

# Frequen*Sea* FAQs

## Frequently Asked Questions About Marine Phytoplankton

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# 1. What is FrequenSea juice?

FrequenSea Is A Juice Containing  
Several Ingredients:

Marine phytoplankton	Astaxanthin
Frankincense	Cranberry
Omega 3	Blueberry
Omega 6	Morinda Citrifolia
Nutmeg	Vitamins ABCDE
Ginger	14 Amino acids
Aloe Vera	72 Trace minerals

The main products in FrequenSea are sea products. These organisms are said to be the origins of organic life. They are the most nutritious products on Earth, and they have been billed as "the future of human nutrition" (Jacques Costeau).

Life on Earth is made possible because of its atmosphere, and its topsoil. Earth's atmosphere and its topsoil were formed by microorganisms inhabiting our oceans, wherefrom all life originated. Scientists at NASA theorize that about 3.5 million years ago, tiny oceanic microorganisms marked the beginning of life on Earth.

These microorganisms are commonly known as "algae" and "plankton." Besides producing enough gases to form our atmosphere, and enough micronutrients and minerals to form our topsoil, these tiny organisms are rich and nutritious enough to feed huge mammals, such as whales.

Plankton are tiny open-water plants, animals or bacteria. The name, like the word planet, is derived from a Greek root that means, "wanderer," or "floating life." These organisms range in size from microscopic bacteria and plants to larger animals, such as jellyfish. Plankton generally have limited or no swimming ability and are transported through the water by currents and tides.

Until now, people could not readily obtain such rich super-foods. Through years of research, Sea Farms can now grow these microorganisms in large quantities. These state of the art facilities allow the production of something very unique for you to maximize your health. The phytoplankton produced at Sea Farms is not cyanobacteria, but true micro-algae or plankton in its many forms

and species. This, along with Sea Farm processing makes their product totally unique in the world.

The New York Times Sunday Magazine, on June 18th, 2006, page 54, published an article about the future of human nutrition, "Aquaculture." The evidence points to farm-raised fish overtaking wild fish. Aquaculture is growing about 10 percent per year, and it certainly includes the growth of algae, and plankton.

The micronutrients and electrolytes in plankton, and algae are exactly what human cell membranes need to carry out their metabolism. Not surprisingly, the composition of human plasma, or fluid surrounding cell membranes, is similar to that of sea water. Relying solely on land-based food sources may lead to deficiencies in these micronutrients and electrolytes. While transient sub-optimal nutrition may be forgiven, a constant diet lacking in these micronutrients will adversely affect every function, structure, and detoxification functions of the human cell. Our metabolism will suffer, leading to practically all diseases. In fact, the causes of diseases have been simplified to very specific mechanisms, all of which center on cell membrane function and structure. Inflammation, oxidation, toxicity, and mitochondrial dysfunction keep cell membranes from doing their job effectively.

Good nutrition will enhance the structure and function of all organs in our bodies. Our brain, muscles, heart,

arteries, joints, bones, skin, hair, hormones, immune system, vision, digestion, kidneys, and liver will carry out their jobs much better. Metabolically our lipids and sugars can be optimized, thus providing more overall energy, minimize weight problems, and improve sleep. These nutrients improve mental function, and memory. They reduce depression, harmful effects of stress, and mood swings.

Algae and plankton contain high levels of antioxidants, and anti-inflammatory micronutrients to fuel metabolism and detoxification. Also, they stoke the fires of the mitochondria, where cells make energy required to carry out their function.

One of the most researched items on nutrition is the role of iodine in all aspects of cell function. Its relative absence in the diets of Mountain populations is generally felt to be at the root of many health problems, particularly when it comes to thyroid function. Thyroid hormone is indispensable for practically all cell functions, especially in the brain. This is why populations living closer to oceans are generally healthier, and live longer. (J. Environmental Health Perspectives, September 2003:111#12:A628, A638, A642) Of course, algae, and fish in general, and phytoplankton in particular, are very high in iodine content. This is another compelling argument for turning to this super-food.

## Here Are Some Specific Benefits Of Sea Plants Documented In The Medical Literature:

- They are immune system enhancers.  
J. Nutritional Sciences and Vitaminology 1994;40:431
- They enhance macrophages, or immune system cells.  
J. Nutritional Immunology 1995;3:35,  
J. Immunopharmacology, January 1996
- They have anti HIV effects.  
J. National Cancer Institute, August 1989, page 1254
- Their phycocyanin (an antioxidant) contents stimulate hematopoiesis, or building of blood cells.  
2nd Asia-Pacific Conference on Algae technology,  
April 1994
- They make iron more available.  
J. Nutrition Research 1986;6:85
- They protect kidneys.  
Annual Symposium Pharmaceutical Society, Japan, 1988
- They were approved in Russia to treat radiation sickness:  
20 tablets for 45 days.  
Grodenski State Medical University, January 15th, 1994 T  
J. Toxicology letters 1989; 48:165
- They have anticancer activity.  
J. Nutrition and Cancer 1995:24:197, China J. Genetics  
1988;15:374
- Their polysaccharides enhance the immune system.  
2nd Asia-Pacific Conference on Algae technology, April  
1994, J. Agriculture Biol Chem 1983;47:2349

- They treat flu virus.  
J. Natural Products 1996;59:83
- Their Calcium-spirulan, a polymerized sugar, treats Herpes Simplex.  
J. Phytotherapy Research 1993; 7:76
- They strengthen the immune system in chickens, after they are weakened by antibiotics.  
Proceedings 44th Western poultry Disease Conference, North Carolina, May 1995, J. Poultry Science 1994;73:46
- Chlorella, or unicellular green algae may reduce AGE, or Advanced Glycosylated End-products, which are toxic metabolites resulting from consuming refined sugars. Thus, Chlorella may improve Alzheimer's disease.  
J. Medical Hypothesis 2005;65:953

## Other Micronutrients In FrequenSea: Omega Oils And Frankincense

Our cell membranes are mostly composed of phospholipids, or fats. Most of our health problems are due to a breakdown in cellular communication, which leads to a lack of energy production at the cellular level.

Consequently, the function and composition of cell membranes throughout our bodies are critical for our well-being. Since most people consume too many toxic fats ("Transhydrogenated fatty acids," New England J. Medicine 2006; 354:1601.) and not enough healthy fats, like omega oils and essential oils, the stage is set for significant dysfunction.

This is why the oils in FrequenSea are so beneficial for practically all diseases. There are more omega oils in FrequenSea than in any other product in the market.

Most of the medical literature has focused on the effects of these oils on specific problems, like neurological/psychiatric issues, cardiovascular, arthritis, skin, cancer, hormones, etc. While this approach is quite revealing, it is short sighted: remember that by fixing our cell membranes you are fixing EVERYTHING about our function, and structure. In other words, you are maximizing your ability to METABOLIZE at the cell level. You are reducing the inflammation, oxidation, mitochondrial dysfunction, and toxicity issues that compromise cell communication.

