

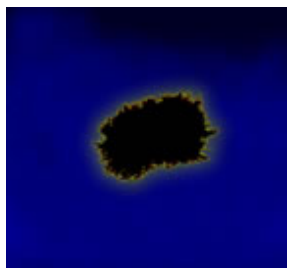
Marine Phytoplankton: the Ultimate Nutrigenomic - Nature's Holy Grail of Food is widely acclaimed

FOUNDATION OF EARTH'S FOOD CHAIN

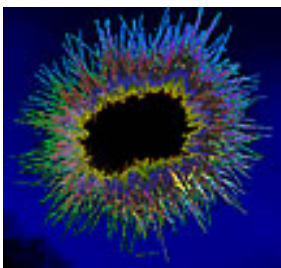
[Marine Phytoplankton](#) is a single-celled aquatic organism, or micro-algae. It is not a plant, seaweed, fungus or herb. There are many species of phytoplankton, each of which has a characteristic shape. Collectively, phytoplankton grow abundantly in oceans around the world and are the foundation of the marine food chain.

All the scientific research indicates that Marine Phytoplankton may be the most important food on Planet Earth.

For three billion years Marine Phytoplankton has supported virtually all living creatures in the Ocean. It contains a unique combination of life sustaining nutrients including; Omega 3 essential fatty acids (EPA and DHA), protein, chlorophyll, amino acids, vitamins, minerals and trace elements. Marine Phytoplankton makes up one quarter of all vegetation (land and sea) and according to NASA provides up to 90% of the Oxygen in the air we breathe.



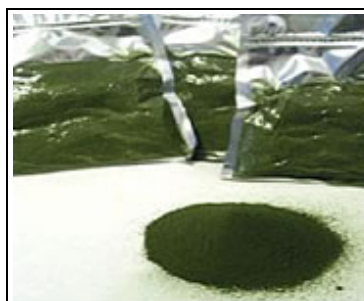
Normal Phytoplankton



Super-charged state

Kirlian Micrograph close-up of
[SUPER CHARGED Phytoplankton](#) using
Ascended Health's proprietary
Scalar Energy and Crystal Healing Frequencies

Gram-for-gram, **Marine Phytoplankton may be the most nutrient dense food on Earth.** According to Dr. Hugo Rodier, there are very few products that provide all, or even most, of the raw materials to make new cells and sustain the existing ones:



High Energy
Marine Phytoplankton
from **ascendedhealth.com**

**** OUR DIFFERENCE ****
Super Charged with
high vibration
CRYSTAL SCALAR ENERGY
healing frequencies

Certified Pure Powder with no filler or heavy metals.
1 teaspoon/day will change your life! We love it and want to share with you. We believe that this will **EXTEND OUR LIVES** and **REBUILD OUR BODIES.**

2 week supply (**50 g**)
1 month supply (**100 g**)
3 month supply (**300 g**)

[BUY NOW](#)>>

[JOIN OUR CO-OP](#)>>
(it's much less expensive!)

*"Marine Phytoplankton is the **most exciting product** I have ever come across. It **contains almost everything necessary to sustain life and build healthy new cells.**"*
Dr Jerry Tennant M.D.

*"I recommend as a clinician that you **take this superfood** and give it a trial....I believe you will see **dramatic results** as I am already seeing with patients in my Practice."*
Dr Hugo Rodier M.D.

“The problem is that we need ALL of them at the same time for things to work. One of those rare products that **contains almost everything you need for life** (and the **rebuilding of cells**) is Marine Phytoplankton. **It contains all nine amino acids that the body cannot make.** The **essential fatty acids** are also present (Omega 3 and Omega 6). Vitamins A, B1, B2, B3, B5, B6, B12, C, D and major and trace minerals are all present in phytoplankton”.

WHY ARE MARINE PHYTOPLANKTON IMPORTANT?

There are more than 40,000 different species or strains of Phytoplankton that scientists have classified in our oceans today. One quarter of all vegetation on Planet Earth (both land and sea) consists of Marine Phytoplankton. In the wild Phytoplankton is invisible to the naked eye. However, under certain conditions, this micro-alga can actually be seen from a space satellite.

