

Dear Health Enthusiast:

**Microscopic Miracles...
The Amazing Power of Algae!**



By Patricia Keplinger RN BSN and Chris Ritchason

Confessions of a Baby Herbalist...

I (Patricia) have never been one to take my supplements willingly since I found out they weren't candy coated. (And I must say, that was a long, long time ago!) And, then to me encapsulated was the lesser of two evils compared to drinking liquid supplements. I have to confess that I have learned a great deal traveling with Dr. Jack and Chris Ritchason. At first I wasn't given a choice, I was just told take this hand full of supplements or drink this glass of who knows what. Given the fact that I kind of live in the Midwest in the middle of no-where, these "organic deli's" and "juice bars" were somewhat of an eye opener to me. I must admit, that I miss not having direct access to the juice bars where you can get all of these things that are good for you in a glass. Man...I have to apologize to Chris for all of my complaining! (Don't tell him I told you, ok!?!)) And now that the Cocoa Pebbles have been replaced with the Organic Granola, I am going to have to take a few lessons on making my own "good for me" smoothies and such.

Why the true confessions? Well, just wondered what was in the pH Green Zone and got a little more than I bargained for! It is amazing to see the components of true health that come from the world around us. This e-flash focuses on algae and the next will discuss the differences between the algae and seaweed and their various uses.

"The only way to keep your health is to eat what you don't want, drink what you don't like, and do what you'd rather not!"
Mark Twain

Klamath Lake blue-green algae

Klamath Lake in Oregon is the exclusive source of Klamath Lake blue-green algae. This is noted to be the "...most nutrient dense food on the planet, containing glyco-proteins, vitamins, minerals, simple carbohydrates, lipids and biologically active enzymes (1)." This type of algae has a soft nutritious cell wall that causes these nutrients to be readily available to the body. "As the body uses only a small amount of energy to convert this superfood into fuel, consuming Kalmath Blue Green Algae is a fast, efficient and energizing (2)."

Many ask what makes this type of algae special. Instead of being "cultivate", this type of algae reproduces itself and is considered a "naturally occurring perennial."

Interestingly enough, "micro-algae, existing at the beginning of the food chain, provides the simplest form of balanced, whole food nutrients...this allows rapid absorption of vital nutrients with 95% assimilability, at almost no cost to the body's digestive energy supplies. Most of the nutrients in AEA are active and in forms that are directly usable by the

body (3).” AFA can be defined as APHANIZOMENON (genus) and FLOS-AQUAE (species) which in greek means “invisible living flower of water.”

In a statement from Dr. Gabriel Cousens M.D., in the April 1995 edition of Body, Mind, Spirit Magazine, ““The greatest value of A.F.A. is not only its nutrient concentration, but its effect on the nervous system, specifically the pituitary gland, pineal and hypothalamus. People taking AFA have reported an overall increase in mental alertness, mental stamina, short and long term memory, problem solving, creativity, dream recall, a greater sense of well being and centeredness.’ “

The ADD/ADHD Blue-Green Algae Connection

In addition, in an excerpt from the book Attention Deficit Hyperactivity Disorder: A Nutritional Approach written by Karl Abrams, it is written that “While eliminating environmental toxins as much as possible, AFA blue-green algae helps to reactivate every cell of the body.” It is interesting to note that the AFA Blue-green algae now only helps eliminate toxins from the body but also helps the body absorb nutrients.” In a study conducted by the University of Central America in 1995 on ADD children taking about one gram per day, “marked improvement was noted in class participation and overall ability to focus on given tasks (4).”

Chlorella

Chlorella is a freshwater green algae noted for its chlorophyll content. It “...is used in the detoxification of heavy metals such as cadmium, uranium, and lead. Studies in Japan have shown that chlorella have shown that chlorella increases the excretion of cadmium from victims of cadmium poisoning. Chlorella contains many nutrients especially amino acids which support mental and physical energy and detoxification (5).” This supplement can be found in NSP’s Super Algae.

Over the years, two Nobel prizes have been awarded which relate to chlorella research. In 1931, German Biochemist Otto Heinrich Warburg received it in Physiology or Medicine for his study of photosynthesis in chlorella. In 1961 Melvin Calvin of the University of California received the prize in chemistry for “...his research on the pathways of carbon dioxide assimilation in plants using chlorella (6).”

In addition, Dr. Bernard Jensen has written some fabulous books on this topic as well. He was a true believer in the health benefits of chlorella.