## Herbs

Herbs are nothing but super-foods. Their benefit lies in providing more phytonutrients, antioxidants, and anti-inflammatory micronutrients per ounce than other foods. As such, they absorb more energy than other nutrients, and are able to fix cell membranes for better cell communication. ("Antioxidants in photosynthesis and human nutrition," J. Science 2002;298:2149.) No wonder that about 1 /3 pharmaceutical drugs are derivatives of herbs, a fact that is somewhat concealed from the public.

These are the herbs added to FrequenSea:

**Nutmeg:** This evergreen tree produces two spices, Mace and Nutmeg. They are not nuts. Nutmeg is high in antioxidants, which help heal indigestion problems. At high dosage, nutmeg may be hallucinogenic.

British Medical Journal 1970, page 744

**Ginger:** The safest herb for indigestion, nausea, and vomiting in pregnancy. It is used to soothe intestinal, and stomach problems.

Scandinavian). *Gastroenterology* 2006;41:155

**Aloe Vera:** Very good for all kinds of mucosal problems, that is skin and intestinal/stomach/sinuses lining cells. Aloe also has digestive enzyme activity. These are some of the reasons why Aloe is very effective against infections and wounds.

J. Skin and Allergy News, April 2003, page 32

## Foods High In Antioxidants

**Astaxanthin:** This is one of the most potent antioxidants tested to date. Xanthines are high in coffee, cacao, and in fruits and vegetables, particularly the fruit juices listed below. (British J. Nutrition 2005;93:773.) One of the most important uses of Xanthines is decreasing inflammation and oxidation, thus improving immune system function. (J. Biochem Pharmacology 2002;63:73, J. Skin and Allergy News, January 2005, p18.)

**Cranberry/Blueberry:** As you see above, these fruits are loaded with antioxidant activity. Consequently, berries are great for any condition.

## Noni (*Morinda Citrifolia*)

This tropical fruit juice is marketed a lot, and with good reason. It is high in polysaccharides, amino acids, antioxidants, anti-inflammatory agents, and digestive enzymes. (*J. Environmental Health Perspectives* 2001; 109: A469.)

People marketing Noni will be hard-pressed to show why Noni, by itself, is more powerful than FrequenSea, which already has Noni. A close study of their literature reveals how beneficial Noni is for practically all conditions. This booklet provides you with the information why FrequenSea, with Noni, repairs cell communication, and our metabolism/catabolism.

## Micronutrients:

The super-foods listed above end up supplying all your essential vitamins (ABCDE), 14 amino acids, and 72 trace minerals. Remember the role of nutrition in helping practically all medical problems. In many cases, these nutrients do lead to healing, which is amply demonstrated in nutrition-oriented practices like mine, and well supported in the medical literature.

## 2. Why haven't I heard about FrequenSea before?

FrequenSea is a new product. But, soon everyone will know about it, because the knowledge of its healing effects through its ingredients will soon spread. As noted above, the technology of Aquaculture (Sea Farms) has now made it possible for people to enjoy sea products more efficiently. Heretofore, we would have had to troll the oceans for a long time, with our mouths open, to get the volume of plankton, and algae we can now get through FrequenSea.

Another reason you may not have heard about FrequenSea, is because the way our chaotic Health Care system is being run. Despite the evidence herein favoring a more nutritional approach to health care, our health care system is excessively dependant on pharmaceutical approaches. This is why many people refer to it as a "disease care" model, which has often been antagonistic towards prevention, nutrition, and on the whole, non-pharmaceutical approaches.

The article "Health Industry practices that create conflicts of interest: a policy proposal for academic medical centers," JAMA 2006;295:429, is one of many recent reports calling for a change in this over-reliance on prescription drugs. This article even states that such change

will likely result in physicians returning to more non-pharmaceutical modes of caring for patients.

These are indeed heady days, when everything we have intuited about health, disease and nutrition is being corroborated by very good science. This is causing a major shift in the way physicians and patients address chronic issues of health and disease. Of course, naturopaths, chiropractors, herbologists and other care-givers have known that food is the best medicine from the get-go.

## 3. What is the basic science behind FrequenSea?

The new science of Metabolomics (American J. Clinical Nutrition 2005;82:497.) is revolutionizing the way we think about health and disease. Its simplicity is astounding, especially when we realize that we have always intuitively known the principles Metabolomics is founded upon: energy produced by our cells is indispensable for them to carry out their assigned duties. For this to occur, for our cells to metabolize, they need air, food, and the ability to get rid of the "metabolites," or toxins, or by-products of combustion generated by our production of energy, or metabolism.

This is why "FrequenSea" is named thusly: energy from the seas.

Just like any ordinary machine (which has been patterned after own cell metabolism) needs air, fuel, and a mechanism to dispose of fumes and waste products, our cells have the same energy needs. It does not matter that some cells work in the brain, and others are shaping our little toes. They have different outputs and functions, but they basically work the same way. Essentially, they all require energy, and a way to take out the garbage.

Consequently, our cells depend in all respects from the energy derived from our sun. Its energy is suffused throughout our planet, fuelling life at all levels. Plants absorb this energy (photosynthesis), which is later consumed by animals and humans. In these modern days, we have no difficulties understanding the concept of energy sustaining our economies, and way of life. Truly, everything about our communities depends on the energy generated by our sun. Energy may be secondarily obtained from atoms, wind, oil, etc., but its ultimate source is the sun itself. Well, the energy from the sun also constitutes and fuels everything about our anatomy and physiology.

Now, back to the simple science of Metabolomics: Most of the Nobel prizes in Medicine and Biology have been awarded to the concept of "cell communication," which is how our 100 trillion cells get their metabolic function coordinated. (J. Science, November 26th, 2004.) The main purpose of cell communication is coordinating our metabolism.

Cell communication takes place mostly at the level of the outer cell membrane, which is equipped with antennae, or radar-like glycoproteins. These "receptors" are literally shaped into "lock-like" structures, by the energy produced within the cells themselves. Messages turn out to be "key-like" glycoproteins, or molecules that will need to match the "lock-like" structures. The mitochondria are specialized organelles in charge of producing the energy necessary to fuel all activity within the cell. Mitochondria function takes place mostly in their own cell membranes, too. While the nuclei are very important to all cells, they are only a blue print to guide the production of each cell. The messages therein produced, are sent from the cell membrane, and received by other cells' membranes throughout the body. (J. Science, May 31st, 2002 & 2003;300:1461-1604.)