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

According to NASA, Phytoplankton produces between 50% and 90% of all the oxygen in the air that we breathe, depending on the seasons. It also absorbs most of the Carbon Dioxide in the atmosphere, helping to maintain a balanced ecosystem which is essential for all life and a healthy planet. There are billions of tons of carbon dioxide residing on the sea bed which have been transported there by Phytoplankton when it eventually sinks down to the bottom of the ocean.

More than 99% of all creatures that live in the Ocean depend, either directly or indirectly, on this Phytoplankton for their survival. Thanks to this amazing micro-algae, some species of whale can enjoy an active and reproductive life of up to 200 years!



Marine Phytoplankton Testimonials

[81 y old with great energy](#)

Bi-polar / Manic
Depression

[Cancer & Chronic Pain](#)

[Cystitis](#)

[Diabetes](#)

[Eye and Vision Condition Improvement](#)

[Hypothyroidism](#)

Joint condition

[Multiple Health Challenges](#)

[Obsessive compulsive disorder](#)

Overcoming Chemotherapy
Sickness

Surviving 3 different types
of cancer

[Surviving Carcinoid Tumor](#)

Vision/Hair

**** scroll down to read! ****

Unlike any other food, Phytoplankton is being hailed as the new 'super food' as it is 100% nutritionally useful and bio-available to the body; when you eat it, nothing whatsoever gets wasted. Most normal foods like fruits, vegetables, nuts, grains, meat and fish actually contain less than 50% nutritional value that is useful to the body.

During the digestive process humans produce a significant quantity of waste by-products from consuming these conventional foods. These waste by-products produce toxicity and stress in the body, particularly if the gut, liver and other organs are not functioning correctly. Over time, this toxic stress overload can lead to illness and disease, hence the record levels of drugs being prescribed nowadays. As Hippocrates, the famous Greek Physician once said, "**Let food be thy medicine, and let medicine be thy food.**"

Logic says that the **lower** you get on the food chain the **more nutritious** the food. You cannot get any lower on the Earth's food chain than Marine Phytoplankton. Pretty much all diseases in the world come from malnourishment, toxins in the body, and stress. Doesn't it make sense that if you are suffering from something serious the best thing you can give your body is the most nutritious food on the planet?

The primitive character of this micro-algae's cellular structure give it a number of advantages over higher plants and animals as a food source. For starters, practically **the entire organism can be nutritious, with minimal indigestible structures.** By contrast, typically less than half the dry weights of raw fruit & vegetables have any nutrient value. Marine Phytoplankton consists almost entirely of nutritionally useful and uniform cells. Furthermore, Marine Phytoplankton exhibits superior photosynthetic efficiency, using light approximately three times more efficiently than higher plants. Micro-algae are among the most productive organisms on the planet.

The Marine Phytoplankton are Nature's gift to assist us on our journey to optimal health and wellness through balanced nutrition. Dr. Jerry Tennant, MD, from the Tennant Institute of Integrative Medicine, explains that the micronutrients and electrolytes in marine phytoplankton 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. Containing a wide range of trace elements, amino acids, vitamins, minerals, chlorophyll, enzymes and cellular materials, marine phytoplankton promotes and maintains optimum health by boosting and supporting all systems within the body. When the



**Ascended Health
Marine Phytoplankton**
www.ascendedhealth.com

2 week supply (**50 g**)
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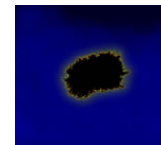
[BUY NOW](#)>>

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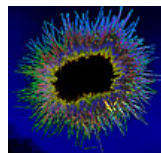
**SUPER CHARGED with
Scalar Energy and Crystal
Healing Frequencies!**

Studies show that SUPER CHARGING is tremendous: **The HIGHER the frequency of your body, the better your body heals.** Our methods place HIGH VIBRATIONAL FREQUENCY to the Phytoplankton. This is normally High Frequency Food, but now, it is ULTRA HIGH FREQUENCY FOOD.

Kirlian Energy Photographs
Before (normal state):



After Super Charging:



body is missing critical components, it is unable to maintain the balance of these systems, and malfunctions (disease) result. Overdependence on land-based food sources often lead to deficiencies in micronutrients and trace elements.

