing of the mowing. And last night she rang to order her food Bread/eggs/yogurt and chocolate. It knocked my socks off. She said she has been eating a lot more than usual and that thoughts of food had started about 3 nights ago when she could not stop thinking about different sorts of food she could eat. Starting she said with egg sandwiches and chocolate. I took her up a box of chocolate straight away. Evelyn (my daughter) handed her the box and said "Happy Mother's day". Mum reached out her hand and stroked Evelyn's cheek, smiled and said thank you. That was the first time my mother has ever touched her 6yr old granddaughter. It bought tears to my eyes. Evelyn later touched her cheek on the same spot and said "Grandma looked younger today". What can I say; Marine Phytoplankton feeds your body at a cellular level, which allows your body to heal itself.

S.L.

PETS

Another testimony on the effects of the product on cataracts in dogs. My vet thought it was highly unlikely when I told him about the e-mail I'd gotten previously about the dog's cataracts clearing up in just 6 days. But then I got this one that you'll see below ... so I'm going to pass the info on to my vet. Just thought you'd wanna know!!! Also, my vet tested the product on two of my dogs and found it to be very beneficial for them. I don't think he expected that outcome. And when his wife (who is a scientist) saw that it had Frankincense in it, she got really excited about it. So, we'll wait and see!

They're gonna try it.

Mary

I have noticed in just this short time that the boys' eyes are clear and some of the blue haze from the cataracts is going away. Also, so are some of Rocky's lipomas.

M.D.

The product with Marine Phytoplankton is making a tremendous difference in the lives of so many! Even our four-legged friends are benefiting. . . Many thanks to Lauren for sharing this note that was sent to her from her friend and client:

Hi, Forgot to mention that the changes in Diva since getting the product for about 2 weeks are absolutely remarkable! I couldn't believe it today when walking to the chicken coop with her. She was jogging (trotting) ahead of me and actually springing....you have to realize that she has never done that before. She is running more (unheard of for her) and is definitely more playful. I have never seen such a spring in her step - and she is about 9 years old with a long history of stiffness and back end problems.

The accupressure 2 years ago definitely helped when she couldn't even walk up 4 stairs, but this is incredible. I knew you'd want to know. Her eyes are definitely clearer, not as cloudy, either.

Bonny

My 16 year old dog has cataracts so bad that it looks like he has two opaque stones for eyes...that was up until yesterday. He has been on the "the product" with marine phytoplankton for 6 days now...the rest of us have been on it longer. I did not know whether or not I wanted to "waste" it on him but decided what the heck. His cataracts are now almost gone! He actually saw another dog across the street and took off after him. The opaqueness is almost all gone and I do believe that he is even hearing better.

D.K.

Shadow is my 18 year old cat who has been immobile for a few years. Arthritis set in and she wasn't able to jump up anymore. She sleeps a lot and doesn't have that 'spunk' in eyes. I've had the product for a while and know how much it has helped me. I started putting the product in her water dish and it absolutely amazed me. Last week, she jumped up on the couch and today she jump on the kitchen table. She also is running after her mouse toy again that has been in the closet for a year. I thought the end was near ... boy I was wrong. My kitty is back!

Angela

PLANTS

When my the product bottle is empty, I fill it with water to rinse it out, but I pour the water into each of my three pots of African Violets at my kitchen window. When I put that little amount in the pot, they really thrive and blossom. I can tell a real difference.

Cindy W.

My husband bought me an Orchid plant about a year and a half ago. It had blooms on it and when they were done it never bloomed again. I started taking the product the first part of August, using a shot glass. I noticed there was always a few drops left in the bottom of the glass. I decided to fill the shot glass up with water and pour it on my Orchid plant. I did this also with the 16 oz bottles when they were empty. I would just pour this very diluted mixture of the product on my orchid and other indoor plants. About a week later I noticed that the Orchid had a 6 inch stem sprouting. So I kept this up. It has been about a month now and the stem is about 24 inches long and has 7 buds on it.

My other plants are also beautiful. All this from just a couple of drops of the product in the bottom of a glass. Amazing!

D.

PMS

The results I have seen since taking the product has been wonderful. I have always had hormone imbalances since I was a teenager. I'm 30 years old and have very irregular cycles. I often miss months at a time, and when I do have a cycle the symptoms are terrible. I'm exhausted, my cravings are out of control, I get night sweats, cramps, water retention, headaches, and have no focus or motivation. For many years I have experienced these symptoms. Since I have taken the product, I notice gradual results. First, I was more regular and never missed a month. The cramps diminished and now I never experience them at all. No more night sweats or headaches and my cravings are more under control. I can now workout at the gym, before I had to take 10 days off from the gym. You have no idea how easy this has made my life! Thank you to the person who guided me to this wonderful product!

J.K.

PREGNANCY

My uncle, Ross Stevens, a Chiropractor, suggested I try the product. Being 16 weeks pregnant, I have been suffering with extremely exhausting morning sickness, sometimes leaving me bedridden. As soon as Ross mentioned it to me, I decided to try it without hesitation. Within 2 days I stopped vomiting and I have been on it (15ml every morning) for 8 days and I have not been sick!! I am so amazed at it that I have even given it to my 2-year-old daughter (5ml each morning). She absolutely loves it! Thank you for saving me from the terrible morning sickness! I am sure that the product will also be helping by unborn baby.

T.S.

I was pregnant with my 3rd baby and thrilled, but not looking forward to the next nine months. The 2 pregnancies prior were extremely challenging. Morning sickness kept me in bed 24 hrs a day, vomiting the majority of the time, and my entire body swelled with severe edema. A close friend had offered me the product since she knew it had incredible nutritional value. My natural instinct knew it was right for my body and baby. I had no morning sickness ... at all! I was able to be out in the summer time, with my other 2 kids enjoying being pregnant. The edema was dramatically better. I felt a very healthy weight and didn't experience weird cravings. My doctor desperately was so impressed with my health he wanted to know what I was doing different this time! Who know, might eventually have a 4th.

L.A.

My client recently came to me as a cocaine addicted pregnant women. With concrete proof of the conception date, she was at week 35 gestation. Her doctor estimating the fetus weight at 2.5 lbs. and dying. She wanted to keep the baby and quit her addiction to cocaine. Based on neuromuscular testing she started taking two cups of the product, specific super foods, powerful cleansers, and several healing modalities every day. Withdrawal symptoms; shaking and sweats from day 2-6, baby shook day three – day six. Within 10 days her belly measurement went from 36" -41". She was monitored daily for nutrition intake. Labor was induced on week 42 which turned to a C-section. She gave birth to a beautiful baby weighing in at 9.8 pounds. She had incredible strength in head and neck movement and could push away with its full body. The pediatrician at the birth said the baby was at a 36 week development because of copious amounts of vernix and the absence of lines on the bottom of her feet. The baby left the hospital at 10 lbs 3 oz. The mother is still maintaining one cup of the product each day and is happily nursing baby.

Rozjael Y.

SKIN

My friend has a 12-year-old daughter who has been struggling with acne. They tried everything on the market, but to no avail. As soon as the girl started on the product, however, her acne cleared up. When she ran out of the product, the acne returned. Needless to say, she won't run out of the product again!

M.

This is the 2nd time in my life that my face has swollen up (allergy to some face cream) It had been going on for the past 3 days. Yesterday morning I was told to "Go See A Dr." Well.....NOT! From somewhere...yuk.yuk) a little voice said...."Put the product on it", so I did, with a Q-tip.....three times during yesterday. Within minutes the swelling started to dissipate, inflammation decreased:
This morning I woke up to NORMALITY.....(whatever that looks like) lol No swelling.....No Redness.....Truly feeling blessed.

L.B.

A friend of mine was talking about the product 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 the product 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 the product and it has helped him with his joint pain.

K.

My daughter has been struggling with acne for about 5 years. She is so beautiful, but her selfesteem hit an alltime low. She doesn't go out as much and when she does she hides behind too much make up. She was on acne medication, but it caused more issues in her health and dryness of skin than before the meds. A friend offered to try the product. Her complexion changed over night. The breakouts stopped and it gave her skin time to heal. The healing took place a lot faster than I thought. She also started using the skincare product line. The improvement of her skin is unbelievable. She is more confident and secure. She also has her first boyfriend!