So, 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. And, what are our cell membranes made of? Sugars, proteins and fats! In other words, nutrition provides not only the fuel needed for our cells to function, but also the very molecules our cells need to be structured properly. A failure to eat properly will result in practically all manner of diseases. No wonder that "food is the best medicine!" ("Life's Complexity Pyramid," J. Science 2002;298:763.)

A classical example of a "failure to communicate" (think of "Cool Hand Luke") at the cellular level is insulin resistance, the scourge of our modern days. Simply put, our cell membranes throughout the body are becoming rigid and inflexible, because of poor dietary intake, environmental pollution, and stressful lifestyles, thus compromising response to the most important metabolic messenger: insulin. Insulin finds the receptors and the cell membrane of our cells somewhat unresponsive, which can trigger practically all diseases. ("Second world congress on the insulin resistance syndrome," J. Diabetes Care 2005;28:2073.)

We can say that consumption of refined sugars, which is rampant and addictive in our society, constitutes a source of toxicity to the cell membranes. With these types of foods, cell membranes also become inflamed, since they lack the micronutrients to quell the fire produced by our metabolic furnaces. These processed foods lack antioxidants to neutralize all the oxidating free radicals produced by our metabolic furnaces, and by toxins in the environment. Thus, our cell membranes also become oxidized. Since the mitochondria (our cell furnaces) also depend on healthy cell membranes (composed of the right sugars, fats, and proteins) to produce energy, or metabolize, poor nutrition will cause mitochondrial dysfunction. These are the most basic mechanisms known in modern medicine. (J. American Medical Association 2004;291:358.)

It is this simple: Due to our diet, environmental pollution, and stressful lifestyles our cell membranes can become rigid, and unresponsive, thus compromising metabolism by interfering with cell communicating messages. ("The puzzle of complex diseases," J. Science 2002;296:698.) Cell membranes are then oxidized, toxic, inflamed, and lacking in mitochondrial metabolism. This fulfills the prediction by a physicist, David Deutsch, who opined that the day would come when medicine would figure out that very simple concepts are at the root of all health issues, much the same as Physics is based on very simple and all-encompassing principles. ("The Fabric of Reality," 1997.)

As noted above, FrequenSea is loaded with the micronutrients needed by cells to maintain cell membrane integrity, and function. This assures good cell communication. The same micronutrients fuel the cells' mitochondria to make energy. Also, these micronutrients are needed to fuel detoxification, which is necessary in any organism, or machine creating energy (think of engine combustion). Since energy absorption requires very good intestinal function, FrequenSea's micronutrients' healing of the intestinal lining increases the availability of these molecules. The intestinal lining is made up of cells that may become "leaky," thus compromising energy/nutrient absorption, and the elimination of toxins from the environment, and our own metabolism.

FrequenSea is a super-food. It contains practically all the nutrients necessary to sustain life. You may be trying to rely on piecemeal information, and complicated nutrition/supplement regimens, such as multiple pills and capsules of isolated vitamins. Consider switching to FrequenSea.

## 4. How come my doctor has never heard of it?

Many physicians have been over-enthusiastic about prescribing drugs, while neglecting to use safer, and healthier choices in treating patients. But, we must not burden doctors with all the responsibility for this state of affairs. The Center for Disease Control reported that 44% of Americans are taking at least one drug and that 17% take three or more. Why? Because that is what most people want from doctors.

A shocking report came out of the International Medical News Group in April 2004: Doctors should not spend more than 5 minutes with patients chit-chatting, since patient satisfaction does not increase by spending any more time. Is this report accurate? I believe so. You see, most Americans already know they want their doctors to prescribe a drug, likely one they have seen heavily advertised for whatever real or imaginary ailment brings

them to the office. Patients' satisfaction is assured once the doctor writes the prescription, so, what is the point in lingering to chit-chat? A vending machine could take care of this way of practicing medicine!

Of course, both patients and doctors have been indoctrinated to quickly reach for a drug that only treats the symptoms of problems, not the roots. The education of doctors is largely influenced by pharmaceutical companies, which have made it all too easy for everyone to "sweep dirt under the carpet." In other words, we are all facilitating or enabling this reliance on the pharmaceutical approach. HMOs must share some of the responsibility for this system, too. Their "perverse incentives" have made it so that it is more rewarding to give people a quick prescription, rather than spend the time addressing the real issues, the real roots of our diseases. In other words, the molecular dys-equilibrium created by years of poor nutrition is now addressed by a drug that often has many adverse side effects.

The whole health care system is failing ("Crossing the quality chasm: a new health care system for the 21 st century," Institute of Medicine, 2001) because we continue to apply acute care solutions, that is, pharmaceutical and surgical solutions to chronic problems that would be best approached by changing our life styles, particularly our diets. "Crossing the Quality Chasm" also tells us that it takes 17 years for any innovations to reach the aver-

age practicing doctor. I feel that the concepts outlined in this booklet will eventually become part of mainstream medicine.

error is the best way to find out how this juice may affect you.

## 5. Is FrequenSea juice safe?

Absolutely. Extensive research has been conducted to assure us that it is safe. None of the ingredients have ever been shown to have any problems at all. Also, thousands of people have been drinking it already, without any side effects.

FrequenSea is a super-food. It has no more problems than any meal you may consider. Of course, there is always a potential that any food may cause an allergic reaction to any of us, as we see with foods such as milk, nuts, fish, wheat, soy, etc. Occasionally, some people may experience a "detoxification reaction," which means the switch to consuming such good nutrients triggers toxins to be released. This may feel like the flu. Some people itch a bit, and may even get a skin rash. But, don't misunderstand: these symptoms point to your body healing!

Also, any food item may overwhelm our gastro-intestinal tract's ability to digest and absorb the nutrients being consumed. This is why drinking too much FrequenSea may cause some gastro-intestinal irritation leading to diarrhea and indigestion. As to how much FrequenSea is too much, this varies from person to person. Trial and

error is the best way to find out how this juice may affect you.

I have carefully studied FrequenSea juice, and I even consume it myself. I can personally vouch for its safety, and for the proprietary processes used in the making of this juice.

## 6. Why is FrequenSea juice so expensive?

The adage "you pay for what you get" truly applies here. FrequenSea juice is produced under strict scientific standards of research and development. Also, quality controlled production is much like pharmaceutical production of drugs. Each bottle can be traced back to specific batches of ingredients, thereby following up on any potential deviation from high standards may be traced and promptly corrected.

FrequenSea is not "just a fruit juice." It has many more micronutrients than regular fruit juices in grocery stores. The latter are sweetened with High Fructose Corn Syrup, a very toxic ingredient. FrequenSea is sweetened naturally, using morinda citrifolia, and essentials oils. Other "high end" juices resort to cheaper fruits such as apples, grapes and apricots to sweeten their products, and lower cost of production.

