

FREQUENSEA

20 Ingredients For Better Health

Why Are These Ingredients Good For Me?

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

Basic Science: New Paradigm

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

Cell communication is how our 100 trillion cells get their metabolic function coordinated. They do this through a system of "messengers," which are well-known molecules like hormones, neurotransmitters, enzymes, etc. They form a vast network of communication, the Psycho-Neuro-Immune-Endocrine system. Cell communication takes place mostly at the level of the outer cell membrane, which is the interface between each cell and its environment.

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

Transform Your Thinking

The ingredients discussed here are high in antioxidants, and many other micronutrients, which is why they are so helpful in maintaining and restoring overall health. The pharmaceutical paradigm has reigned supreme in our society, with its tenets reaching our far and wide to include the food industry

and herbal supplement industry. This is why we often see a given food or herb working on a specific disease, much like a drug would. This thinking is obsolete. All the ingredients listed herein may help practically all health issues since they work at the root of problems: cell metabolism and communication. This is especially true when these ingredients are consumed together, maximizing their synergistic effect.

1. Marine Phytoplankton (MPP)

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

Modern Technology

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

Benefits:

- Immune system enhancement
- May inhibit growth of cancer cells

2. Blueberry

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

Benefits:

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

3. Frankincense

The Magi took Frankincense oil to the baby Jesus. Back then, Frankincense was of greater value than gold. This is still the case if you wish to have a safe and natural anti-inflammatory product without the myriad side effects of prescription drugs. By decreasing inflammation, you are working to improve the ravage of diseases, especially those associated with over-wrought immune system and TOILING cell membranes.

Benefits:

- Immune system enhancement
- Anti-inflammatory
- Antioxidant

4. Aloe Vera

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

Benefits:

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

5. Omega Oils

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

Benefits:

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

6. Oranges, Sweet Limes & Citric Acid

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

Benefits:

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

7. Magnesium (Ionic Sea Mineral Blend)

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

Benefits:

- Improves metabolic function
- Increases nutrient absorption

8. Boron (Ionic Sea Mineral Blend)

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

Benefits:

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

9. Noni

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

Benefits:

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

10. Polysaccharides

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

Benefits:

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

11. Trace Minerals

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

Benefits:

- Anti-inflammatory
- Antioxidant

12. Ginger

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

Benefits:

- Helps resolve indigestion problems

13. Astaxanthin

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

Benefits:

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

14. Rose

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

Benefits:

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

15. Cranberry

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

Benefits:

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

16. Nutmeg

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

Benefits:

- Helps resolve indigestion problems

17. Rosemary

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

Benefits:

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

18. Selenium (Ionic Sea Mineral Blend)

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

Benefits:

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

19. Grape

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

Benefits:

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

20. Chloride (Ionic Sea Mineral Blend)

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

Benefits:

- Improves nervous system communications

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