Maggie

For the last two years, my face had suddenly taken a turn for the worst and started severely breaking out all over. After many attempts of using essential oils, eating an organic, gluten-free, sugar-free, dairy-free diet, using high-end natural skin products, my skin still hadn't cleared up...until the day I was introduced to ForeverGreen. The skin care line caught my attention immediately. I heard great success stories from people who had experienced the products. I was also very interested in taking the product to clean and nourish my system. I had started using the skin care five-step process twice a day (using the mask every evening) and my complexion started clearing up dramatically. I'm amazing how my skin has healed and regenerated so quickly, after 2 yrs. Searching for an answer. All my friends and family are on the products after seeing my fabulous results.

Micheala

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

C.G.

My dermatologist told me adult acne is more common than I thought. I have been using Proactive for a few years and I would do anything to find an alternative. It was very harsh and abrasive on my skin. The product has been a miracle in healing my skin. It has also given my skin the color and softness it used to have. I just ordered and started using the skin care products. Wow! I will never change products again, I found the best on the market. I feel like I just had a face lift! Who knew you could get this kind of results being all natural!

Cheryl

I always had extremely dry skin. I would need to purchase intensive care products or areas like my hands, feet, elbows would crack, then bleed. I live on the west coast, so it's definitely not due to climate or location. When I began taking the product the complexion of my skin changed dramatically. The typical dry areas were itchy for a few day, then it was fine. I didn't feel the need to apply my creams as often, from 8 times a day to only 2 times. My skin was softer and not so flaky and dry. The product was the only thing added to my diet. I'm very happy!

U.K.

I've been taking the product for about a month now. I feel great all around. The best result I have noticed and I'm very excited about is the oil production from my face has become much more balanced. I've always had extremely oily skin for as long as I can remember. For the last 5 years, I have had to re-due my make

up halfway through the day. I can now wear make up all day and my skin has a natural glow... not an oily smudged look. I am so impressed and excited to share with others.

Jenn K.

I've been taking the product for about 2 months and have noticed changes in my skin. It seems to be a lot softer, but more than that I think my wrinkles have diminished. Even my husband has noticed. If this shows on the outside, can you imagine what it is doing on the inside. I call it my "magic youth potion", I look younger and I feel young.

S.L.

I have had an amazing experience with the Marine Phytoplankton. 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 Phytoplankton 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 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 Phytoplankton directly to the growth. In a period of 1 month the growth had completely shrunk. It was no longer raised at all and now 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. Thank you for a wonderful discovery.

Shelley

I got a mole developed on my neck area. I began applying the Marine Phytoplankton directly to the growth a month ago. It looks like the growth have shrunk to an extent. It is amazing!

Marilyn M.

SLEEP

I also sleep like a baby at night now and wake feeling rested. I use to get up for a few minutes and then head back to bed for a couple hours and since taking Marine Phytoplankton I stay up and feel great! Thank You Marine Phytoplankton!

F.K.

For about 25 years, I have suffered from a severe sleep disorder. If I'm lucky, I average about 3-4 hrs of sleep a night. I suffer from chronic fatigue as a result. I have tried everything from natural remedies, meditation, sleeping pills, even trips to a specialized sleep clinic. After 3 days of the product, I slept through the entire night! I couldn't believe it. I had to check to see if my clock was working. Several nights in a row, I was sleeping about 10 hours. My body felt like it was finally regenerating. It's been adjusting to the night a lot better and I now sleep a solid 8 hrs and feeling well rested – which is a brand new feeling to get used of. I work night shifts at the hospital and have always had a hard time sleeping throughout the day. I do feel rested whenever I'm at work. I live on coffee to stay awake. The mother of one of my patient's gave me 2 samples of the product. You won't believe it ... I had no problem falling asleep that night. I immediately bought 4 bottles. I have more energy throughout the day without my coffee and as a bonus I lost a few pounds! I'm actually dreaming for the first time.

Raina

My daughter is 6 and has never slept through a night. She is always coming in and waking me up. My neighbor shared the product with us to possibly help with my stress level. I began giving my daughter a table spoon each time I had a shot. I was amazed because not only has my stress level decreased significantly, but my daughter is sleeping through the night. Thank you ForeverGreen!

T.U.

My sleep patterns have been completely unbalanced since I had children. I'm afraid to fall asleep too deep in case I need to tend to my kids. On the flip side, I don't feel like I sleep anymore. I purchased the product online because I knew I needed to nourish my body, it was feeling very stressed. The first thing I notice, I had the most peaceful night sleep ever! I woke up frightened because I can't remember the last time that happened... but I felt amazing. This has been consistent since starting the product, however I'm able to wake up when needed for my kids, then fall back asleep. My days are better, I feel healthier, and can now give back to my kids and husband.

Lilly

Just wanted to tell you about my friend at the bank who I introduced to the product to help her with her psoriasis. She is about my age (59) and was suffering from psoriasis so badly on her hands that she found it very painful to even work and type on her computer. I stopped by the bank yesterday after she had been taking a half a capful at night for three consecutive nights and also had incorporated using the balance mineral gel.

The psoriasis was on her hands - especially her right hand - it looked really painful and discolored and scaly when I saw it on Friday last week. However, when I went into the bank to do business yesterday and was leaving to get into my car, I heard my name called and she ran up to my car to show me her hands - the left hand looked almost completely cleared up and the right hand was about 3/4 cleared up - the color was not purple/red anymore - just a light pink instead, and the scaly patches were gone, and she said the itchiness was so much less.

She was so happy and was going to e-mail her sister in another state to tell her and perhaps get some for her sister who has some physical issues going on in her body. My friend's name is Gloria and she has been doctoring and trying many things for months if not years with this (I can't remember exactly what she said for the time she has been trying to cope with this) Thank God for this wonderful and effective whole food from Mother Nature.

Pat E.

STRESS

I added the product to my existing nutritional regimen in February, during a very stressful time in my life of multiple challenges and changes. I immediately noticed that my stress level declined rapidly. Although this was a subtle, more emotional experience, it was significant because it made a difference to my ability to be calm and relaxed, handling difficulties with greater ease. I have continued to take the product daily and am experiencing three other major health improvements including blood sugar normalization, energy stabilization and relief from the hormone related imbalance called PMS. Marine Phytoplankton is now part of my daily nutrition. It makes sense because when we look at whales, they live to be very old, healthy and active and they live on the product. It seems that the nutrients that come from the sea are really important for our optimal health.

R. G.

I have noticed a gradual improvement in the texture and clarity of my skin. My energy levels also tend to be more stable. I am already taking a lot of good supplements, so sometimes it is hard to distinguish what is doing what, but one thing I know I can for sure attribute to the product is an overall improvement in my mood and a greater capacity to handle challenges and stay calm in stressful situations. I highly recommend this product to people experiencing abnormal levels of fatigue, and for those who work with the public on a daily basis.

E. G.

THYROID

I'm "only" 48 years old, and have been struggling with hypothyroidism for years now. My doctor has gradually increased my dosage over the years to where I have now been at a whopping .212 mcg/day. I have been using the product since August 2005 and have noticed significant and amazing improvements in so many areas of my life (including people who literally didn't recognize me from 6 months ago) ... but the most measurable is this: Last week I started feeling jittery and anxious, and I suddenly realized that's how I felt whenever I was on too much thyroid medicine.

I made an appointment with my doctor for a blood test to check the levels. When I got there, the nurse told me I was early ... and I thought she meant I got the appointment time wrong. Then she told me I was 3 months early; the doctor didn't "need" to have my levels tested for another 3 months. I told her I had been on a nutritional supplement that has been known to normalize thyroid levels, and since I'd been feeling jittery, I felt I should have it checked. I could tell she thought I was nuts, but who cares???