Since it only takes a small amount of FrequenSea juice to visibly improve your health, a bottle is modestly priced, since it may last two to three weeks in the hands of the average consumer. Compared with the price of prescription drugs, which only treat symptoms, without really curing anything, this juice is a bargain.

## 7. Who can drink FrequenSea juice?

Anyone with a digestive tract, including pets. It's nothing more than a "super-food," so, it is not to be thought of as a drug, although, in my opinion, FrequenSea, in the long run, works better than drugs. There have been no known side effects to FrequenSea, including in children. The latter should not be exposed to any whole foods before 6 months of age, since their intestinal mucosa and micro flora are not quite mature. After that, smaller amounts compared to an adult are recommended, until they slowly appear to tolerate higher portions.

## 8. What is in FrequenSea juice that makes it work so well?

As noted above, FrequenSea juice's main components are sea products, like plankton and algae. Morinda citrifolia, nutmeg, frankincense, essential oils, chocolate, xanthines aloe, cranberry, and blueberry have been added. These ingredients are the source of the following life-sustaining micronutrients:

**Amino acids:** Building blocks of proteins.

**Polysaccharides:** Healthy sugars needed for cell membrane function and structure.

**Polyphenols:** They include flavones (like carotenoids), isoflavones (genistein, deidstein,etc), catechins (like green tea), quercetin, proanthocyanidins (like grape seed extract), galloylated tea, ellagic acid, and anthocyanidins.

**Zeathanthin esters:** Antioxidants in other berries and several herbs.

**Betaine:** Micronutrient indispensable for liver function, digestion, and DNA function. Also very important in B-complex metabolism. Betaine is also found in wheat germ, spinach, beets, shrimp, and pretzels.

**Vitamins and Minerals:** Indispensable for cell membrane communication.

**Fiber:** Critical to maintain intestinal health. Other antioxidants: To maintain cell membrane integrity.

**Essential Oils:** Critical for cell communication, and practically all body functions.

While some nutrients are more important and potent than others, the more logical and scientifically defensible position is to show that a combination of many nutrients, one that approaches the best of whole foods, is more in line with accepted nutritional standards. ("Essential nutrients: food or supplements? Where should the emphasis be?" JAMA 2005;294:351.) FrequenSea's benefits are derived from the synergistic high content of all the nutrients listed above.

## 9. Are there any additives in FrequenSea juice?

Before providing an answer, it must be known that other high-end fruit juices pasteurize their products at high temperatures, which destroys a significant amount of antioxidants in those so-treated juices. This is one of the reasons why their antioxidant content is inferior to FrequenSea's.

Such a powerful "super-food" should not lose anything to preparation technology. Indeed, FrequenSea uses organic ingredients, and its preparation aims to preserve said nutrients, without significant loss to heat, cooking, shipping, or storage.

**(1) Flash Pasteurization:** FrequenSea is sterilized by this process, which only lasts seconds, or less than a minute. This process minimizes loss of nutrients to heat.

**(2) Citric acid:** A natural micronutrient is added as a preservative.

**(3) Rosemary:** An antioxidant, another natural preservative is added.

## 10. What is the shelf life of FrequenSea juice?

Because of the above processing, a bottle of FrequenSea lasts one year, unopened, and unrefrigerated. Once opened, it lasts one month in the refrigerator, and one week on the counter.

## 11. What specific problems can FrequenSea juice help?

In my experience, and by surveying hundreds of juice consumers, I can say that this juice helps in practically all medical conditions. Often, such a claim may raise eyebrows. However, understanding how nutrition in general, and the healing of cell membranes in particular, benefit the basic principles of Metabolomics, and cell communication, will clarify how it is that FrequenSea juice can be so helpful for all types of ailments.

FrequenSea juice, with its content of antioxidants, anti-inflammatory micronutrients, and basic building blocks of organic tissues and organs, can affect the course of our health, prevent disease, and in many instances, help resolve disease processes. Furthermore, such nutrients not only heal the cell membrane, and thereby improve cell communication, but they also enrich and facilitate our bodies' metabolism, and detoxification pathways. Environmental toxins are felt to be causing about 75% of our chronic medical problems. These include the Dysmetabolic syndrome (obesity, diabetes, high cholesterol and hypertension,) arthritis, asthma, colitis, ulcers, reflux, mental disorders, skin problems, hormonal irregularities, etc.

## 12. What is the recommended number of ounces of ounces of FrequenSea juice to drink to help with different conditions?

According to surveys of consumers, serving portions may vary from 1/2 an ounce to 30 ounces a day. Just like any whole food, there are not limits to how much one may want to ingest, except for some diarrhea in some people. This would be a sign that the intestinal tract is overwhelmed by the amount of juice it is exposed to.

There is no specific portion for, say, arthritis, and then a different portion for some other ailment, such as diabetes. Such thinking is a left-over of the failing pharmaceutical approach that rules health care in our country. Is there a "dose" of a nutrient for a given medical condition? Of course not! Some practitioners recommend a certain "dose" of juice for a given condition, and other amounts for other conditions. You do best by maximizing the amounts of foods high in nutrients, and low in toxins, transhydrogenated, saturated fats, and refined sugars.

I advise patients to start with an ounce a day of FrequenSea juice. If positive results are not seen, increase the portion gradually, until improvement in their condition(s)

is observed. Their financial solvency, and overwhelming the intestines are the only limiting factors.

If one argues that one may gain weight with FrequenSea juice, I disabuse them of this idea: one cannot gain weight when consuming healthy foods to satiety. Such approach keeps us full, which enables us to stay away from fattening foods. ("Science based solutions to obesity," American J. Clinical Nutrition 2005:82#1(s) July.)

### 13. What is the relationship between FrequenSea juice and arthritis, inflammation and pain?

As noted above, this juice has the ingredients to work on the roots of inflammatory conditions in general, and arthritis in particular. Remember that the cell membrane of each cell in our bodies is sending out messengers of inflammation, oxidation, mitochondrial (energy production) dysfunction, and toxicity. These messengers create the inflammation, or the pain we feel in our tissues, organs, and joints. Consequently, healing the cell membrane through nutrition (remember the cell membrane is made up of fats, sugars and proteins), can reduce those inflammatory messengers.

Much has been written about these messengers (COX-1, COX-2, prostaglandins, cytokines, etc.) I don't feel an in-depth knowledge of these chemicals is required to understand the simple principles outlined above, unless you are trying to come up with a drug to specifically block such chemical messengers. This approach only deals with the symptoms of the problem, not the cause. And look how successful this approach has been. I am sure you remember what happened with the Vioxx-type of drugs. They almost made us forget that 100,000 people die each year from using Ibuprofen-like drugs, even over the counter.

