

The astounding health benefits of *Chlorella and Spirulina Super Foods*

What Chlorella and Spirulina super foods really do for your health. They offer a stunning array of health benefits. Chlorella and Spirulina have been shown to be effective in treating and even reversing the following conditions:

- * Cancers (all types)
- * Obesity
- * Diabetes
- * Hypoglycemia
- * Arthritis
- * Depression
- * Severe liver damage and liver disorders
- * Intestinal ulcers
- * Hemorrhoids
- * Asthma
- * High blood pressure
- * Constipation
- * Bleeding gums
- * Infections
- * Inflammation of joints and tissues
- * Body odor / breath odor
- * Various degenerative diseases
- * Essential fatty acid deficiencies
- * Mineral deficiencies (magnesium is a common deficiency)

Both Chlorella and Spirulina are particularly useful for:

- * People with poor digestion and assimilation (these micro-algae are easy to digest and absorb)
- * People with poor vitality and anemia
- * Individuals who consumer large quantities of animal protein (the micro-algae protein, in contrast, is easier to digest and offers a far healthier balance of minerals)
- * People who eat refined or processed foods
- * People who take prescription drugs (Spirulina protects the kidneys and liver)
- * People who are overweight or obese
- * People who engage in physical exercise and / or strength training
- * People with low energy levels (feeling depleted, exhausted, etc.)

In fact, both chlorella and Spirulina have been described as "the perfect food:"

Spirulina

Spirulina is a whole-food, not a concentrate, not an extract. It is detoxifying. A person can not eat too much and overdose on Spirulina. It contains more bio-chelated organic iron than any other whole-food. Bio-chelated means that the iron will easily be assimilated into the body. Spirulina has 58 times the iron of raw spinach and 28 times that of raw beef liver.

It contains more beta-carotene than any other whole food. Beta-carotene determines how our cells communicate with one another. Beta carotene opens the membrane communication channels of cancerous and pre-cancerous cells, allowing the body to signal the cancerous cells to stop dividing. Therefore, foods rich in beta carotene may not only be able to prevent but also reverse cancers. (Wolf 1992) (Spirulina, Nature's Superfood). Research as demonstrated that beta-carotene can lower cholesterol, treat wounds and reduce the size of tumors. Natural beta-carotene is far superior to synthetic, both chemically and physically. It absorbs better into the body than synthetic and it will NOT build up in the body and become toxic. ***There are NO toxic side effects with Spirulina the way there are with other blue green algae such as AFA (Afanzamon Flos Aqua, commonly known as Blue green Algae).*** It is the richest source of natural antioxidants of any whole-food source. It contains every natural known antioxidant including zinc, manganese, selenium and copper, the amino acid methionine, vitamin E, vitamins B-1 and B-6, the amino acid methionine and of course, beta-carotene. It is rich in chlorophyll, much richer than wheat grass and alfalfa.

Chlorella

Extremely High in Vitamins, Minerals & Amino Acids (Protein)

There are over 70,000 species of algae in the world. Some are magnificent whole foods such as Chlorella Pyrenoidosa. Chlorella is this very particular strain of Chlorella. It is a green algae, one of the oldest foods on the planet. Fossils exist of Chlorella Pyrenoidosa that are over 4 billion years old. Chlorella is extremely high in vitamins and minerals (see chart on reverse side). It contains the full Vitamin B Complex (synonymous with high energy), Vitamins E & C and has a wide range of minerals, including magnesium, potassium, iron and calcium. It is great for anyone to take at any age, from infant or elderly.

Chlorella has been touted as the *perfect whole food*. Aside from being a *complete protein* and containing all the B vitamins, vitamin C, vitamin E, and the major minerals (with zinc and iron in amounts large enough to be considered supplementary), it has been found to improve the immune system, improve digestion, detoxify the body, accelerate healing, protect against radiation, aid in the prevention of degenerative diseases, help in treatment of Candida albicans, relieve arthritis pain and, because of its nutritional content, aid in the success of numerous weight loss programs.

- Earl Mindell's Vitamin Bible

Spirulina:

Spirulina's *predigested protein* provides building material soon after ingestion, without the energy-draining side effects of meat protein; its *mucopolysaccharides* relax and strengthen connective tissue while reducing the possibility of inflammation; its *simple carbohydrates* yield immediate yet sustained energy; its GLA fatty acids improve hormonal balance; and its protein-bonded vitamins and minerals, as found in all whole foods, assimilate better than the synthetic variety. Spirulina can generally be considered an **appropriate food for those who exercise vigorously, as evidenced by the many world-class athletes who use it.**

- Healing With Whole Foods by Paul Pitchford

Chlorella and Spirulina have such strong health benefits that even well-known doctors and authors use these products and note their benefits:

It is possible that the **GLA** found in Spirulina and possibly these other products accounts for some of the positive effects that people experience when using them, including decreased appetite, weight loss, and improved energy levels, especially **mental energy**. I personally have used all of these products and must say I have experienced a subtle increase in mental clarity and alertness (not like a nervous, caffeine-type stimulation). These algae must subtly stimulate our nervous systems or release certain internal **neurochemicals that create this "up" feeling**.

- Staying Healthy With Nutrition by Elson Haas, M.D.