Well, I got my results today, and here's how they were initially presented to me by the nurse: "Mary, we got the results back on your thyroid test, and the doctor wants you to stop taking the nutritional supplement." I'll confess that years of indoctrination created an initial split-second reaction of "Oh, no! It's not good for me!" Then logic, reason and common sense immediately took control and I asked her for more details. She said that my thyroid number was low, indicating I'm overmedicated, and that whatever supplement I was taking was to blame (not her exact words, but the inference was there).

I explained that it was not just any old supplement for thyroid, but a complete nutritional supplement ... and that I'd hoped for the results I'd just gotten! I then told her, laughingly, to tell the doctor "No, you'll have to shoot me first before I'll go off of it!" and, instead, could he reduce my dosage. She called me later and said the doctor had lowered my dose from .212 mcg to .100 mcg/day! That's less than half of what I've been taking! Yippee! The doctor wants to recheck my levels in 6-8 weeks ... I'll not be surprised at all if he tells me I no longer need thyroid meds! And you'd better believe that his office manager, with whom I have a great long-standing relationship, now has info on the product!

But that's not all ... I was telling this story to a friend of mine who started on the product about 2 weeks ago. She has a nonfunctioning thyroid due to radiation therapy she had years ago. After I told her about my lab results, she said, "That's really interesting ... I haven't been able to afford my thyroid meds (she recently lost her job), and have been out for 2 or 3 weeks. Usually by this time I'm totally wiped out. But I haven't felt that way at all ... it must be the product!" And yes, I've been talking to her about the business opportunity!!! I love this stuff!

Mary

My older brother started taking Marine Phytoplankton some time ago, and began telling me about it and how I should try it. I'm a total skeptic; I never give anything a chance. I figured that it was just another health fad like the Atkins diets. But recently I had a major crash in my thyroid gland, they have been under active for along time and I was taking 50mg of medication for quite some time.

Now however, the doctors have me on 100mg and that is only in a matter of 6 months. My girlfriend then told me I should try Marine. So I started taking two ounces a day, and a day and a half later, I actually had to go on sick leave from work due to the reaction I had. I know that it is this product working, helping my thyroid to produce on it's own, naturally. Though I had to stop taking it for a few weeks while the new shipment came in, I'm back on it on a smaller dose, and yet again my thyroid reacted to it again. I felt horrible while I was off of it, it was like my body got a taste of good health finally and then denied it all of a sudden. So I'm determined to stay on Marine Phytoplankton for a long, long time.

C. B.

Since I've started taking 1oz.of Marine Phytoplankton regularly my Thyroid has stabilized and I notice a wonderful sense of well being! I am full of energy that lasts all day. This energy makes me feel strong and healthy! I put my 8 years Dog on the product and he is more active than before.

Thank you for a wonderful discovery!

Marc C.

VIRUS

My daughter caught a flu bug that a friend of hers had. Her friend was very sick for well over a week.

My daughter came down with the same symptoms on Sunday including a headache, pain in the eyes and a fever of 103. I gave her several doses of the product throughout the day and put some selected oils on her feet. Today, Monday, she slept in, but felt well enough to go her class at school.

She's not over it completely, but she is doing so much better and even went to a movie with her dad this afternoon.

Cindy W.

VISION

I have been using Marine Phytoplankton for 1-1/2 months now. Two weeks ago I walked out to the mailbox and got the paper and was reading it on the front porch and suddenly it dawned on me that I was not wearing my glasses! I haven't been able to read without glasses for years.

F. K.

My boyfriend, bob, is quite a challenge - he has macular degeneration. In April of this year, he had to have laser eye surgery to stop hemorrhaging in his right eye. Prior to the surgery he had some vision in his right eye. After the surgery, he had no vision, and described it as looking through wax paper with floating black spots in his right eye. From April to mid-August there was no improvement at all.

We received the product mid-August, the day he was leaving to drive to a job out of town, 240 miles away at night (night vision was also becoming a challenge for him). I gave him some of the product before he left and he had no problem with the night vision. The next day the black floaters and the 'wax paper' film was practically gone. Within 10 days the vision in the right eye was much improved.

Maria

Well, I have been using the product for a week now and my eye vision has cleared up. It used to be blurry & it was getting worse, so I was almost about to get my eyes checked. This is simply amazing, I have always been pretty healthy, but now I am noticing I am sleeping more soundly. Amazing product!!! Thank you
L. B

In April I noticed vertical lines had some aberrations in them. I arranged a visit to the optometrist for glasses. Upon examination he said my right eye was hemorrhaging badly- diabetes related- and had to be taken care of immediately. Two hours later I was in the hospital and had 817 laser shots to the right eye and 200 shots to the left eye. It essentially left me blind in the right eye. Driving was very disconcerting as vision in the right eye was akin to looking through very heavy wax paper with black spots floating around. It was easier to shut the eye to drive. We had just received the product and my better half ordered me to take some.

The next morning I drove 240 miles to work where I run a tackle shop and teach fly fishing. There were no black spots or the feeling of looking through heavy waxed paper. A remarkable change! My right eye has continued to improve, although I can not read with it I can recognize objects and have peripheral vision. I used to take other supplements knowing they were good for me but feeling no noticeable improvement. We only take our morning and evening shot of the product now and feel great.

Bob M.

After taking Marine Phytoplankton for only 2 1/2 weeks, my mom noticed a significant change in her eyesight. For as long as I can remember, my mom has always had to wear reading glasses when working on the computer, but after starting Marine Phytoplankton she could go almost the whole workday without wearing them.

J.

Challenged eyesight use to run in my family, --before the product. I've worn corrected lenses for almost thirty years. Two years ago, I had a former optometrist tell me my eyes had worsened so I would need a stronger prescription for glasses than my, then, -7.75 diopters or hard contact lenses which I had never worn and heard were hard to adapt to. I didn't know what to do. Vision is critical.

After a few months of taking the product regularly, I noticed I needed to take my glasses off for short period during the day due to strain. I knew my eyes were changing. I had a check-up with a new optometrist who was surprised that my vision was improving and was willing to put me on a prescription for disposable contact lenses. Within a week of that appointment, I was wearing an improved -6.5 lens. A week after that a -6.0. Next quarter we will try a -5.0 after adding eye exercises to my the product routine. I'm thrilled. My whole life is changing with my new sight! My vision has improved significantly for the first time in almost thirty years. Thank you - Thank you.

T. S.

My Father-in-law developed an eye infection due to cataract surgery. He was under a specialist's care for over two months. He would go to see him every day for a while and then every few days and he was using FOUR types of drops in the infected eye every hour. Then the doctor mentioned he might have to do surgery to "hopefully" correct the problem. We started Dad on the product three times a day on a Tuesday and the doctor saw improvement the following Thursday.

Then the following Tuesday, the doctor was very impressed with his progress plus my father-in-law said he could see better out of that eye than he had in over two months. The following Thursday, the infection had completely CLEARED up. The doctor was so impressed, he told him to keep taking the "vitamins" (the product). He sent Dad back to his original doctor and he released him because the eye problem was completely healed.

P. T.

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 product 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 use to perform 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 the product 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. I am looking forward to updating this testimonial with exciting and dramatic improvements in other areas of my wellbeing in the near future.

Chris

My dear friend and business associate, Sam, is now retired and living in Carmel, California. He is 72 years old and enjoying his retirement. The only downside was about 3 years ago during a routine visit to the ophthalmologist he was diagnosed with glaucoma. He began taking the prescribed medication and eye drops to hopefully stop the progression of the disease. Last week I had the opportunity to tell him about. I gave him a bottle to take home along with the "Another Day" DVD.

That was last Monday, 10 days ago. This evening he called and said, "Where can I buy more of this tuff? I'm not only feeling better but the amazing thing is that my vision seems to be improving! I have a doctors appointment next week and I want to be sure this is in my system when they run al of the blood tests, etc." He just ordered a pack to be sure he won't be without!

Steve

I have been wearing contact lenses for 13 years. Every eye appointment I've gone to, the doctor continues to tell me that my eyes are healthy but my vision hasn't improved. Even my astigmatism kept appearing. During my recent eye appointment, my vision has improved 2 degrees better, plus my astigmatism has completely disappeared. The product was the only thing I did different in 13 yrs.