FrequenSea not only heals the cell membrane, thus reducing inflammatory messengers, but it also increases the ability of our bodies to get rid of toxins that lead to inflammation, oxidation, and mitochondrial dysfunction. Healing these processes reduces pain. FrequenSea also has a lot of anti-inflammatory molecules that directly neutralize the messages of inflammation. Of course, when such blockage comes from natural food ingredients, such as minerals, antioxidants (zeaxanthines, etc.) flavones, isoflavones, curcumins, etc., one does not find such catastrophic side effects as we do with the pharmaceuticals mentioned above.

FrequenSea is also going to heal intestinal structure and function, which has been shown to be the main source of inflammation everywhere in the body. "Leaky gut" de-

velops with poor nutrition, which is the reason inflammation in the intestines (a very common problem), spills out to end up in every cell of the body. (J. Gastroenterology 2005;129:827, "The clustering of other chronic inflammatory diseases in Inflammatory Bowel Disease." J. Rheumatology 2003;30:11, The gut in Ankylosing Spondylitis, AS, and other spondyloarthropaties: inflammation beneath the surface.")

Also, inflammation of the liver and endothelium is increased by toxins such as heavy metals. Any food high in antioxidants in general, and FrequenSea in particular, will help detoxify these foreign chemicals. Toxins such as Homocysteine are produced by our liver, when it lacks enough B vitamins to carry out its functions, particularly methylation. Homocysteine has been shown to be an inflammatory molecule, and it's practically present in all diseases that have an inflammatory component. Of course, FrequenSea decreases the levels of Homocysteine.

The bottom line is that people with joint problems experience significant improvement when consuming FrequenSea juice.

## 14. How does FrequenSea juice help fight cancer?

Cancer is thought to create problems through basically the same mechanisms of cell membrane dysfunction mentioned above. In fact, researchers are increasingly viewing nutrition as a legitimate tool to fight cancer. There is an entire journal dedicated to "Nutrition and Cancer." A very telling article was published in the J. Lancet, 2001;357:539, "Inflammation and Cancer: Back to Virchow?" Dr. Virchow pointed out that practically all diseases start from inflammatory processes. Why would cancer be different?

As noted above, FrequenSea decreases inflammation, and also fuels the mitochondria in cells to produce energy to carry on with all healthy processes within the cell to fight cancer. This includes detoxification of the very toxins that trigger cancerous changes at the cell level, and also neutralization of free radicals that cause point mutations in our DNA, thus leading to genetic triggers of unlimited growth of cancerous cells. Free radicals are neutralized by antioxidants. The latter donate their electrons to unstable free radicals, without damaging themselves in the process. These donated electrons render free radicals harmless.

Oxidation is much like inflammation. Oxidating toxins are also free radicals. Consequently, FrequenSea's high content of antioxidants confers added protection against the factors that lead to cancer. Remember that our metabolism, or energy-production at the cell level, also generates free radicals. So, nutrition not only fuels this energy-creating process, but also provides the means to dispose, or neutralize the by-products of energy-making.

FrequenSea juice also helps rebuild cell membranes, tissues, and organs that may have been damaged from the intense battle described above. Even chemotherapy, and radiation treatments can cause secondary destruction of vital structures in our body. The rebuilding process is significantly aided by rich foods containing high levels of micronutrients, such as this juice.

## 15. How does FrequenSea juice help with Type I & II diabetes?

Type I, or Juvenile Diabetes, is defined by the pancreas losing its ability to produce insulin. It is more severe than Type II, which is characterized by insulin resistance at the cell membrane level.

As indicated above, inflammation, oxidation, mitochondrial dysfunction, and toxicity of the cell membrane result in pancreatic dysfunction, and insulin resistance in each cell of our bodies, thereby explaining the problems seen with both types of diabetes. One may readily see how a super-food like FrequenSea can help restore function to the cell by correcting those issues with its high content of antioxidants, anti-inflammatory nutrients, and its ability to enhance detoxification pathways in the liver, intestines, kidneys and skin; energy-producing pathways in the mitochondria are also enhanced.

Also, FrequenSea nutrients improve our immune system in the intestines and in the body, thereby minimizing the damage that our immune system may bring to the pancreas and cell membranes throughout our body. The bottom line is that FrequenSea reduces the amount of sugar present in our bloodstream, thereby reducing the myriad of complications seen in diabetics (eye problems, ulcers in extremities, heart disease, strokes, hormone problems, neurologic and immune system dysfunction, etc.).

Some people worry that the transient elevation of blood sugar noted while consuming fruits in general, and FrequenSea in particular, is a sign that these foods are not good for diabetics. As noted on the front cover of the March 2005 issue of the Journal Neuron, this reasoning is not justified. In fact, this very misconception leaves people to lack antioxidants that are essential to build and

fuel their cell membranes. Furthermore, they end up dissatisfied and craving sugar in general, and refined foods in particular. And so it is that they succumb to the temptation of eating simple carbohydrates, and processed foods high in refined sugars. They would have been better off satisfying their sweet tooth with fruits.

As stated above, FrequenSea can help you control your sugar levels in the blood. But, NEVER stop taking any medication, or insulin, without proper supervision.

## 16. How does FrequenSea help with cardiovascular diseases like blood pressure, heart problems and strokes?

First of all, we know that these conditions are driven by insulin resistance. So, the main answer is covered in the preceding question about diabetes. Hypertension, heart disease and strokes are problems that start with the lining of arteries, called the endothelium. When the cell membranes of the endothelium are inflamed, oxidized, toxic and lacking in energy, they go into spasms (blood pressure goes up, and transient lack of circulation in the

coronaries is noted, as well as damage to the brain), they become more sticky, and clotting is augmented (cholesterol then sticks to the lining, starting plaque formation, and decreased circulation to the heart and brain).

Increased levels of insulin are very inflammatory to the endothelium. Also, higher levels of insulin cause the liver to lose its ability to keep cholesterol from becoming inflamed, and oxidized. A lack of antioxidants in the liver compounds this problem, resulting in toxic levels of cholesterol, which will readily stick to the endothelium, already sticky from the same mechanisms.

As you may surmise, FrequenSea begins to correct all the above mechanisms of disease. Specifically, it improves the Nitrous Oxide Synthase (NOS) pathway of inflammation, making the arteries less inflamed and oxidized. A dysfunctional NOS is one of the most important issues behind endothelial inflammation.

Also, inflammation of the liver and endothelium is increased by toxins such as heavy metals. Any food high in antioxidants in general, and FrequenSea in particular, will help detoxify these foreign chemicals. Toxins such as Homocysteine are produced by our liver, when it lacks enough B vitamins to carry out its functions, particularly methylation. Homocysteine has been shown to be an inflammatory molecule, and it's practically present in all diseases that have an inflammatory component. Of course, FrequenSea decreases the levels of Homocysteine.

By improving the health of our intestinal flora, FrequenSea increases the levels of Short Chain Fatty Acids (SCFA), which are indispensable to the health of cell membranes, particularly the endothelium. SCFA are only produced by benign intestinal organisms. This is why Probiotics have been found to reduce heart disease.

