

Natural Healing Express Weekly

Column Volume 188 Spirulina – The Super Nutrient

Chances are if you have been to our store or are currently a client, you've heard me at least mention my favorite super nutrient, Spirulina. Many of you are already taking it and experiencing its powerful effects, often related to an increase in energy. Some time ago, in a lecture or class or some type of learning format that I don't recall, I was asked by an attendee if I could take just one item to be stranded on a desert island, what would it be? Immediate thoughts drifted to a boat, cell phone, airplane or another "de-stranding" device, but realizing the question was targeted to what food/supplement would make the list, the answer became abundantly clear. There is only one reasonable answer – Spirulina. Not only could I survive on my new island home, I could function at a very fit level, provided I wasn't previously eaten by predators or had crash landed in a dysfunctional area of LOST.

What is Spirulina? First and foremost, I choose to identify it as a Super Nutrient. This means it is considered nutrition or in layman's terms - food for the body. Many people considered it a Super Food and I would agree with that as well, but Spirulina does much more than let's say a blueberry or a walnut, so I am going with Super Nutrient.

Spirulina is blue - green algae. Now before you are too traumatized to even give it a shot, remember you are not being asked to eat it raw; not that you couldn't, if your survival depended on it. Spirulina does grow by itself in the wild and you can consume it there if you wish. In fact, spirulina only needs direct sunshine and a small amount of water to grow, but most of us don't enjoy licking lakes.

To achieve desired ease of consumption, spirulina is harvested; collected and mashed, then dried. After drying it is packed into a powder, condensed into a tablet or granulated to a capsule. By the time you take it out of the bottle, it is in a very user friendly form, so down the hatch. I do not recommend smelling the inside of the bottle, it is very potent, and gives me instant flashback of a fishtank. I supposed now is as good of a time as any to mention spirulina is what gives lakes that late afternoon dark green coloring. It thrives in warm water.

Historically speaking, spirulina was utilized and mentioned in the 16th century by the Aztecs and North Africans. Think back a second here, that was before the onset of modern medicine. Just saying. France opened the first Spirulina plant in 1969 and Japan, Thailand, California and Hawaii quickly followed suit.

So what exactly is Spirulina and what does it do for the body? Spirulina is approximately 70% protein, which is greater gram for gram than red meat. It contains all of the daily essential amino acids which make it a complete protein. Many times in our diets we BELIEVE we are getting a true protein, but we end up lacking because our item of choice does not contain all of the essential amino acids; spirulina solves this issue. Being, complete, spirulina makes it much easier for vegetarians to get their daily allotment since many plant foods do not contain as much protein.

Spirulina also contains a large amount of Vitamin B12, one reason users gain energy. Spirulina is iron rich, which is the most common mineral deficiency. Spirulina contains calcium, magnesium, and

Vitamins A, B, C, D and E, which many times in our Americanized diet, we simply cannot attain thru food consumption.

Spirulina has been known to increase energy. It may also be useful in helping diabetics to control their food cravings, which would result in decreased insulin intake. It also has been used to help with weight loss/treat obesity, attention deficit-hyperactivity disorder, hay fever, stress, anxiety, fatigue, depression, and premenstrual syndrome. It may also help with alcoholism, herpes, arthritis, and cancer. As little as 2-3 grams per day can have great health benefits.

Typically, we ask clients to utilize two tablets in the morning and two at lunch. Come on in and get yourself some energy and nutrition today, hopefully I will see you when I get back from my island.

Hope to see you soon and as always, please contact us via one of the following methods. Natural Healing Express: Phone 815 990 8732, email: skscham@aol.com 204 W Main St, Lena, IL 61048.

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