Incredible!

Kya

I had been wearing reading glasses since last year. A friend of mine suggested me the product with Marine Phytoplankton. I started having it 3 weeks ago and I am surprised to find that I've no need to wear glasses any more. My vision is much clearer now! I can read and write without the help of glasses. I have noticed another wonderful benefit is that my sex drive has increased. Marvelous

Results! I am impressed.

Jim M.

VITALITY

I have been using the product daily since the launch day in August 2005. I am 74 years old and my health has steadily improved over these past few months. I then got onto the Essential Oils in about November and have been trying many of these.

Edgel L.

I have been feeling more spring in my step and more energy for biking, hiking and in all types of movement. I feel more power in my movements. I feel that I am able to be more disciplined when exercising and meditating and my food choices have improved. Thank you very much,

T.P.

WEIGHT LOSS

My whole life I have been over weight. After each meal I never feel full, I'm always still hungry. I plan my next meal before I'm finished the current one. My doctor has put me on several diets; however they have all failed miserably. I was lost for an answer as why I always felt like I was starving. I was scared because I was on my way to becoming obese. When I started taking the product, the first thing I noticed was feeling satisfied after each meal. My portion sizes also decreased. About a week after taking 2 oz. of the product per day, I notice at the end of the day I hadn't snack at all that day. That has NEVER happen before. It's been 3 months and I've lost 45 lbs! I also have more energy and have been walking every day. My cravings are no longer what they used to be. I feel like I can eat to live instead of live to eat. The product will always be apart of my life.

Kristin D.

I have been taking the product now for over 5 months and have lost 32 lbs. I can't believe how easy this has been. Struggling with my weight was an every day event. I've been on a roller coaster of ups and downs since having children. By simply adding 1 oz of the product per day the weight is coming off without a struggle, literally effortlessly. I just turned 50 and loosing weight is supposed to get harder as we age. I know now, part of being Healthy is having a healthy weight and when my body truly gets all it needs nutritionally I just don't get those cravings. I am no longer hunting through the cupboards having some of this and some of that looking for something to satisfy me.

The product is satisfying those cravings. Who knew, a lack of nutrition could make you overweight and that health could really be as easy as this. I feel blessed everyday that I no longer feed the beast, but rather fuel

the fire within. I was also very menopausal and have found not only do I have more energy and don't have that 2pm must have a nap feeling, but the moods have evened out nicely, and I am a happier person. I thank ForeverGreen for putting together this amazing supplement. Health, Happiness and Opportunity really do go hand and hand.

Lorraine C.

My husband and I both do not feel as achy and tired as we usually have since starting to take the product 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.

I have been using the product for 4 months and I am delighted because I am 22 pounds lighter. The product curbs my appetite and I have to make myself eat. When I sleep it is a very sound sleep and I wake up in the morning feeling refreshed and rested. I noticed my vision has improved so that I can read small print again. I have so much energy that I have been cleaning my house and my family and friends houses when they are in distress. I thank God for the product.

D.D.

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 increase 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.

Elaine

I started taking the product two weeks before Easter in the morning and at night, with the idea that if it works - great! (I really didn't expect that it would). I would give it a valiant effort and take one case. If there were no changes, then I wasn't buying anymore. This Easter I had 16 people over for dinner. We left on that Wed. for Fairmont for 4 days and on the next Friday I drove to Red Deer for a three-day convention. I usually do the family gatherings here at home as I am always on painkillers and anti inflammatories. Surprise, I didn't need any and my leg didn't burn! While I was in Fairmont we sat around and ate and ate, and then went to the convention and sat for hours and hours and ate way too much the rest of the time. Normally I don't sit well; I'm usually the one in the back pacing back and forth, but not this time. After all this eating for two weeks, I thought if I only put on 5-7 pounds that I would be laughing. I actually lost weight! That is unbelievable for me! I have lost weight every single week since I started taking the product (now affectionately know as Mom's "joy juice"). Incredible!

D.K.

This is just wild! I had my first delicious taste of the product this past weekend and have had it every 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.

J.W.

It is my 2nd month on the product. I am having it every day. I took off 15.5 pounds, dropped from a size 36 to a 32 waist and went down two full dress sizes. It is absolutely amazing! Now I can use all those nice dresses those were useless coz of my increasing size!

Lisa C.

WELLBEING

I feel happy all the time now, I'm not sure why or how - I just feel excited about life! This all began as my friend told me about the product. I have been feeling stressed and emotionally low for the last year now. Since beginning the product, the turn-around has been like night and day. I'm not sure exactly what's in the product that makes me feel great. All I know is, I love it. Everyone on the planet needs it!

Evelyn

My name is Marissa, I'm 32 yrs. old. I'm writing about my father who has never been diagnosed with depression, however if he was checked by his doctor I'm positive he would qualify for all symptoms. According to my mom, he's always lived with a level of depression. Our relationship had slowly fallen apart,

since he always viewed life "half empty". He was always tired, sad, lonely, spaced-out, or grumpy. I put him on a monthly autoship and had him promise to take it each day. Within a week, my entire family had noticed a huge change in emotional stability. After a month, he was beginning to feel like dad again. I could have normal conversations with him and for the first time, he seemed interested in what I was saying. It's now 3 months and we have a great relationship. He is always 'out and about', socializing, exercising, and enjoying life. He talks about the future with excitement, not dread. I just about fell through the floor when he told me he now keeps a gratitude journal. He now buys the product himself and loves it.

Marissa H.

I replaced a fistful of capsules with this delicious marine phytoplankton product. I start every morning with the product and have never experienced such an amazing feeling of mental clarity, vibrant energy and an overall sense of well being. "

Bill B.

Having used the product 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 backaches and other discomforts.

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

John T.

I am 52 years old and consider myself quite healthy. I have always taken care of my body, exercised regularly, choose natural skin care products and eat lots of fresh organic fruits and vegetables. I'm thrilled to be taking the product daily as apart of my healthy lifestyle. It is in complete alignment with me and my entire family. I hope to live until I'm 100+ and enjoy my great grandchildren. I've done my research and I believe the product will fill in the gaps of any nutritional requirement missed.

Karen

My husband and I have 4 children and 2 dogs. All 8 of us are taking the product daily. We all live quite healthy and intend to maintain our health. I believe the product will help is an important building block in my children's life as they grow and mature. I've seen a big difference even in my dogs health and energy. We feel prevention is the key to a long, vibrant life.

P.L.

My name is Kari and I am 65 years old and live with polio and post polio. I have been handicapped since I was 6 years old. I have been able to get through my days with the use of my scooter, which I have been in for 15 years. I'm able to walk a short distance with assistance, but I fatigue very easily. I have been working with my personal trainer for 2 years and I feel a bit stronger, but the fatigue always sets in before I can finish my program. My personal trainer suggested that I take the product because it would help my energy and strength. I have been taking it for 6 months now and my energy and entire body strength have increased amazingly. I have this desire to walk more and have started a walking program on the treadmill with her. I am out of my scooter more often around my house and finding myself thinking positive thoughts more often. I haven't wanted to get out of my scooter for 15 years and now I am driven to be on my own two feet!

Kari

I have been using liquid supplements for many years. I am a medical assistant and through my training I found out years ago that liquid is so much better than pills and shakes. The brand of liquid supplements I used for many years was not offering me the same benefits it had in the past. I started searching for a better product and that is when Forevergreen and the product showed up. I was actually one of the first people to taste the product.

I can say for a fact that the product is 1000 times better tasting! In fact I look forward to taking it every day... When I started taking the product I was very skeptical at first. I had to take more and more product with my old supplement just to feel better, with the product I take less and feel so much better. I have been taking the product for a few months and my overall state of well being has improved. My moods don't swing up and down like they used to and I have more stamina to handle my busy lifestyle. I share my experience with everyone I come in contact with. This has allowed me to start a business. What better business than helping people get healthy!

Christin S.

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 for 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.

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.

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 increase 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.

Elaine

Life-Changing Experiences

The following stories are a more extensive look into the success of bodies healing when edified with the energy and nutrients in the product. The changes experienced in the following stories were so extensive, we couldn't limit them to just one category.