The high amino acid content of FrequenSea is also helpful in reducing the risk of heart disease. L-Arginine, an amino acid found in FrequenSea, has been found to be critical to maintain a healthy NOS and endothelium. A lack thereof has been associated with significant inflammation/oxidation of the cell membranes lining arteries.

## 17. Can FrequenSea help boost the immune system and aid in prevention?

Yes. "The danger model: a renewed sense of self" is a landmark article published in the *J. Science* 2002;296:301. It reminds us of the work of Dr. Metchnikoff, who won the Nobel Prize in medicine in 1908 by demonstrating the ancient principle that most of our immune system is in the intestines. This concept is being resurrected by mainstream researchers. ("Mucosal Immunity: its role in defense and allergy," *J. International Archives of Allergy and Immunology* 2002; 128:77.)

Since FrequenSea works as a super-food, its salutary work begins in the intestines, by healing the lining cell membranes of our intestines, and by improving the quality of food our friendly organisms need to thrive on. They, too, are an integral part of our immune system. In fact, the liver is also part of the immune system. As we have already discussed, healing these organs leads to an improvement of practically all medical conditions. Most of this improvement is through the healing of our immune systems in the intestines.

The intestinal lining becomes porous when it is inflamed, oxidized, toxic, and lacking in energy. This is called "leaky gut." This allows for "translocation" of toxins and noxious organisms from the intestines to the rest of our body. One of the many problems that result is a priming of the "systemic immune system" to attack molecules and tissues it should not be attacking. This means that the immune system you are more familiar with (white cells, antibodies, immunoglobulins, etc.) is overwhelmed, and confused. This is the main reason why we develop "autoimmune" problems, such as arthritis, lupus, thyroiditis, etc.

The immune system in the intestines and in the rest of the body are composed of "glycoproteins." This means that its components are proteins that need the correct sugars to attach to them in order to be structured, and function the correct way. This is one of the reasons why

refined sugars depress our immune system. One can of Coke impairs white cell function by more than half, for over three hours. FrequenSea provides the right sugars, thus healing these glycoproteins to improve their ability to fight noxious organisms, and toxins.

"Immunotoxicology" is the science that tells us that toxins in the environment compromise our immune system. By improving our detoxification pathways throughout our body, FrequenSea also improves the immune system.

"The intricate interface between immune system and metabolism" (J. Trends in Immunology 2004;25:193.) reminds us of the concept of "Metabolomics." By improving our cells' ability to produce energy, we also improve our immune system. After all, it also needs energy to function. This also means that being obese and pre-diabetic compromises our immune system. By improving insulin resistance, FrequenSea improves the immune system.

## 18. Will FrequenSea help with degenerative neurologic diseases, such as MS, Alzheimers and Parkinson's?

Yes.

The 167th National Meeting of the American Association for the Advancement of Science confirmed all these observations. They concluded that our brains keep developing and changing, even after the age of 40. "Neurodegeneration: a failure of neuroregeneration?" tells us that the brain is in a dynamic state of equilibrium between degeneration and regeneration, just like any other tissue in the body. (J. Lancet 2001;358:1174.) There is a lot of neuroplasticity in Multiple Sclerosis, or adaptive responses to injury. ("MRI evidence of brain reorganization during attention and memory tasks in MS," J. Neuroimage 2004;21:858.)

Researchers at the 124th Annual Meeting of the American Neurological Society in 2000 stated that our brains are formed by our genes acting in concert with our emotions, environmental toxins, emotional stress, experiences, aging, the immune system, nutrition and infections. They said that "the brain is plastic," meaning it is malleable. (J. Neurophysiol 1992;67;1114. "Repair yourself," J. Scientific American 2003;289:46.)

These diseases are basically inflammatory/oxidative conditions of the cell membranes in the neural system, which are called neurons. ("Aging, Energy, and Oxidative Stress," J. Annals of Neurology 1995:38:357 & "Is the Brain on Fire?" J. Annals of Neurology 1994:36:333.) They are also lacking in energy (the reason why CoQ10 appears to help), and they are toxic. Environmental toxins, such as heavy metals, pesticides, plastics, dioxins, chlorinated compounds, etc. have been found to be neurotoxic and a factor for the rapid increase noted in the incidence of these diseases. Furthermore, hyperinsulinemia has been linked to these diseases as well.

Consequently, any super-food like FrequenSea can help improve, and reduce the risks of getting these diseases by improving the basic mechanisms of disease we have reviewed above. By reducing inflammation, oxidation, detoxifying, increasing energy at the cell level, reducing hyperinsulinemia, and healing the brain-gut connection, most people may expect improvement in these serious conditions. No one may promise a cure, since these diseases are extremely serious, but improving everything about our body's ability to produce energy and communicate at the cellular level may still be attempted.

More on the brain-gut connection: it turns out that 95% of neurotransmitters are found in the intestines. Consequently, the health of the intestines is extremely important to improve brain function. The liver is also

closely related to brain function, so, a good intestinal/liver cleanse is bound to reduce problems associated with brain function. It is well known that intestinal/liver dysfunction compromises brain function through build-up of toxins that may escape the GI tract via "leaky gut." Some people argue this is impossible, since the so-called "Blood-Brain-Barrier" (BBB) does not allow toxins to enter the brain.

The BBB is that collection of blood vessels surrounding the brain that has been thought to be impenetrable by toxins. But, we are finding out that it can become porous, thus allowing toxins to reach the brain, even by eating processed fats and drinking chlorinated water. In other words, the brain, like any tissue, can become "leaky."

Constipation is a sign that the intestines are burdened with the problems outlined above. It turns out that Parkinson's Disease is three times more likely in constipated patients (J. Neurology 2001;57:456.), especially those exposed to pesticides. Not eliminating them properly (constipation), adds to the "brain on fire." (JAMA 2005;293:409.)

At an international symposium in Stockholm in 2002, they stated that "we are beginning to realize that what is good for the heart, may be good for the brain." So, diet, exercise, veggies, etc. will also be beneficial for the

brain. (9th International Conference on AD, Philadelphia, 2004.) Not surprisingly, hypertension may increase the risk of cognitive decline (J. Neurology Reviews, April 2005, page 44, J. Hypertension, March 2005) and migraines have the same risk factors as heart disease. (J. Neurology Reviews, April 2005, page 74, J. Neurology February 22nd, 2005.) Why would we entertain the notion that the brain is separate from our body, and that it does not obey the same principles?

FrequenSea helps with all the factors listed above. Furthermore, the brain directly needs antioxidants, B vitamins, minerals, omega oils (the brain is 80% fat), and amino acids to create and maintain neurons. These micronutrients are also needed to produce neurotransmitters. FrequenSea is high in all these nutrients.

