



Super Algae

Algae supplement to balance blood sugar, build muscle and increase energy

Algae has been a source of food for many people from the beginning of time. The Aztecs gathered algae from the great lakes of Central Mexico, dried it and made cakes from it. The Kanembus, a group from Africa, used algae from Lake Johann as a spicy soup or bread. In times of drought, people have always turned to algae as a food source.

Today, people the world over know the nutritional value of algae. Algae is an excellent supplement for general health providing more vitamins, minerals and protein per gram than any other known food. No wonder science fiction writers often depict algae as a basic source of food in their futuristic worlds. As a food or supplement, algae is considered a super food because the nutrients are bio-available which makes them easy to assimilate.

Various species of algae aid all the organs of digestion such as the pancreas, spleen, liver and intestines. The nourishment that Super Algae provides encourages growth, strengthens the body, increases energy, boosts the immune system, promotes weight gain and provides concentrated nourishment, making it an excellent supplement for children or the elderly who are weak or sickly. Algae enhances and stimulates the immune system, and many studies show that because of its antiviral activities, algae could be a useful treatment for AIDS and cancer. Algae is highly recommended for those having problems with memory, especially the elderly and those under extreme stress. The nutrients in Super Algae can help to heal and restore the brain synapses.

An excellent source of amino acids, algae has a stabilizing effect on blood sugar levels. It can provide a quick energy boost when blood sugar levels drop. The amino acids in algae also aid nervous function and promote the detoxification of heavy metals.

Super Algae contains three different species of algae.

Spirulina (*Spirulina platensis*) is a microalgae considered a whole, highly nutritious and easily-assimilated food. It is a rich source of protein, higher per gram than most foods. It also contains chlorophyll, carotenoids, minerals and gamma-linolenic acid (GLA). The algae gets its bluish-tinged color from a group of pigments called phycobilins. Phycobilins are similar in structure to bile pigments such as bilirubin.

Studies continue to show—what many traditions have benefited from—that spirulina has antiviral, antioxidant, hypocholesterolemic, hepatoprotective, anti-allergic and immune-modulatory activities.

Research has shown that a unique polysaccharide, only found in spirulina, enhances cell nucleus enzyme activity and DNA repair synthesis. Polysaccharides have been shown to improve digestion,

increase energy, and helps promote the growth of good intestinal bacteria.

Spirulina accelerates production of immune system cells (bone marrow stem cells, antibodies, cytokines macrophages, T-cells and Natural Killer cells). This increases their numbers in organs like the liver, spleen, thymus, lymph nodes, adenoids, tonsils and bone marrow, improving the body's ability to function properly in spite of stresses from environmental toxin or infectious agents.

Chlorella (*Chlorella regularis*) is a freshwater green algae noted for its chlorophyll content and as a rich source of vitamins A, E, B2 and B12. Chlorophyll has a stimulating action on the bone marrow, which produces hemoglobin. It enables the body to digest and utilize food, regulate bowel movements, increase nursing mothers milk and stimulate healthy tissue growth. Chlorophyll increases the function of the heart, affects the vascular system, the intestines, the uterus and the lungs.

It also stimulates the immune system and has the ability to inhibit the growth of bacteria, tumors and cancer. It has a long history of relieving chronic sinus conditions and common head colds and cleansing open wounds and deep-lying infections. In 1994, The American Association for Cancer Research found that chlorophyll has the capability to ward off cancer-causing agents within the body and reduce the incidence of cancerous growths, with no irritating or toxic effects.

Blue Green Algae is harvested from the pristine waters of Klamath Lake in Oregon. Klamath Lake blue-green contains chlorophyll, protein and amino acids, neuropeptides, fatty acids, B vitamins and beta-carotene. It is one of the highest vegetable sources of B12. This commonly consumed food has antiviral properties and can help detoxify the body and improve skin condition. It benefits digestion, helps eliminate food cravings and maintains regular bowel function. It has been found to lower blood cholesterol and reduce blood clotting. It can help support better sleep in the evening and provide more energy during the day as well as having a beneficial effect on mental awareness and stress levels.

Suggested Use

Take 2-4 capsules with a meal three times daily.

Selected References:

Herbs that Heal by Michael A. Weiner and Janet Weiner

Seaweeds by Michael Guiry

The Alternative Health and Medicine Encyclopedia by James Marti and Andrea Hine

The Doctors' Vitamin and Mineral Encyclopedia by Sheldon S. Hendler.

The Energetics of Western Herbs by Peter Holmes

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