

Land and Sea Veggies give us all 22 health benefits and more. Many of these essential nutrients cannot be manufactured in the body, nor can they be stored. We need to take in these nutrients every day.



For more information please contact:

22 Health Benefits of Sea Vegetables and Aloe Vera



REFERENCES

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3. Ibid, Yance, p. 67
4. Ibid, Yance, p. 67
5. Ibid, Yance, p.161
6. Alternative Medicine: The Definitive Guide, Deepak Chopra, M.D., p. 907
7. The Natural Remedy Bible, Michael Tierra, C.A., O.M.D. and John Lust, N.D., p.97

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AN ARRAY OF NUTRIENTS

The best land and sea veggies now come blended in a new complex juice made up of aloe and sea vegetables providing your body the eight essential sugars as well as an array of other nutrients including saponins, salicylic acid, lignins, and essential fatty acids that you need to help your body function better.

Sea Vegetables are the oldest form of life on this planet. These ancient plants learned to grow without roots using photosynthesis. There are more than 6,000 different forms of sea vegetation.

Sea vegetables are impressive — full of antioxidants to fight against free radicals. This level of protection is very important. We must “balance” or counter-attack the onslaught of free radicals, antigens and carcinogens.

Sea vegetables are nature’s richest, most bioavailable source of organic iodine, a substance lacking in the average American diet and directly related to the high incidence of thyroid disorders.

“I believe that an insufficient intake of organic iodine in today’s modern diet has led to a serious and chronic form of low-grade hypothyroidism, a major contributing factor to breast and ovarian cancers.”

Donald R. Yance, Jr., C.N., M.H., A.H.G.

Aloe is considered a mainstream cosmetic product but many people have yet to realize its nutritional and medicinal value.

Aloe is primarily used for skin softening and for healing wounds and burns. When used to treat wounds and burns, aloe functions as a mild anesthetic, relieving itching and swelling as well as pain. Aloe is also antibacterial and antifungal, and it increases blood flow to wounded areas to stimulate the skin cells for healing.

Aloe gel or juice is commonly used by health enthusiasts for inner cleansing. The latex found in the aloe plant has a safe and effective stimulant laxative ingredient. Aloe, along with sea veggies, comes in a unique complex which is also an excellent way to cleanse your body internally.

“... consumption of such a mixture of antioxidants with their diverse physiological activities is associated with the best promotion of health.”

Ted Wilson
Whole Foods, Antioxidants and Health

A balanced intake of a nutraceutical rich vegetable complex from our land and seas will help your body protect itself at the cellular level.



“The job of defending the body against free radicals falls to the antioxidant defense system, a group of compounds that are uniquely qualified to disarm free radicals before they can attack their target tissue.”

Lester Packer Ph.D.
The Antioxidant Miracle

Twenty-Two Health Benefits of Aloe and Sea Nutrients *and counting*

It's ironic that we unknowingly eat processed sea vegetables everyday in ice cream, whipped toppings, instant pudding, salad dressings and even toothpaste. So why shouldn't we take land and sea veggies knowingly? To help you decide, here's a list of some of the numerous health benefits you can receive from Sea vegetables and aloe.

- 1 Sea vegetables are low in calories but high in protein.
- 2 The brown sea vegetables wakame and bladderwrack are noted to have the best anticancer inhibitor activity.
- 3 Aloe can decrease the inflammation process in the body, reducing pain and swelling.
- 4 Therapeutic levels of folic acid and magnesium are excellent protectors of the heart muscle and the cardiovascular system.
- 5 Magnesium and the lignans also help alleviate some menopausal symptoms.

6 Pantothenic acid and riboflavin are B vitamins and are very useful to any whose life is stressful. Stress and anxiety deplete these nutrients.

7 Some sea vegetables (nutrients) bond, or chelate, heavy metals such as mercury, lead, excess iron and copper. This is especially important for people undergoing radiation therapy.

8 Sea vegetables can be very helpful in weight loss when included in a good macro-diet.

9 Calcium in sea vegetables is used for strong teeth and bones, and the iron is a carrier for oxygen. The body cannot produce any minerals.

10 Sea vegetables contain vitamin B to help the body metabolize protein.

“It makes sense for older adults to use nutrients in drink form . . .”

James F. Balch, M.D.

11 Vitamins C and E in sea vegetables are used to maintain skin integrity and promote immune activity, protect red blood cells and fight free radicals.

12 Sea vegetables are one of nature's most bio-available sources of organic iodine, which is a substance lacking in the average American diet. This shortfall is directly related to the high incidence of thyroid disorders.

13 Aloe has a healing effect when applied to a herpes lesion.

14 The aloe plant can be used as a digestive tonic. Studies have shown aloe can destroy bacteria, yeast and parasites in the intestines.

15 Many of these sea-going phytochemicals help the body detoxify as well as aid the immune system in fighting off viruses, bacteria, fungus and parasites. They also help eliminate dangerous toxins from the body.

16 The benefits of Gigartina are presumed locked in their content of sulfated polysaccharides. There are indications that sulfated polysaccharides may block viruses from entering cells and may kill them outright.

17 Drinking 3 ounces of concentrated aloe juice before meals will help with pain and suffering associated with ulcers.

18 Commercially available aloe gel is taken internally for general health and for the treatment of diabetes.

19 Fucus vesiculosus is a source of nutrition and supplies an organic source of trace elements, iodine and minerals.

20 Sea lettuce (*Ulva lactuca*) is green algae with big leaves, resembling a head of lettuce. Dietetic specialists use it for its taste as well as for its rich vitamin C content (10 times more than an orange and twice as much vitamin A than cabbage). It can also be used in cosmetology for its hydrating, refining, relaxing and anti-stress properties.

21 The rich olive-brown seaweed known as Lamanaria contains B complex vitamins and many trace elements. Lamanaria has been identified by researchers for its potential cancer fighting properties.

22 Vital nutrients from Sea Vegetables and aloe help numerous physiological processes: protecting cells, acting as free radical scavengers and increasing energy—in short, these nutraceuticals help our bodies age more successfully.

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

John F. Kennedy