## 19. Will FrequenSea help with depression?

Yes. The same principles discussed in the preceding question apply. Furthermore, the work of Linus Pauling is quite enlightening. Clear back in the 60s, Dr. Pauling talked about "Orthomolecular Psychiatry." (J. Science 1968;160:265.) He maintained that most, if not all psychiatric disorders, were due to significant deficiencies in key nutrients, as outlined above. He was able, as many

practitioners familiar with his work also do today, to help many people with psychiatric conditions, by adjusting their diets, and supplementing these key nutrients. A study following up on China's famine in 1959 found the rate of Schizophrenia doubled in exposed children, by the time they became adults. (JAMA 2005;294:557.) Of course, depression is not as bad as Schizophrenia, but, they both share an "orthomolecular" lack of nutrients.

The brain-gut connection is quite important in depression. I have never seen a depressed person with a 100% normal intestinal function. Most of these people are told by misinformed practitioners that their depression is causing the intestinal problems. Well, that is true in all diseases, but there is also a reverse flow, where toxins, and poor intestinal function may influence brain function.

Hormonal function is also very important in depression. Thyroid deficiencies, adrenal strain, and even hyperinsulinemia have been linked to depression. By now you know these conditions lead to inflammation/oxidation, toxicity and energy problems. They all lead to depression as well.

Since FrequenSea helps correct all these problems, it is not difficult to see why it will reduce depression symptoms, and the risk of developing mental problems.

## 20. Can FrequenSea help with Irritable Bowel Syndrome, Reflux and other intestinal problems?

Yes. By healing the lining cell membranes of the intestines (you know why they are dysfunctional), and the environment therein that sustains normal intestinal flora, all intestinal conditions, including liver, and pancreatic issues will improve.

FrequenSea helps by nutritionally healing the cell membranes, detoxifying, improving energy, and a better internal environment for our friendly intestinal bacteria.

## 21. Can FrequenSea help with Asthma, Chronic Bronchitis and allergies?

By now you are getting the gist of how our health is maintained. So, would you be surprised if I said there is also "leaky lungs"? You do the math from here. And, remember, most of the immune system is in the intestines. Just to re-state the obvious, I will add that inflammation from the intestines "leaks" out, and ends up inflaming

the lining of the lungs, and sinuses. (J. Gastroenterology 2005;129:827.)

If you continue to buy into the "one disease, one drug" paradigm, you will continue to ask if FrequenSea helps in this and that. Stop it. Think holistically, please. Take FrequenSea. It will help at the roots of these conditions.

## 22. How about Headaches?

If you are still asking questions like this, it tells me I have failed to make the principles discussed above clear to you. Please, stop thinking "one drug, one disease," and read this next section.

I must say, though, that most headaches are coming from toxic intestines. What does that tell you about FrequenSea?

## 23. How can this juice help with so many diverse conditions and problems?

So called mainstream practitioners have long maintained that anything that claims to help everything is a sure sign of quackery. This stance is not only incorrect, but very re-

vealing of the speaker's ignorance. Such a position would of necessity label nutrition and food quackery. This is not far-fetched, since the Institute of Medicine, despite clear evidence of the fallacy of their opinion, still maintains that nutrition is "alternative medicine." As previously discussed, research in nutrition is exploding, which has led many researchers to predict that nutrition interventions will take its rightful place at the cornerstone of clinical medicine. After all, "food is the best medicine." FrequenSea is a super-food, so it can improve practically all conditions, because of its action at the cellular level, the common ground of health and all diseases.

The Journal Science also tells us that "it is a mistake to imagine that complex disease may not be solved by simple approaches or that their causes are not simple. The grave danger is that terms such as 'multifactorial' or 'complex' may justify the belief that solutions will come only from large and expensive managed projects rather than from simpler approaches." And there is nothing simpler than changing our diets, and supplementing with a super-food like FrequenSea.

## 24. Why is it said that FrequenSea works at the cellular level?

As noted above, most of the latest Nobel Prizes in Biology and Medicine in the last few years have focused on cellular communication. This has significantly empowered those of us who feel "food is the best medicine." The American J. of Preventive Medicine 2000; 18:352 stated that "current scientific efforts are revealing [the complexity of nutrition in the prevention of disease] and recent advances in the biomedical sciences have expanded considerably our knowledge of underlying mechanisms...[for example] in the area of diet and gene interaction...This will allow a more refined approach to reducing risk (by targeting) those that are genetically susceptible and most likely to be responsive to the effects of nutritional factors...substantially altering the entire approach to screening and dietary intervention for disease prevention."

One of the 1998 Nobel Prize winners for their work on the NOS system of inflammation and the role of L-Arginine said that we have been "barbarians at the gate of cellular function." (J. Biology Chemistry 1998;273:1269.) If you wish to read more about this type of work, see the J. Science November 26th 2004, and October 7th, 2005.

FrequenSea works at the cellular level because it improves the health of the cell membrane, where we find the receptors that "hear" the signals coming from the Psycho-Neuro-Immune-Endocrine system of communication. (J. Immunology Today 1994; 15:504.)

## 25. Should healthy people drink FrequenSea juice?

Absolutely. Healthy people stay healthy by eating healthy food. FrequenSea is no different. Basically, this is a matter of prevention. Anyone asking the question is likely still looking at nutrition through pharmaceutical lenses. The most basic way to stay healthy is to eat good food. Of course, most people let their busy lifestyles compromise this very simple idea. This is even more reason to ingest FrequenSea, since it may be the only healthy thing they take in. Consider that only 2% of Americans eat a good diet. They chronically lack the most essential antioxidants and other basic micronutrients found in FrequenSea.

Even though we officially recommend 13 servings of fruits and vegetables a day, most Americans eat on average 1.5 servings each day. This sad state of affairs is compounded, when you consider that the most common vegetable consumed is French fries. The second most common? Catsup.

It has been shown that diets high in antioxidants increase longevity. You may just want to partake of FrequenSea to increase your chances of living longer, and with less risk of chronic illness. These days it is very expensive to get sick. Even as solely an investment, it makes sense to consume FrequenSea.

## 26. Is FrequenSea safe for pregnant and lactating women?

Absolutely. FrequenSea is a super-food. Most pregnant and lactating women supplement vitamins, anyway. This will not only help them with their health, but it will also help the growing fetus. I know of no contradictions. If a woman develops Gestational Diabetes, or post-partum depression, some misinformed people may try to blame FrequenSea. This would be ridiculous. In fact, the risk of Gestational Diabetes would be lower by consuming FrequenSea. See the section on diabetes and depression.

## 27. When is the best time to drink FrequenSea?

When you are awake.