I started taking the product with 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 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 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 the product 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.

Thank God that Tom Harper had the instinct to put his finger into that vat of Marine Phytoplankton, the world's greatest inventions are usually stumbled upon. "Were the diver to think on the jaws of the shark, he would never lay hands on the precious pearl."

Saadi

In 'cleaning out' my files tonight, I came across this recent recording and listened to it again. I was humbled and blown away all at the same time as I heard a grateful mother share her story about the recovery of her little daughter - who for all intents and purposes drowned in 2004 . . . she was told that her daughter would be a vegetable. Her daughter's miraculous recovery over the last year has been powerfully impacted by adding in the product.

Bob

I have been giving my children the product since last August when it was introduced. Overall my children's health has been much better. Any flu/cold bugs going around, they usually don't get.

When they have felt under the weather, I've given them an extra dose and they have been better by the end of the day or the next morning. It seems to settle their stomachs when feeling nauseated.

Specifically, my daughter's eczema has cleared up and her allergies haven't appeared yet this spring, even when the grass has been cut. My son's has not needed to refill his Allegra prescription, and we are well into pollen season. My diabetic son's blood sugars are more stable when he is consistently taking the product. Of course I use many of the Essential Oils for challenges as well, but overall they are all much healthier. Their immune systems are able to ward off most "bugs" they are exposed to.

Carol

I had back surgery in 1979 and 1982. I spent a year in bed trying to get rid of the inflammation, which didn't work so I have spent the last 25 years on painkillers and anti inflammatories. I also have high blood pressure, GERD, Fibromyalgia, Pan Sinusitis (operated on in 2005) and heel spurs, and of course a weight problem.

I am a walking talking piece of art. I started taking Marine Phytoplankton two weeks before Easter. I started with a bang! 1 oz. in the morning and 1 oz. at night, with the idea that if it works - great! (I really didn't expect that it would). I would give it a valiant effort and take one case. If there were no changes, then I wasn't buying anymore.

This Easter I had 16 people over for dinner. We left on that Wed. for Fairmont for 4 days and on the next Friday I drove to Red Deer for a three-day convention. I usually do the family gatherings here at home as I am always on painkillers and anti inflammatories. Surprise, I didn't need any and my leg didn't burn! While I was in Fairmont we sat around and ate and ate, and then went to the convention and sat for hours and hours and ate way too much the rest of the time. Normally I don't sit well, I'm usually the one in the back pacing back and forth, but not this time. After all this eating for two weeks, I thought if I only put on 5-7 pounds that I would be laughing. I actually lost weight!

That is unbelievable for me! I have lost weight every single week since I started taking Marine Phytoplankton (now affectionately know as Mom's "joy juice"). I have more energy, the Fibromyalgia is almost non-existent, and my blood pressure pills and my Losec for the GERD have been cut in half.

My feet don't bother me, and my specialist who did my surgery for the pan sinusitis said to keep taking my steroids or I will be back in for another surgery, guaranteed - but it all looks great! Little does he know that I haven't taken the steroids at all. My family doctor wants me to take the Marine Phytoplankton at the 2 oz. per day for three months and then see her. She had noticed that I had lost weight, moved better, and looked better (lack of pain will do that for you). She is very interested in Marine Phytoplankton. My only pain now is sore cheeks from smiling, and I am constantly saying I can't believe that I don't have any pain - it's awesome!

UPDATE: I fell on a sidewalk and badly sprained my foot this past weekend. The doctor said I would be on crutches for 2 weeks. It really didn't hurt that much, but I did the crutch thing for 2 days. I was bored at the lake (no TV), so I read... without my glasses, as I hadn't taken them with me. I came home and am still reading without my reading glasses. I didn't realize that my eyesight had improved. Here is another toast to Marine Phytoplankton!

D.K.

Because I already had headaches and heart burn routinely, it was a few servings before I noticed Marine Phytoplankton seemed to 'give' me headaches and heartburn! However, these symptoms diminished after a few weeks. I also noticed that I became extremely sleepy after taking my half ounce or so daily.

Why I wondered? Well, eating poorly, craving unhealthy fast foods and polluted carbs along with a life long coffee addiction had left me in a poor acidic state of health. For years I had kept way too busy to notice the accumulative effects of working nights, sleeping poorly during the day and 'burning the candle at both ends'.

NOW, knowing about "Herring's Law", I get the picture! I figure that given the right tools, my body began to heal itself (and I was feeling it). It makes sense that an amazing product would make me listen to my body's need for sleep, pH balance and diet changes. Using Marine Phytoplankton for about a year now, I no longer crave the terrible diet I had before! Headaches, heartburn and recently, even working nights are all things of the past! I feel much more energetic.

My biggest challenge is to NOT do so much. "Save some for tomorrow" is my new motto. I found that the best nutrition leads to better balance and creates a better life, so I start each day with my Marine Phytoplankton! Yours in Health,

T.L.

When my husband started to take this amazing product and I saw he was feeling better with his cancer, I thought I should try it also. Over the years I wasn't kind to my body and ran a gamut of health issues. Friends and co-workers told me that if I had been a car they would have to crush me.

1. Car Accident - 1997 - someone ran into the back of me as I, along with another car, had stopped for a transit bus. I was pushed into the back end of the car ahead of me and sustained injuries to a total of 5 vertebrae in my upper and lower back. I was on mega doses of pain meds and ended up taking Zolof 100mgs per day for depression.
2. Reflux - Put on Pantoloc 40 mgs per day because of the stresses of my depression and the meds I was on.
3. Mini-Stroke I had 2 of them in 2003 and now I take Aggrenox 25 mgs twice a day.
4. Obesity - Have been severely overweight since 1998, Tried every kind of diet known to man since.
5. Cholesterol - very high; taking a statin Lipitor 40 mgs per day.
6. High Blood Pressure Hard to control without Ramapril 20 mgs per day.
7. Type 11 Diabetes - Controlled by eating better.
8. Broke Tibia Plateau - actually had major work to repair damage from a fall in June 2004.

On bed rest for months and the pain was terrible. I had to have the screws taken out this January as they were trying to come through my skin. I started taking 2 ounces per day in December but had to quit so my husband would have enough to last until the New year. I made a decision to forgo buying my Lipitor and Ramapril so we could afford more Marine Phytoplankton.

I have noticed a substantial weight loss of about 25 pounds, the pain in my neck, back and leg was not unbearable. Now I have energy, my tongue has cleared of the horrid dirty yellow coating. I went to a Doctor for a total check up before my surgery the end of January because they had to know if it was safe for me to be put out or not.

I have never had a doctor tell me that I was a very healthy person and that every test came back normal. I also noticed that I didn't need pain meds after I got home the day of my surgery and the healing process was amazing. Please everyone do your body a favor and take this amazing Marine Phytoplankton even if you are healthy now because as the years go by your body will start to slowly fall apart.

Those of you who already have health issues GET ON THIS!! It tastes great and is the easiest fully loaded whole food product we have ever taken. Give it a good try of at least 3 or 4 months and see the difference. "HERE'S TO MY HEALTH AND YOURS"!!

M.L.F.

I have been taking Marine Phytoplankton for almost two weeks now and have found that my arthritis pain has disappeared. I had psoriasis for many years in a scar on my forehead and it also ran up into my hair from that spot, that is gone!! I can't believe it. Doctors tried everything for years to get rid of that psoriasis and nothing worked. My feet used to be so sore everyday, my wife would have to massage them with cream so that I could fall asleep, now my feet don't hurt. Finally, every morning as the sun came into the bedroom my eyes used to hurt so badly that I had to lose the blinds. It felt as though I had needles going into my eyes as soon as the sun hit them. My eyes are fine now no more sensitivity to the sun!!!

W. E.

I am so thrilled to be sharing this testimony with everyone. A little over three and one half years ago I had three major surgeries in less than three years. Two were back surgeries, and one was for Cancer. Recovery was long and hard. The doctor told me not to put myself in one of those motorized chairs to get around. I was shocked! I had never even thought about that being a possibility. I thought he was going to make me well and here he was talking like I was as good as I was going to get. I was devastated! I thought he would be telling me how soon I would be well, and he was offering me no hope of a full recovery. I told him I intended on getting back to my old self, no pain and no health problems. He then proceeded to tell me I was being too optimistic. How could that be?