NUTRIGENOMICS AND PHYTOPLANKTON - SO POWERFUL, IT AFFECTS OUR DNA AND MAY JUMP START GENES

[Nutrigenomics](#) - the understanding of how food benefits our health – is finding that Marine Phytoplankton has the capability to directly **affect on our genes and brain neurons**. Nutrigenomics scientists, examining at a molecular level how common chemicals found in food affect health by altering the function or structure of a person's genetic make-up, are now examining marine phytoplankton's ability to affect us.

One finding is that the high density of nutrients found in algae and marine phytoplankton is extremely important. Perhaps the most important is that **these nutrients maintain human cell membranes** in structure and function. This is vital for **cell detoxification**, and for the overall metabolism of human cells. 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. **Algae 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.

The micronutrients and electrolytes in plankton 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. As noted above, our metabolism will suffer, leading to practically all diseases.

MARINE PHYTOPLANKTON HELPS CHRONIC DISEASE

According to Dr. Jerry Tennant, MD, there are two basic theories of how to get people with chronic disease well and keep them that way. One is that we must find a drug that will substitute for a broken "gear" in the body or to repair the "gears" mechanically (surgery). The other is to give the body the things it needs to **manufacture new cells** and the frequencies to **allow the body to heal itself**.

For those wishing to support the latter theory, it has been difficult to determine what is actually needed to make new cells. People are always saying things like they have a new herb from Africa, or a fruit from China that will magically heal everything. Such findings are often useful for some but not predictable for most. Dr. Tennant's feelings have always been that our Heavenly

Father would not design a body that requires unusual potions from far-away places to make us healthy.

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

There are few products that provide all, or even most, essential amino acids, more Omega 3's than fish oil, Vitamin A, Selenium, Iodine and others than marine phytoplankton. It may be no coincidence that the composition of human plasma is similar to sea water. With our over-reliance on land based food sources, we have developed deficiencies in micronutrients and trace elements. The nutritional properties from the algae contain over 200 species of marine phytoplankton on land. This allows for a unique blend of phytonutrients which promote proper metabolic functions.

General Nutrition -Contains ultra-potent lipids to enhance brain function
Cardiovascular Health -Supports a healthy heart
Cholesterol -Clinically tested to reduce cholesterol
Blood Sugars -Stabilizes blood sugar levels
Neurological Support -Mental alertness, ADHD, Parkinsons, and general dementia
Joint Health -Relieves pain and inflammation
Skin Care -Psoriasis ? Dermatitis
Vision -More effective than Lutein
Liver Health -Supports a healthy liver
Sleep -Promotes better sleep quality
Energy -Increases energy

More Omega 3 than fish oil, Antioxidants not found in other products, Phospholipids for cell membranes. It is also good alkaline -8 -8.5 PH

MARINE PHYTOPLANKTON ANTI-CANCER EFFECTS

At the University of Rhode Island, professor Yuzuru Shimizu is developing a culturing system that will ensure an adequate supply of sea-based organisms that show **anti-tumor properties**. Shimizu is examining metabolites of single-celled plankton called dinoflagellates, which **National Cancer Institute tests have shown to have cancer-fighting potential**.

Plankton could also **prevent skin cancer** - Scientists from Heinrich Heine University in Germany and TNO Nutrition and Food Research Institute in the Netherlands have reported their findings in the latest edition of the Proceedings of the National Academy of Sciences (PNAS).

PHYTOPLANKTON TESTIMONIALS

Severe Chronic Health Condition

- 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." D. K.

Diabetes

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." K. W.

Joint condition

In 2004 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, prednisone, cortisone shots and painkillers.

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.

Overcoming Chemotherapy Sickness

A recent client of mine is a woman with breast, bone and liver cancer who started taking Marine Phytoplankton about two weeks ago. Previously unable to keep anything down and having very little energy, she is now very excited and is experiencing a complete turnaround. She has worked up to two ounces a day, has much improved energy, and can now eat with no problem. Her pH

has come up from 5.6 to 6.2 as well. Prior to starting on this program, she had undergone chemotherapy and radiation, which made her quite ill. Her blood work, after about 10 days, has improved. Needless to say, she is ecstatic and grateful to have been exposed to Marine Phytoplankton. Her family can't believe the change!" D. W.