There is no best time. Do it when it fits your schedule. Some people notice such increase in energy, that they avoid it before bed time. It is probably best on an empty stomach, since you do not want to dilute your stomach acid, which is vital for digestion, and for healthy flora downstream.

## 28. How soon can someone expect to see/feel results?

This varies from person to person, and it depends a lot on what condition you are hoping to improve, and how much you are drinking each day. In general, it depends on how undernourished you are at the cellular level. The more compromised you are, the longer it will take to "tank you up." After all, you got to the point of cellular communication deficiency after years of questionable eating and sub-optimal lifestyles. You may need to be patient to see the results you hope for.

However, a significant number of people tell me they feel more energized, and their bodies changing right

after ingesting FrequenSea. I believe they are correct. Others may not notice anything for several weeks. It is recommended that you make a 90 day commitment to FrequenSea, before giving up.

## 29. Is it safe to take FrequenSea juice if I am on medications? Should I stop taking my medications?

This question also reflects a pharmaceutical way of viewing health and disease. Again, FrequenSea is a superfood, not a drug. Would you consider stopping eating when you are on medications? Still, there are a couple of issues worth discussing:

As your health improves, you may not need some of your medications. However, you do not want to stop them without medical advice. For instance, as your blood sugar improves, a medication for diabetes may lower your sugar too much, and a blood pressure pill may cause you to get hypotensive, as you improve the health of the endothelium. Perhaps the most potentially serious problem involves the drug Coumadin/Warfarin. It is a potent blood thinner. As your health improves, the degree of blood thinning in your blood may change, making an

adjustment in the dose of this drug mandatory. Consult your physician, hopefully he/she is sympathetic to your desire to be better nourished.

### 30. Could the benefits of FrequenSea be attributed to placebo effect?

Of course. But the way the question is usually framed has a slight condescending ring to it. In my opinion, this is another unfortunate result of "pharmaceutical think." People who feel health care is only legitimate when it uses drugs, have often denigrated any good results from non-pharmaceutical agents (such as nutrition) by calling it a placebo effect. They do not realize that drugs are also benefiting from a placebo effect. Furthermore, modern medicine is finally embracing the power of the human mind, where the so-called placebo effect is now being harnessed, and encouraged. Who cares how you heal, as long as it is Safe, Tolerated, Efficacious, and Priced reasonably (the STEP approach)?

Having said this, there have been good studies showing that FrequenSea and good food in general is superior to placebos. Animal studies show this, too. Were the animals convinced they were going to feel better?

### 31. Can animals benefit from FrequenSea?

Yes. In fact, a lot of chronic illnesses in animals, particularly in our pets, are due to the refined, artificial canned foods we give them. Any pet will do better when fed scraps from our human diet. Just don't give them the typical American diet, nor feed them under the table. Pets will love FrequenSea. After all, their physiology is 99% like ours. I did research in Medical School on dogs. Most research today is conducted on animals, before we apply the lessons learned on humans.

### 32. Has there been any specific research on FrequenSea?

The research on the ingredients of FrequenSea is listed above, under question I. Also, the research already alluded to, addressing basic physiology, anatomy, metabolomics, cell communication, and the Psycho-Neuro-Immune-Endocrine system, corroborate the claim that "food is the best medicine."

If you are asking about a specific double-blind, placebo-controlled study on FrequenSea, I can say that such a

study will be completed through my clinic in the near future. We hope to publish it in a leading medical journal.

### 33. Do other medical doctors feel as strongly as you do about FrequenSea?

Yes. Surveys show that 80% of doctors are receptive to non-pharmaceutical approaches, supplementation, nutrition, etc. I meet them on a regular basis. Most of them fear their reputations may suffer if they delve into these issues openly. Perhaps they are right, but each day, it becomes more acceptable to use these modes of healing. In fact, the JAMA predicted that so-called "alternatives" would be included in mainstream medicine by the year 2020. "As a result of rigorous scientific investigation, several therapeutic and preventive modalities currently deemed elements of complementary and alternative medicine will have proven effective. Therefore, by 2020, these interventions will have been incorporated into conventional medical education and practice, and the term 'complementary and alternative medicine' will be superseded by the concept of 'Integrative Medicine.'" (JAMA 1999;1282:2287.)

Personally, I am an Adjunct faculty at the University of Utah School of Medicine. Also, in the School of Health, and Department of Nutrition.

### 34. Are we going to run out of FrequenSea?

I don't believe so. As long as there is a demand for good food, like FrequenSea, there will be a good supply handy. As of this publication, the Sea Farm in Vancouver providing plankton is solid, and willing and able to continue supplying the ever increasing demand for its products.

### 35. I have many food allergies? Is FrequenSea safe for me?

Anyone may develop an allergy to practically any food. But, the overwhelming majority of people do not have any problems with FrequenSea. At most, a few people may experience a rash, itching, and some abdominal discomfort. For those with a history of many food allergies, you may want to try a couple of things before drinking FrequenSea to your heart's delight. After soaking the

gauze part of a bandaid with juice, apply it to your skin over the bicep area, which you will have scratched with a clean needle. Leave the bandaid on for two days. If you develop redness, itching, or swelling in that area, you may be allergic. Don't give up if this happens. You may try drinking a teaspoonful a day, and advance slowly, to desensitize you from the allergy. However, any trouble breathing or generalized swelling indicates a major reaction, and no further attempts should be made to drink FrequenSea.

Having said all that, it turns out that a significant proportion of people with so-called food allergies are not really allergic, but sensitive due to inflammation and oxidation of the cell membranes lining the intestines. A good intestinal cleanse, and very good dieting thereafter may correct any of these sensitivities, where one may try any offending food in six months. This should not be tried with allergies that have resulted in anaphylactic shock, such as often reported with peanuts.

Also, some people may experience a detoxification reac-

tion, which may be mistaken for a food allergy. These reactions may occur with any food high in nutrients, such as FrequenSea. They happen because the body is gearing up its ability to get rid of toxins. This may cause fever, chills, fatigue, dizziness, confusion, muscle/joint pain, and even skin rashes. If this happens, slow down your intake of FrequenSea, and consult an experienced practitioner to guide you through this reaction.

## 36. Who helped you the most in understanding of FrequenSea?

The dedicated men and women doing research on the basic scientific principles I have outlined. Also, numerous wise men and women, who through the ages have taught me the value of simple truths, self-reliance, open-mindedness, encouraging people to connect to the divine in them and others, and thus being empowered to heal from within.



## Hugo Rodier

Dr. Rodier brings a unique perspective to traditional medicine through extensive research (surveying 150 medical journals each month), teaching (University of Utah, School of Medicine, College of Health, and Department of Nutrition), and active clinical practice (working with a variety of chronic conditions).

*“Knowledge of the oceans is more than a matter of curiosity. Our very survival may hinge upon it.”*

**-President John F. Kennedy**  
March 1961 in a message to congress



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