Is he not suppose to be telling me how to get better? They put me on Mobic and Bextra for pain and sent me home. Then each appointment from that point on they found something new.

First it was low blood pressure. They put me on medicine for that. Then there was something with a heart valve, then high blood pressure, then an ear infection that ruptured an ear drum. I was told because of my age, it would probably never clear up. When you get older the antibiotics no longer work as well, or so I was told. So he wrote me a prescription with refills for one year, and sent me home.

During this time I proceeded to put on weight. I was depressed and I had begun to think he was right, maybe I am too optimistic. Next came the high liver enzyme, then the high Cholesterol, then the high Triglycerides, then the high fasting glucose. I began to wonder if this train was ever going to come to a stop. There was a point in this journey I was beginning to wonder if I would see 50. I am a fighter and I realized early on, I was in a fight for my life. I knew the doctors would never fight as hard for me as I would fight for myself. I knew myself better than they could ever know me.

It had become time for me to take over my own care. I read, and read, and read, and prayed, and prayed, and prayed. My first answer came in a doctor that helped me in my recovery. First he gave me hope. Then he explained to me what was happening as I was aging, he explained to me about prediabetes. He told me I could stop this. At this point without medication. Then I started learning about detoxing, and nutrition, and fasting, and rebuilding.

I was looking for the best products to help me achieve this, and those arrived in ForeverGreen. I knew it when I first read about the product. I signed up right away! I didn't even know anyone with ForeverGreen! I signed up over the Internet. Some might call it blind faith, I call it educated. It just answered everything I had been learning. I knew it was right. That was in May, 2006. I started on the product right away.

My husband and I both knew right away that the product was an amazing product and we were really looking forward to the benefits. At this point I didn't even know about the essential oils. I didn't even know what they were or what they could do. My husband and I started on a liver cleanse on June the 9Th, 2006, and I started using all of the other oils at this time. I started to feel certain things change, and everyday I had new things happen that gave me hope they were working.

I have to say hope, because at this point I had no proof, but the way I felt. At this point some might argue that this was just wishful thinking, but my heart told me different. With what I had heard through the recordings it would take 4 months for my liver to rebuild. (Something my 1st doctor had never even told me was possible.) Then the other organs will start to repair. Well I just had my new blood test and I am so excited!!! October was the forth month on a liver cleanse, and five on the product.

Everything is not completely back to normal, but everything is headed in that direction. Remember the liver has to rebuild first, then everything else will follow. With that in mind let's get started. All of my liver function is normal, my ALT was 58, now it is 16. (Showing my liver is totally repaired.) My fasting glucose was 110 it is now 100. My Triglycerides were 385, they are now 179. My Cholesterol was 344 it is now 306. My LDL the good Cholesterol went from 32 to 38. My ratio went from 10.8 to 8.1. My doctor was very impressed. He even wrote at the top of my report "IMPROVEMENT WITHOUT MEDICATION."

Now that the liver is repaired I can't wait for the other numbers to reach normal. If there is anyone who does not understand the significance of these results without medication, ask someone who knows. I will let you all know how things are going as I move closer to normal. Sending blessings of good health to all of you! Thank you ForeverGreen!!!

Terry D.

I have been using the product about 6 months now. After a couple of months I really noticed some huge benefits for myself as far as more sustained calm energy and better sleep during an extremely stressful time as well as normalizing my metabolism. I started to put my patients on the product. My reasons for doing this were three fold: First I know that the body works and heals at its best when it is nourished optimally.

Many of the patients I see are too sick to tinker with supplements and need readily available liquid whole food that the body can absorb right away.

Secondly, as I treat a lot of chronic pain and post traumatic stress with the Bowen Technique, which is a physical technique that allows the body to reestablish its proper alignment and break the trauma cycles, the product helps the body rid itself of the toxic debris that has accumulated over time.

Thirdly, as I practice classical homeopathy, in which it is crucial to assess the healing mechanism and direction of cure of the body, I prefer not to use anything else to support the body other than whole food and with the product, I feel assured their bodies are getting the substrate necessary to heal. The product is making a huge difference for many of my patients and my own family. I would not hesitate to recommend it as a daily regime.

Dr. Manon B.

There are many claims for the product, but I can only say what the product has done for me, and my husband Cy. After two auto accidents I was given only a 50% chance of walking if I had surgery (just not good enough odds).

For 25 years I was in constant pain, sleep was fitful and I was always exhausted. Doctors would only prescribe pain medications and physical therapy. Allergies to pain meds developed, deductible costs were huge, and our marriage was suffering. I pushed myself to stay active and work. But my body finally reached the point of shutting down without warning when it could no longer tolerate the pain.

Our children still tease me about the day they found me out cold- -with the taco I was biting into still in my mouth. I became afraid to drive more than a few miles from home. So I learned to use essential oils, which brought the pain down enough that I could at least function again. Then my sister needed a kidney transplant and was on dialysis. I was a match, but when we went for me to donate, the final tests found **my** kidneys were failing. We learned that a high protein fad diet was the cause. Her need actually saved my life. Shortly after we returned home, we learned Cy had bladder cancer. He was lucky in that his surgeon believed in mega-doses of vitamins and probiotics.

Cy endured four surgeries, plus live TB virus treatments. He didn't want to die but grew tired of all the pills, potions, and promises. So we turned to whole foods. A year later my kidney specialist asked what I had done because my kidney function had returned to 97%, and he released me from care. And Cy's surgeon told him, "Keep doing whatever you are doing."

September 2005 I had chemical burns to my arms and face. My doctor used a new cold laser to help heal the underlying tissue, but I was left with a "permanent sunburn" scar over my face. With infection danger, I couldn't go for water therapy, and back and hip pain returned. Several months later the delicate facial blood vessels began rupturing from the burn damage. Our first shipment of the product arrived February 6, 2006. After I downed my first dose I felt a "zing" go through me, and then a burst of energy. It was as if my whole body said, "**WOW!**"

So I increased what I was taking morning and night. After my third day on the product, my back pain was **gone** -- 25 years of pain gone!!! So a few days later I figured I had nothing to lose and began applying the product to my face twice daily. Three weeks later the rupturing veins began to heal. Then the burn scars faded. Today the scars are invisible, thanks to the products. I could probably skip my water therapy classes, except they're fun and I can use the exercise. I finally sleep soundly. Waking refreshed and walking with bounce in my step is such a blessing! To say Cy was skeptical was putting it lightly, but he agreed to try the product. He kept saying that he didn't feel any difference, until the fifth week when he suddenly realized his long-standing shoulder pain was gone. BUT, then the most amazing thing happened during his July cancer check. The surgeon said Cy's bladder was exceptionally clean and asked, "**What** did you do for such improvement?" We handed him a bottle of the product, and Cy said, "The only thing I did different was to take this." The surgeon studied the the product label and information we gave him. Then he returned and told Cy he could quit the massive mega-vitamin regime -- because -- **everything Cy needed to fight the cancer was in that the product bottle.**

Cy came home and doubled his daily dose. He's 73, healthy, and still driving an 18-wheeler. Many thanks to Tom Harper and ForeverGreen -- The product will be a part of our lives forever. The formula seems to go to the areas of the body's most critical needs. No wonder Tom Harper looked so hard to find a caring company that puts helping people first to assign the rights to (rather than a drug manufacturer). We already have the perfect way to bring major health costs down -- and yes, the drug companies will fight it. France and other countries favor alternative medicine.

It may not be in our lifetime, but I'd love to see our government realize that the product is less expensive than drugs and hospital and nursing home bills -- and allow health insurance and Medicare to cover it for people. To me, it's better, and cheaper than the years of pain and all the other expense we went through. Here's to everyone's good health!!!

Marie R.

