

EAT YOUR BLUE GREENS

THE HEALTH BENEFITS OF KLAMATH BLUE GREEN ALGAE

You probably think of blue green algae as the substance you find in the side of your fish tank or see in a pond. But did you know there are some species of edible blue green algae that can be a valuable source of nutrients? Algae were the first life form on the planet and the first to achieve photosynthesis with the byproduct of oxygen; setting the stage for life for all the organisms of the earth. Algae as a food source and as a food supplement have been used by people for thousands of years. Early civilizations including the Aztecs, African tribes and South Pacific islanders used blue green algae because the algae in the lakes produced more protein than the land could yield.

Klamath Blue Green Algae is one of the few edible microalgae, and differs from others as it grows wild in an optimal mineral-rich environment which allows it to develop a remarkable nutritional profile. Other types of algae such as spirulina and chlorella are artificially grown in tanks and vats and also contain fewer nutrients per gram. Klamath Blue Green Algae grows wild in mineral-rich Klamath Lake, Oregon, which is one of the purest bodies of water in North America. The immense nutrient-contents of the lake available to the algae occurred by a volcanic eruption at about the same time as the lake's formation. In this lake, is perhaps one of the few pure and wild superfoods, and enough of it to help nourish the inhabitants of the Western hemisphere. In fact if you were to empty the lake of all of its algae, it would regenerate itself within a few days.

The range of nutrients it contains almost perfectly matches our human needs. Klamath Blue Green Algae contains 20 antioxidants, 68 minerals and 70 trace elements, plus vitamins, amino acids (60% protein- higher levels than meat), essential fats and enzymes. Many people's diets are low in enzymes which are normally destroyed by food processing. As a single cell form, it is about 98% absorbable, comparing favourably to synthetic vitamin and mineral supplements which can end up as expensive urine. Also, its high chlorophyll content makes it very detoxifying and it is regularly used at the Hippocrates Institute in the USA for this reason.

This algae has immense benefits to the nervous system because its amino acid profile- the building blocks of protein- is almost identical to our human requirement and amino acids create the neurotransmitters in the brain which govern our mood, memory and ability to concentrate. Klamath Blue Green Algae also contains B vitamins, essential fats and trace nutrients which are important for the nervous system. Dr Stefano Scoglio of Nutritherapy Research Centre, a research institute affiliated with the Department of Natural Sciences at the University of Urbino, Italy has been coordinating (for the last 6 years) the laboratory and clinical studies performed on its health benefits. These clinical studies have demonstrated its impressive ability to alleviate mood disorders and balance the endocrine system. As a potent neuromodulator, it has long been known that it also has value

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for treating ADHD and other disorders of the nervous system such as Alzheimers and memory loss.

Klamath Blue Green Algae contains a unique ingredient which explains its special value to the nervous system. It is a good source of phenylethylamine (PEA), which is a natural endogenous neuromodulator. Oral intake of PEA has been shown to stimulate concentration and provide mental energy, as well as to elevate mood and alleviate depression. Through the dopaminergic cascade, it can suppress appetite and increase libido. Spirulina does not contain PEA. It is also one of the few green foods that can go through the blood-brain barrier. A further study has demonstrated it contains a utilisable source of vitamin B12 because there was an increase in blood levels of B12 and decrease in homocysteine in vegan participants. It is also has rich source of phycoerythrin - one of the most potent antioxidants known which functions as a COX-2 inhibitor (anti-inflammatory mediator) and

Effective Natural Products Backed by Research

Klamath's Best Organic Algae

Concentrated Wholefood Source of Nutrients
Brain & Nervous System Support
Vegetarian Source of B12
Detox Greenfood



The Really Healthy Company

Tel: 020 8480 1000 / www.healthly.co.uk

Algae researcher Dr. Scoglio will be lecturing in London on the use of Klamath Algae on mood disorders, ADHD and Autism. For info visit <http://www.healthly.co.uk/events.html>

Tools for Practitioners



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REFERENCES

Kirsten Brooks BSc Hons, DN Med is an experienced nutritionist and CThA member with a special interest in leading edge nutritional technology including Klamath Blue Green Algae. She works for The Really Healthy Company, which supplies the organic product Klamath Best.

has powerful neuroprotective qualities. The phycoerythrin is a principal reason high doses of Blue Green Algae has been shown in clinical studies by Dr Scoglio of Italy to markedly benefit inflammatory conditions such as psoriasis.

As there are many brands of Klamath algae on the market with different processing, look out for the freeze-dried ones which retain more nutritional value than air or heat-dried varieties, and ideally ones grown organically without pesticides or artificial fertilizers. Remember, when your mother told you to eat your greens, it seems she was mostly right; what she forgot to tell you was to eat your "Blue Greens".

Dr Scoglio will be speaking about his findings in the Brighton site of CNM (College of Naturopathic Medicine) on Thursday the 6th June, the London site on Monday 8th June and at Thames Valley University, Ealing on Saturday 6th June. For details visit www.healthly.co.uk.