

Organic Sea Greens— Gifts of Healing From The Sea

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A Guide To Self-Healing For Everyone*

I believe sea greens (otherwise known as seaweed, sea vegetables and algae) are one of God's greatest gifts to us. Grown by Mother Ocean, the birthplace and primary nourisher of life on Earth, sea greens offer us amazing health benefits. They are the most nutrition-dense plants on the planet. Ounce for ounce, along with herbs, they are higher in vitamins and minerals than any other food. I eat delicious organic sea greens every day.

Sea greens are one of nature's richest sources of vegetable protein; they provide full-spectrum concentrations of carotenes, chlorophyll, enzymes, amino acids and fiber. The distinctive salty taste is not just "salt," but a balanced, chelated combination of sodium, potassium, calcium, magnesium, phosphorus, iron and trace minerals. They contain 10 to 20 times the minerals of land plants, and even beyond their mineral quantities, their mineral balance is a natural stabilizer for building sound nerve structure and good metabolism.

Sea greens are rich in fiber and packed with vitamins, with measurable amounts of vitamins K, A, D, B, E and C, and beta carotene. Sea greens are almost the only non-animal source of Vitamin B-12 necessary for cell development and nerve function. They are full of amino acids, contain up to 20% protein, and have enzymes and essential fatty acids that rejuvenate us. Sea greens nourish an underactive thyroid and normalize adrenal functions which results in an increased libido.

I've been teaching about the health benefits of sea greens for years! They are an excellent weapon against heart disease, helping to dissolve fatty deposits in the cardiovascular system that lead to heart disease, and relieving tension in blood vessels caused by over-consumption of salty foods. Japanese studies from the 1960s show extracts from sea greens control high blood pressure and atherosclerosis even in animals fed a high cholesterol diet. The same studies found sea greens also lowered blood pressure in people!

Sea greens have antiviral, antimicrobial, and antifungal activity. They're anti-inflammatory too, offering a one-two punch against many infections. Immune-compromised diseases like chronic fatigue, HIV infection, arthritis and allergies respond to sea plant treatment. Sea greens are at their best in just this type of role—as balancers for body chemistry which

is regularly imbalanced in immune-compromised disease. The chemical composition of sea greens is so close to human plasma, that perhaps the greatest benefit from sea greens is that they help normalize our bodies from the effects of a modern diet. They strengthen us against disease, and reduce excess stores of fluid and fat. Many people notice a rapid difference in their weight, and an increase in their calorie burning when they eat sea greens regularly.

Modern science is validating many of the traditional benefits of sea plants, especially their algin, the component thought to be responsible for the success of seaweeds in the treatment of obesity, asthma, atherosclerosis and blood purification. Studies done at McGill University reveal that algin binds to chemical toxins and pollutants in the intestinal tract, allowing them to be safely eliminated before they can poison the body.

Sea greens can protect us from a wide range of toxic elements in the environment, including heavy metals (most dental fillings still contain them) and radiation by-products, converting them into harmless salts that we can eliminate. The natural iodine in sea greens can reduce by almost 80% the radioactive iodine-131 absorbed by the thyroid and is a key to controlling and preventing gland disorders like breast and uterine fibroids, prostate inflammation, adrenal exhaustion, and toxic liver and kidney states. Preventive measures may be taken against iodine deficiency problems or disease risk by adding just 2 tablespoons of chopped, dried sea greens to your daily diet.

Studies from the Harvard School of Public Health show that eating kelp as about 5% of your diet inhibits cancer growth and even causes remission of active tumors. Sea greens contain powerful antioxidant and anti-cancer properties, working to stop the proliferation of cancer cells. Some experts consider them more potent than the drugs now used to treat breast and prostate cancer, especially as interceptive measures. The latest research from Japan reveals a seaweed extract from kombu, fucoidan, actually causes cancer cells to self-destruct (a process technically referred to as cancer cell apoptosis). Stomach cancer, colon cancer and leukemia all responded positively to fucoidan treatment in animal tests and in vitro (test tube) studies.

Sea greens have high magnesium, essential for the absorption of calcium. Magnesium stimulates production of calcitonin, the hormone which increases calcium in the bones. Sea greens are a good source of natural vitamin D, too, essential for calcium absorption, bone health and muscle function.

So, what are Sea Greens?

Kelp (*laminaria*), the most prolific sea plant on America's shores, contains vitamins A, B, E, D and K, is a main source of vitamin C, and rich in minerals. Kelp proteins are comparable in quality to animal proteins. Kelp contains sodium alginate (algin), an element that helps remove radioactive particles and heavy metals from the body. Algin, carrageenan and agar are kelp gels that rejuvenate gastrointestinal health and aid digestion. Kelp works as a blood purifier, relieves arthritis stiffness, and promotes adrenal, pituitary and thyroid health. Its natural iodine can normalize thyroid-related disorders like overweight and lymph system congestion. It is a demulcent that helps eliminate herpes outbreaks. Kelp is rich—a little goes a long way.

Kombu (*laminaria digitata*, *setchelli*, horsetail kelp) is a meaty, high-protein seaweed. It is a decongestant for excess mucous, and helps lower blood pressure. Kombu contains abundant iodine, carotenes, B, C, D and E vitamins, minerals like calcium, magnesium, potassium, silica, iron and zinc, and the powerful skin healing nutrient germanium. It is higher in natural mineral salts than most other seaweeds.

Hijiki is a mineral-rich, high-fiber seaweed, with 20% protein, vitamin A, carotenes and calcium. Hijiki has the most calcium of any sea green, 1400mg per 100gr. of dry weight.

Nori (*porphyra*, laver) is a red sea plant with a sweet, meaty taste when dried. It contains nearly 50% balanced, assimilable protein, higher than any other sea plant. Nori's elastic fiber makes it a perfect sushi wrapper. Nori is rich in all the carotenes, high in calcium, iodine, iron, and phosphorus.

Arame (*Eisenia bicyclis*), is one of the ocean's richest sources of iodine. Herbalists use arame to help reduce breast and uterine fibroids, and through its fat soluble vitamins and phytohormones, to normalize menopausal symptoms. Arame promotes soft, wrinkle-free skin, enhances glossy hair and prevents hair loss.

Sea Palm (*Postelsia palmaeformis*), American arame, grows only on the Pacific Coast of North America. It has a sweet, salty taste that goes especially well as a vegetable, rice or salad topping.

Bladderwrack is packed with vitamin K, an excellent adrenal stimulant. It is still used today by native Americans in steam baths for arthritis, gout and illness recovery.

Wakame (*alaria*, *undaria*) is a high-protein, high calcium seaweed, with carotenes, iron and vitamin C and is widely used in the Orient for hair growth and luster, and for skin tone.

Dulse (*palmaria palmata*), rich in iron, protein, and vitamin A, is delicious with walnuts, spinach and rice. It is a supremely balanced nutrient, with 300 times more iodine and 50 times more iron than wheat. Tests on dulse show activity against the herpes virus. It has purifying and tonic effects on the body, yet its natural, balanced salts nourish as a mineral, without inducing thirst.

Irish moss (*chondrus crispus*, carrageen) is full of electrolyte minerals—calcium, magnesium, sodium and potassium. Its mucilaginous compounds help you detoxify, boost metabolism and strengthen hair, skin and nails. Traditionally used for a low sex drive.

Resources:

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