In June, 1999, I shattered by right heel. The doctors told me I would develop arthritis in it. Indeed I did. After some while and increased pain I went back to the doctor. He said there was nothing that could be done except to have the ankle joint fused - if I couldn't move it, it wouldn't hurt as much. I decided it didn't hurt enough to have that done, and I hadn't given up on other options. So I tried Glucosamine, in addition to other things, with no apparent change. My husband and I were going to go dancing! I would take a couple

Advil and carry along 2 or 3 shoe changes (as well as more Advil), and away we'd go. The next morning, my ankle would be so swollen that the bone was not visible.

And so I lived with pain and Advil, on a daily basis. Then in March, 2006 I dropped a can of vegetables and the rim landed on the top of my left foot. I went to a doctor and found I had caused a hairline fracture. Because I have osteoporosis, the doctor said it would probably take 3-6 months for it to heal. I left to visit my daughter who is in natural health and wellness. She immediately had me start taking the product.

The next day, the pain was about 50%. Within 5 days, I was walking normally without pain. Three weeks after the break, I returned to the doctor (pain-free). The bone fracture was fused. My daughter told me of the benefits of the product so I continued taking 2 oz. a day hoping that it would help my body heal from the Osteoporosis.

About 1 1/2 months after starting the product, my husband and I went to a Western dance. It was the last dance of the night when I realized I still had my cowboy boots on - hadn't changed shoes once - and my foot didn't hurt. The next morning, my ankle was not swollen. I haven't taken Advil for about a month after starting the product. I can't describe the freedom, the wonderfulness there is with this lack of pain.

I have suffered many other issues because of the Osteoporosis for 13 years and every year gotten a bit worse. I even took Fosamax and later Acteno. I found a Naturopath to work with, so I sent her my blood work. She found problems in my liver (one of which contributes to the osteoporosis), gall bladder, kidneys, and heart. She put me on some supplements for those issues. Two months later (after the product), she rechecked my blood work. She said she had never seen anyone's numbers improve so much in as short time.

I told her, "Well, I'm also taking this product and it sure has helped me in many other ways." She was very impressed and told me to keep taking it. I definitely will. If it can help my body heal the way it has, I'm sure my osteoporosis will be going away too. And even when I think I am completely well, I will continue taking it because I'm sure it is helping me stay well more than anything else possible could. I am so grateful for the product.

Jean

I have been using the product for 1-1/2 months now. My wife noticed in the second week that I was growing hair in my bald spot (a lot of it!) and 2-weeks ago I walked out to the mailbox and got the paper and was reading it on the front porch and suddenly it dawned on me that I was not wearing my glasses! I haven't been able to read without glasses for years. The gal that cuts my hair also asked if I had changed conditioner and I said "no" and she had noticed that my hair was much healthier and thicker. I also sleep like a baby at night now and wake feeling rested. I use to get up for a few minutes and then head back to bed for a couple hours and since taking the product I stay up and feel great! Thank You

F. K.

I can't tell you how thrilled I'm! I am feeling so much better and stronger each day. I have had Psoriasis of the scalp since I was about 13 years old. I have had to use vinegar, Biotin and B-12 to keep it under control. I haven't used anything in 2 months now and the itching is gone. Also my eyes are getting better - I can read small print without glasses now. My joints are feeling much better now too. I have had a lot of trouble with my hip and ankle and they are so much better I can't believe it.

Thank you for such a wonderful product. The world needs the product in every possible way. I am so thankful for finding the product website when I did. I am sure that I was lead to it. Thank you again for such a wonderful product.

M.B.

I have been taking the product for two weeks, and a few days ago while walking to my mail box I noticed that my knee was not making that "creaking" noise that it had been making for a long time. Not only was it not "creaking", it didn't hurt! (I had thought I might need a knee replacement soon). I don't usually try things that I have to drink, but the product is very pleasant. I have more energy and have lost about 5 pounds (with no exercise) since I am not as hungry. I can't help but tell people about it!

D.B.

My son, who has 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, 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. I 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.

O.

I started taking the product in early February. Prior to that time, I thought I ate pretty healthy, and my dietary regimen included a multi-vitamin, fish oil capsules, pro-biotics and enzyme supplements.

Here is what The product has done for me: Reduced appetite and sugar cravings, changed my tastes so that I no longer like the taste of diet sodas, and I stopped drinking them within a week of starting the product, steadier, more consistent energy, stronger, healthier, thicker hair (no longer falls out in the shower), no more hangovers! For the first time in my adult life I can play hard tennis in the sun in the morning and not have a migraine in the afternoon.

L.V.

My name is Lois and I love my wine. My job has me doing P.R. and socializing with clients, so I'm usually around alcohol each day. With that in mind drink most days. Its really draining and I have put on weight because of this habit. My dear friend told me about the product a month ago, and I have been taking it religiously each day since then. My cravings for alcohol have diminished significantly. In fact, I can't drink as much because it makes me ill. I feel the product is helping with my addiction and nourishing my body to help make me feel full. Because I already had headaches and heart burn routinely, it was a few servings before I noticed the product seemed to 'give' me headaches and heartburn! However, these symptoms diminished after the first week and I feel so much better.

Lois

Since beginning my intake of the product 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 the product does that for me. At first I really didn't think I would feel much different physically with the product 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.

My results from taking the product 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 are better. I have suffered with Hypothyroidism my entire adult life, along with HUGE carbohydrate cravings! Since taking the product I have noticed my blood sugar levels starting to level out so drastically that the 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.

T.H.

My overall health has improved dramatically since taking the product. It has only been 6 month, taking it each day. My clothes started feeling big on me, so I dusted off my scale. I lost 15 pounds. I was feeling so good, I started walking everyday then after a few months began jogging. I'm happier, more calm and patient, sleep like a baby, less craving, and more sustained energy throughout the day. One of the best results, my sex drive is amazing. My husband and I feel like newly weds again!

I'm not sure if it's because I'm feeling so good with myself, or the product is directly related to increasing sex drive. Probably both! I recommend the product to everyone.

S.F.

At 9 weeks old, I was immunized with the inoculation shot that is given to all babies. From that day on, my immune system was shot leaving me with a life of health challenges including asthma, bronchitis, countless allergies to name a few. I was always sick, weak and very under weight.

Visits to the clinic or hospital were much too common. My mom went on a "nutritional search" trusting we would find an answer. Some of the products along the way helped a bit, but nothing sustained my health. I was always tired and exhausted with no motivation and very little focus. I could never fall asleep at night and could never wake up in the morning. I was a dancer training and competing regularly. It was a constant struggle to maintain my health, strength, energy and stamina, while training several hours a day seven days a week. Seventh grade was the last year I attended gym class. I was not the "athletic type" and combined with dance, it was too stressful on my entire body.

Since taking the product, I have finally been able to experience what living life truly feels like. Each day as I wake up, I feel incredible ready to take on the day. I have more energy than most children and for the first time in 25 years, this energy is sustained throughout the day.

My mental clarity, motivation, focus and inspiration exist is at a whole new level, which has allowed me to create a successful ForeverGreen business. I sleep less hours and wake up feeling more restful. I was never able to run and I now run 3 miles everyday and weight lift. I often work 12 hr days by choice ... something I once thought could be impossible. I am amazed by the quality of this product and how well I'm being nourished.

As I drink the product everyday, I feel as though I'm giving my body "high octane fuel" it craves and allows it to function at its optimal level. I have struggled with a low immune system since I was 9 weeks old. I've tried many different nutritional products, however nothing ever sustained my health. I now have a new life and owe it to this complete whole food that has healed my body the way it was intended to be. I am truly blessed it is a part of my life and feel a responsibility to share it with everyone.

Sarah

I have several good things to say about the product. 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 the product and it was gone after two weeks! I also have a few friends that have benefited from taking the product. 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 the product for a little over one week.

Another friend of mine has had gallbladder pain for several years. After taking the product 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. The product has completely gotten rid of the sensitivity! Lastly, more than one person I know has lost weight simply by adding the product to their diet - one has lost seven pounds in less than two weeks! What an unexpected surprise!

Sue

I am 65 years old and have had a lot of health problems through the years. For the last year or so I have had a really bad pain in my left breast and under my arm that ran all the way around my back.