Surviving 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 x-rays 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. Today February 16th, 2006 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.K. F..

Multiple Health Challenges

Over the years I wasn't kind to my body and ran a gamut of health issues:

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 Zoloft 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 II 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. M. L. F

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

Bi-polar / Manic Depression

"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.

Obsessive compulsive disorder

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" Marine Phytoplankton feeds your body at a cellular level, which allows your body to heal itself." S. L.

81 year old Grandmother of Dr. Robert Rowe Ph.D - "My 81 year old mother had been telling me how much energy she had been having since taking the phytoplankton. However she had misunderstood the amount she should be taking – she was consuming mere drops, rather than the proper ounces. Having been a student of homeopathy, it suddenly dawned on me there must be a major energy component activated, even though her dosage was so small. The work

of Fritz Popp came to mind: Dr. Popp, a world renowned physicist, found that living things emit small packets of light called photons. We can see the phosphorescence produced in the ocean when the water is stirred at night; we are able to see the sparkling photon light produced. Dr. Popp was able to show that the effects of a compound could be duplicated just by bombarding water with the electromagnetic frequency of the compound, which is how homeopathy works. about Dr. Rowe

Vision / Hair

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!) 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 Marine Phytoplankton I stay up and feel great! F. K.

Hypothyroidism

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 Marine Phytoplankton 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? When the results came in, the nurse said "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! "

Cystitis

A client with interstitial cystitis, (IC is a rare chronic pelvic pain disorder resulting in recurring discomfort or pain in the bladder and the surrounding pelvic region-there's no known medical cause or cure.), recently e-mailed me: "I have been noticing more and more improvement since taking the Marine Phytoplankton. I have started working out again... after 2 years! (I used to work out consistently for years and hike and all sorts of active things. I even went on some hikes recently and have another scheduled for this week. I also noticed that I have limited soreness

after. I have been sleeping much better too. I had to skip taking this for 5 days (I was on a trip) and today I start back up. My body is really wanting it. Thanks so much for turning me on to this product... I believe it is really supporting my body better than any other thing that I have tried. It feels like my body can absorb it!" Lynne

22 pounds lighter and feeling great!

"I have been using one ounce of marine phytoplankton tonic daily for four months and I am delighted because I am 22 pounds lighter. This 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 have noticed that my vision has improved and I can read small print again. I have so much energy now, and I attribute all of these health improvements to the marine phytoplankton tonic." Donna Davis

FREQUENTLY ASKED QUESTIONS

~ Is Marine Phytoplankton a health supplement?

Marine Phytoplankton has been supporting virtually all life in the Ocean before anything or anyone was growing or living on land. Creatures in the sea have always depended on this highly nutritious single celled organism for their very survival. No formulated health supplement can be compared to Nature's most precious gift. Synthetic pills and potions are not always compatible with the traditional human diet, so isn't it just common sense to seek out a source of nutrition that has stood the test of time? Marine Phytoplankton is quite simply one of Nature's most complete superfoods.

~ Why do you call Marine Phytoplankton a superfood?

Ascended Health Marine Phytoplankton contains nearly 50% pure vegetable Protein, plus Omega 3 and 6 EFA's and all ten Amino Acids considered essential in maintaining health and wellbeing for children and adults. In addition, thirty-four Elements that have been identified in Ascended Health (including Calcium, Chromium, Iron and Potassium) are all naturally present in humans from birth. You could say that our Marine Phytoplankton is a 'perfect match' for your body.

~ What health or medical claims do you make for Marine Phytoplankton?

Although some food manufacturers make health claims in order to sell more products, these claims are often challenged by the Advertising Standards Agencies as being potentially misleading. Not all foods suit all people, particularly if they have been processed. However, some functional whole foods such as Marine Phytoplankton contain the important 'building blocks of life' that everyone needs in order to maintain optimum health and wellness.

~ Why haven't I read about Phytoplankton or seen it on TV?

David Attenborough recently highlighted the importance of Phytoplankton in his BBC Television series 'Planet Earth'. The world is now discovering one of Nature's best kept secrets.

