

Sea Vegetables—Nature's Healthy Gifts From The Sea

By Linda Page, N.D., Ph.D.

In Western countries, land vegetables are the traditional sources of greens, but vegetables from the sea are nutritious foods and powerful healers that have been used by European and Asian cultures for centuries. I eat sea vegetables every day. I recommend them as a critical part of many healing programs—detoxification, illness recovery, heart healthy, hormone balancing for women (and men), and much more! Sea Vegetables can literally transform your health. When you drink sea vegetables, or take seaweed baths, you're tapping into the ancestral and restorative source of all life—the ocean. Just a few of the miraculous health benefits of sea vegetables:

Super Nutrition

Ounce for ounce, along with herbs, sea vegetables are higher in vitamins and minerals than any other food. Sea vegetables are really the ocean's deep greens, rich in vegetable protein, and full-spectrum concentrations of important carotenes, chlorophyll, enzymes, amino acids and fiber. They are the only vegetarian source of B-12 for cell health, containing amounts that rival beef liver (the leading animal source). They're an excellent source of body building minerals like calcium, iron, iodine, and potassium. Sea vegetables contain trace minerals like boron, chromium and selenium that are vital to health, but that modern farming techniques have leached from the soil.

Our body fluids have the same chemical composition as seawater. The same trace elements that run through the oceans run through the human body. Seaplant chemical composition is so close to human plasma, that perhaps the greatest benefit from sea vegetables is promoting our internal rebalance. Sea vegetables act as the ocean's purifiers, and they perform many of the same functions for our bodies.

Detoxification

Sea vegetables offer superior protection from radiation and heavy poisoning. Studies done at McGill University reveal algin, a component of sea greens like kelp and alaria, binds to heavy metals and chemical pollutants in the intestinal tract, allowing them to be safely eliminated from the body. Seaplant algin even binds to radioactive strontium (one of the most hazardous atomic pollutants), radioactive iodine-131, barium, zinc, and cadmium, flushing them out of the body before they can even poison us. Sea

vegetables are so effective that the U.S. Atomic Energy Commission recommends that people consume two to three ounces of sea vegetables a day for maximum protection against radiation poisoning.

Major Disease Protection

Sea Vegetables are an excellent addition to your natural arsenal against cancer and heart disease. Further, sea vegetables help dissolve fatty deposits in the cardiovascular system that lead to heart disease, and relieve tension in the blood vessels caused by over-consumption of table salt. Japanese studies from the 1960's show sea vegetable extracts control high blood pressure and atherosclerosis in animals fed in a high cholesterol diet. The same studies show that sea vegetables lower blood pressure in people, too.

Hormone Balancing For Women

Sea vegetables can ease the discomforts of menopause. They are a rich source of fat-soluble vitamins D and K that assist with production of steroidal hormones like estrogen and DHEA in adrenal glands play a key role in shoring up hormone production when estrogen production slows down during menopause. Vitamin K in sea vegetables especially boosts adrenal activity; ingesting them can help maintain female hormone balance for a more youthful body for years to come. Sea plants also nourish and under active thyroid to trigger increased libido in women after menopause.

Sea vegetables are especially good for stimulating metabolism in overweight pets...

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