I figured it had a lot to do with the lymph system. As of this week I have no more pain in that area. I have had sinusitis for almost all my life, and here in Utah I have it all the time due to the air quality and storms. There was a time when I would have to take up to 13 Excedrin a day to kill the headache only to have a torn up stomach for 3 days. About the time I got my stomach to feel better I would get another headache. I know that was not good for me, but that was the only thing that would give me any relief. I had tried every herb and natural remedy known to man and nothing worked. Now when it's smoky, or a storm comes in, I get just a small ache and I go and take a tablespoon of the product and it goes away.

M.B.

I have a great story to share! I have a cousin who has struggled with food intolerance's for years. She is now in her late 50's, about 5'10" tall and weighs about 110 lbs. As the years have rolled along her health has gotten worse and worse. She barely has any energy at all, no appetite, she forces herself to eat and needs to rest and sleep a lot. She has "leaky gut syndrome" which is a condition that medical doctors don't recognize, so they don't have a treatment for it.

She has spent years trying various alternative medicine techniques to no avail. Last February I gave her a call and told her about the product. I was certain this would be the product that could turn her health around. She agreed to try it and ordered 2 bottles. Because she is so sensitive I told her to start with a little to see how her body would respond. About two weeks later I gave her a call to check up on her. She told me it seems that her body is craving this product and she was taking 2 oz. per day. Her energy is improving and it doesn't look like it's just a passing thing. She ordered a case. At the end of the second month she

said she didn't know it was possible to feel this good again. She had also gained 20 lbs. because her appetite had returned. This has been a huge blessing for her!

Ellen R.

I started the product exactly a week and a half ago and I can't believe what it has done in such a short time: My Chrons Disease which has been active for the past thirty years is in remission, hourly hot flashes due to menopause are non existant now, pain from arthrites and fibromyalgia is almost non existant, psoriasis on both elbows is gone, lost 2 " off my waist and hips and 6 lbs. and I have so much energy, my husband says I have become a live wire. Also, I stopped my Zoloft with no side effects, I just don't need an anti-depressant anymore!

Isabelle S.

I have been using the product for about 8 weeks now and I cannot believe what is happening with me. The most amazing benefit is that my white hair is getting darker. I even have dark new hair growing in amongst it. This is blowing my mind! In addition, I see that the ridges are disappearing from my finger nails and the half moons at the base of my nails are getting larger. This is an indication of oxygenation! Great stuff! From the very start I noticed that I was sleeping more deeply and not waking up 5 times a night. This means I wake up more rested and ready to go each day.

My soon to be 94 year old mother is having the same experience and this gives me great peace of mind as the middle of the night when she's half asleep is by far the most dangerous time for her to be wandering around her apartment. Overall I have more energy and more endurance. I have also been told by many people that I look younger and that my skin looks really healthy. I'd say we have a great product here! I am so grateful to have it! I have my dogs on it as well. They don't have any particular issues but I know what it can do so I use it as a nutritional boost for them.

Anonymous

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.

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. 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.

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.

Here is a quick testimonial for this fabulous new product my friends and I are on. Yes, it's very new & 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 & 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!).

-Judith

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.

Kimberly

I must be one of your oldest to try Marine Phytoplankton! 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 slow healing. After just over 1 week of taking Marine Phytoplankton, I noticed my sleep pattern had changed. From 3 to 4 hours per night, I now have a more restful 7 to 8 hours. I find that I sleep better if I take it 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. I had never been that way in 83 years. Now I'm too busy for such a thing. If I feel this good the first 3 weeks, I wonder what the future will hold. Move over world – let me get on with it!

Mary

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 ache 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!

Dere

I have always thought that if I found a product that would take me off all medications, then I would have something to talk about. Well I have found that 'something'; Marine Phytoplankton has done it for me. I started looking at nutrition a few years ago, when I was on a about 15 pills a day and using a walking stick. The medication was for a back complaint (that I was born with), arthritis (hips, knees & wrist), acid reflux, migraines & Gout. Along the way I lost the migraines, gout & the walking stick. Marine Phytoplankton has finished the job. My back and arthritis pain is about 90% gone, to the point where it is easily bearable. I no longer need painkillers. I have more energy & sleep soundly. From about the second week on Marine Phytoplankton I noticed something happening with the acid reflux. By the end of the month the acid reflux was gone. I had been using medication for acid reflux for over twenty years & was told I would need it all my life. Marine Phytoplankton went a bit further for me. Several years ago I had radiotherapy treatment for cancer. As a result I developed a condition similar to Irritable Bowel Syndrome. That condition has about 90% cleared up and I can tell you I am very pleased about that. No doctor's medications or other product has got me to where I am today! I urge everyone to try Marine Phytoplankton and allow it time to work on your body.

D.A.

It has been 9 months since I wrote Mums Story. I would like to share where she is up to now.

She is now taking care of the following areas in her life:

She is now ordering herself a wide variety of food from the supermarket. Her account has nearly tripled. Recently the supermarket tried to change her delivery day from Friday, she made many calls and finally they gave in to her (lots of talking needed for that one).

She organizes the mowing man who is now the maintenance man plus any extra work that needs doing. She takes care of her accounts, giving instructions on what has to be paid and when. She lets the Blue Nurses in and chats to them. She lets us in and chats to us. Evelyn and I took her a turkey dinner on Boxing Day and she chatted to Evelyn for 15 minutes.

Lots of interpretations had to go on as she is quite deaf and Evelyn has lost her 2 front teeth (Yes she was able to say "All I want for Christmas is my 2 front teeth") And Grandma asked her AND told her the story of my teeth. The whole visit was such a great joy and wonderful to see. Evelyn was delighted with the attention. In the early months Mum's body was aching, as the extra food was a shock to it. So we increased her serving of Marine Phytoplankton to 30ml morning and night. This was 5 months ago. The pains went soon after and she has stayed on that serving. The other day she said that Marine Phytoplankton had saved her life, the Blue nurses told me the same thing.

S. L.

I have just started my fourth bottle of Marine Phytoplankton and can't believe the results I have so far. This product is amazing. I have noticed the following:

At the age of seven I had a cold in my back shoulder blade and have suffered with chronic pain since. I no longer have any pain. I have suffered with carpal tunnel syndrome for years. The pain is completely gone. My hands always looked old, I think because of the swelling, but my skin is recovering and looking so much better.

I have suffered from mouth ulcers for years and have not had an outbreak since taking Marine Phytoplankton. I was taking prescription heartburn pills that I no longer need. I was in a car accident a few years ago and could never get rid of the inflammation and pain in my right leg, now it is completely gone. I suffered from hives this January and could not get rid of them. I tried all kinds of medication, prescription creams and herbal medicines. This only seemed to keep them from getting worst but did not get rid of them. They are now gone. I put Marine Phytoplankton directly on them. I rub a little of Marine Phytoplankton on my spider and varicose veins and they are going away.

I have taken sinus medicine everyday for the past couple of years. My sinuses were so bad that it would wake me up at night because they were draining down my throat. I have not taken any since starting Marine Phytoplankton. I have been wearing reading glasses (2.50) but now they are too strong and I have had to go to 2.00. I also have bifocals that I can't wear anymore because they are too strong. I am going to the eye doctor next month and can't wait to find out what happens. I recently found out I have type 2 diabetes and since taking

Marine Phytoplankton my sugar levels are great. I have lots of energy and my weight is coming down. I had perimenopause, which is having all the symptoms of menopause before you actually get menopause. All the symptoms are gone. I have a couple of cysts that I've had for years and they are about half the size now. I had a fingernail that split down the middle and now it's fine. I had ridges that developed on my nails, I was told this was just from age, but they are now gone. I had four toenails that had grown very thick and one that cracked down the middle, and now the thickness is gone and as my nail is growing the crack is disappearing. A few months ago I noticed my hair was starting to turn grey just around the hairline, it has turned back to my natural color. I developed a discoloration on my face about the size of a quarter. I put Marine Phytoplankton directly on it and it is going away. It's down to the size of a dime.

D.D.