~ I've heard that a man who was diagnosed with terminal Cancer started eating Marine Phytoplankton and then made a full recovery - what do you say about that?

We have received many reports of serious illnesses being reversed. Medical experts agree that if you provide the body with the right nutrients at the right time in a bio-available form and let the intelligence of the body begin the healing process, then it is possible for a person's health to improve.

~ If I ask my Doctor for their opinion about Marine Phytoplankton, what will they tell me?

It is unreasonable to ask any medical Doctor for their professional opinion if they have no first hand knowledge or experience of Marine Phytoplankton. General Practice Doctors learn very little about preventative health care and diet at Medical School. Front line medicine focuses primarily on diagnosis and treatment of an existing condition rather than trying to prevent illness from occurring in the first place. Most Doctors play safe by giving the standard response: "Well I don't know if it will help you, but it shouldn't do any harm".

~ Can Marine Phytoplankton help to reduce Cholesterol?

It's a fact that food manufacturers, health commentators, members of the public and even some Doctors have been completely misled about the apparent dangers associated with high levels of Cholesterol. The giant pharmaceutical companies do not want you to be healthy - they only make money from a sick society, so it is no coincidence that Statins are the world's number one selling drug. This disturbing statistic reflects the apathy and greed of mainstream medicine today. Many patients are being prescribed Cholesterol lowering drugs unnecessarily. A combination of modified diet and correct exercise would - in the vast majority of cases - achieve equal or better results, improve the general health of the patient, and lead to a massive saving of taxpayers money. Doctors are often the 'instruments' of the giant Pharmaceutical companies. They treat a mythical problem - 'elevated' levels of serum Cholesterol - with a potentially toxic drug (generically known as Statins), instead of taking a more holistic approach to patient health. The Journal of the American Medical Association published a study entitled: Cholesterol and Mortality: 30 Years of Follow-up from the Framingham study. Shockingly, this in-depth study showed that after the age of 50 there are no increased overall death rates associated with high levels of Cholesterol! There was however a direct association between low levels (or reducing levels) of Cholesterol and increased death. Specifically, medical researchers reported that CVD death rates increased by 14% for every 1mg/dl drop in total Cholesterol levels per year, figure that one out...

...Unfortunately there still exist some ill-informed 'health experts' and yogurt manufacturers who either through ignorance or commercial gain, are determined to brainwash the public into believing that Cholesterol is 'the enemy' and we should all try to reduce the amount in our bodies as much as possible. They promote the lie that Cholesterol can build up in the arteries and cause blockages which then lead to a heart attack or stroke... this is not true dear reader! What you actually find in a severely narrowed or blocked artery is plaque. Plaque is made up of Fibrin, Collagen, Phospholipids, Triglycerides, Cholesterol, Mucopolysaccharides, Foreign Proteins, Heavy Metals, Muscle Tissue and Debris - all bound together with Calcium. As you can see, Cholesterol is only one component of plaque - in fact the body sends Cholesterol to a damaged area of the artery in an attempt to repair the diseased tissue. Now you may ask, why does plaque form in the first place? The inner lining of a healthy artery (endothelium) is very smooth - just like teflon, and Cholesterol is a very slippery substance (just as Nature intended it to be). This means that blood can flow easily throughout the Arterial Tree. Cholesterol cannot 'stick' to the inside of a healthy artery wall - if it could, then no one would live very long! So we should focus our attention on the gradual build up of plaque - the majority of which occurs within the fabric of the artery. Plaque is believed to be caused by the most common ailment found in humans today - inflammation. No one has all the answers as to what exactly causes inflammation. Current thinking on the subject can be summarized by this quotation taken from the British Heart Foundation website...

..."The process that triggers the body's inflammatory response needs to be investigated in large, randomized, clinical trials. There are research projects underway at the moment to help explain



what triggers the body's inflammatory response to each risk factor for coronary heart disease, and how the body responds to damage and stress of blood vessels (arteries) Inflammation may prove to be one of the key factors in the development of coronary heart disease and ongoing studies will provide us with important information on this. Until then, adopting a healthy lifestyle can significantly reduce the risk of coronary heart disease."