Spirulina

Spirulina is a blue-green algae that grows in warm, alkaline fresh waters around the world. It “... is a rich source of nutrients, containing up to 70% protein, B-Complex vitamins, phycocyanin, chlorophyll, beta-carotene, vitamin E and numerous minerals. In fact, spirulina contains more beta-carotene than carrots (7).” It naturally contains protein representing all eight essential amino acids, as well as chelated minerals, natural plant sugars, trace minerals and enzymes. Spirulina is easily assimilated by the body. It also provides naturally occurring chlorophyll. Spirulina can be used as a pre-meal supplement. It is often added to food to increase it’s nutritional value as well. It is one of the few plant sources of vitamin B12.

Spirulina is an amazing source of nutrients and it may possess antiviral and anticancer effects as well. In addition, it “...has been used in Russia to treat victims, especially children, of the nuclear disaster at Chernobyl. In these children where the bone marrow had been damaged from radiation exposure, spirulina seemed to boost the immune system (8).”

There is a great deal of research that discusses that spirulina can be used to enhance the immune system. “Animal and test tube studies suggest that spirulina increases production of antibodies, cytokines (infection fighting proteins),and other cells that improve immunity and help ward off infection and chronic illnesses such as cancer (9).”

In addition, even though more research is needed in this area, there is some initial research that shows that spirulina may

help protect against liver damage and cirrhosis (liver failure) in those with chronic hepatitis.

There are many members of the NSP family of products that contain the amazing algae products which include:

Super Algae, pH Green Zone, and Spirulina.

[pH Green Zone \(Stock #1091-5\)](#)

NSP's pH Green Zone provides high-alkaline nutrition; supports normal-range blood sugar levels; helps cleanse and detoxify the body; and promotes energy, endurance and stamina. It contains healthful ingredients to provide the body with balanced nutrition and energy-rich nutrients. It includes asparagus powder, broccoli powder and kale powder for their alkalizing properties. This unique formula helps maintain balanced pH and provides a powerhouse of nutrition. It facilitates energy-yielding metabolism while promoting waste elimination and immune health.

Contains spirulina algae, amaranth seed, natural lemon juice, lecithin, chlorella, sprouted kamut whole leaf 5:1 extract, alfalfa juice concentrate, sprouted barley grass aerial parts, apple pectin, acerola cherry fruit extract, bee pollen, lemongrass aerial parts, brown rice, spinach leaves and stems, astragalus root, Echinacea purpurea root, milk thistle fruit, asparagus stem, broccoli flowers, kale whole leaf, ginger rhizome, flaxseed, beet extract, orange bioflavonoid, royal jelly, bladderwrack whole plant, elderberry 5:1 extract, hawthorn berries, red grape skin extract, eleuthero root, Ginkgo biloba leaf concentrate 24%, licorice root, polyphenol catechins (from green tea extract), rhodenol root and sodium copper chlorophyllin.

[Super Algae \(Stock #1056-5\)](#)

Super Algae [Vital Nutrition, Immune] packs all the benefits of the three most popular algae supplements on the market today. Algae is a super-food, rich in easily assimilable nutrients. Spirulina is often added to food for its nutritional value. Chlorella is a freshwater green algae noted for its chlorophyll content. Klamath Lake in Oregon is a pristine source of Klamath Lake blue-green algae. Super Algae maximizes protein, amino acid, chlorophyll and carotenoid content of each algae species, providing a balanced, nutritional formula. Super Algae also supports the immune system.

[Spirulina \(Stock # 681-1\)](#)

Spirulina is a blue-green algae that grows in warm, alkaline fresh waters around the world. Spirulina naturally contains protein representing all eight essential amino acids, as well as chelated minerals, natural plant sugars, trace minerals and enzymes. Spirulina is easily assimilated by the body. It also provides naturally occurring chlorophyll. Spirulina can be used as a pre-meal supplement. It is one of the few plant sources of vitamin B12.

Each capsule contains 400 mg of 100 percent blue-green microalgae.

It is important to note that these supplements are high in Vitamin K and should be monitored carefully if an individual is on blood thinner or has a known blood clotting disease.

Please don't hesitate to contact us if we can be of service to you.
"We're Here Because We Care!"

Health to you...naturally!

Chris Ritchason and Patricia Keplinger RN BSN
And The Back to Herbs Team

NSP.COM

1. Retrieved from <http://www.klamathbluegreen.com/information-about-klamath-blue-green-algae-information>.
2. Ibid.
3. Ibid.
4. Retrieved from: <http://www.klamathbluegreen.com/> Klamath-blue-green-testimonials
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6. Retrieved from: <http://www.nlm.nih.gov/medlineplus/print/druginfo/natural/patient-spirulina.html>.
7. Wiki chlorella
8. <http://www.umm.edu/altmed/articles/spirulina-000327.htm>
9. Ibid.

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