



Dulse

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Dulse (rhymes with pulse) is edible seaweed; a sea vegetable that has been eaten for centuries by the Irish, Scots, and Icelandic people. It is found in the northern coastal waters of both the Atlantic and the Pacific oceans. Its fronds are deep red to purple in color, and leathery in texture. Seaweed has been a common human food for centuries. Many communities established close to the seashore because of constant and easy availability of sea vegetables in these areas. A few types of sea vegetables are kanten, arame, kombu, nori, wakame, and dulse.



In addition to being eaten plain as a food source, dulse seaweed and other algae are processed for inclusion in various packaged foods, typically as a thickener or stretcher. There are a number of alternate names for dulse seaweed including sea parsley (Nova Scotia), dillisk or creathnach (Ireland), and söl (Iceland). Formally, the seaweed is identified as *Palmaria palmata*.

Dulse is common in the diet of people living in China, Japan, Canada, Ireland and North European countries. Dulse is appreciated as one of most versatile and valuable foods derived from nature. It is an excellent source of vitamins and other nutrients essential for the body. Because it is high in fiber, dulse is a very effective treatment for constipation. In years past, dulse was used to remove parasites and was also a treatment for scurvy, a condition brought about by a lack of vitamin C. Today it is a natural choice for plant nutrients essential for thyroid gland health and thyroid hormone secretion.

Rich in fiber

Dulse contains a large amount of fiber which although is not an essential nutrient but adds bulk to the food and help in the digestion of food. Intake of sea vegetables like dulse improves the digestion process and helps in treating problems like constipation. Fiber also lowers the risk of heart disease and diabetes.

Rich source of Vitamins.

Dulse is approximately 22 percent protein containing rich amounts of vitamins like Vitamin A and vitamin B. Vitamin A can improve night vision and also helps to maintain healthy white blood cell and bone marrow. Dulse also contains high amounts of B Vitamins such as B6 and B12, which help in the maintenance of a healthy brain and nervous system.

Provides chlorophyll.

Dulse contains high amounts of chlorophyll. Intake of dulse helps in restoring energy and vitality in the body.

Dulse used to be recommended by Irish herbalists as a hangover cure and a remedy for worms.

Good source of minerals.

Dulse is a rich source of minerals like iodine, which is necessary for the proper functioning of the thyroid gland. Dulse also contains trace minerals like iron, magnesium, potassium, calcium and zinc, which are also required for the proper functioning of the body. Unlike many other sea vegetables, dulse is low in sodium.



Iodine is especially important for women during the peri-menopausal phase wherein the progesterone hormonal levels become erratic often affecting the thyroid. Some medical experts have linked this type of thyroid issue to breast cancer. Iodine also plays an important role in immune function, metabolic rate, and energy production and is especially important for those on a low salt diet. Iodine is a potent heavy metal detoxifier. Iodine is not stored in the body and is rapidly eliminated from the body.

Dulse is packed with essential vitamins and minerals to boost the immune system and fight off colds, viruses, and diseases. The vitamin B12 in dulse is also an excellent source for extra energy helping to fight fatigue, memory loss and nerve damage. Vegans, especially, need a good source of sufficient vitamin

B12 in their diet as this nutrient is mostly found in meat. Dulse also contains the B vitamin, folate. Folate helps the body to break down protein and make red blood cells.

In the Western world, many foods lose their healthy nutrients through the preparation process. Dulse is very versatile, maintaining its high level of vitamins and proteins through any preparation process. The sea vegetable is also a good source of non-animal protein for vegetarians.

The best place to find dulse seaweed is in the intertidal zone, the area of the shoreline alternately covered and exposed by the tides, although dulse also grows in deeper water. Dulse starts as a flat blade that fastens on to rocks, then segments itself into leathery, finger-like blades. It is characterized by long trailing red to purple fronts, which can measure as much as 16 inches (40 centimeters). It is harvested when the tide goes out. Harvesters collect the seaweed and either eat it fresh or spread it out on netting to dry, making June through September the prime harvesting months, since the seaweed can be processed and dried outside.

This can be a dangerous profession in the Bay of Fundy, where 100 billion tons of water moves in and out twice daily, having the highest tides in the world. At high tide, the exposed ocean floor fills with water at the rate of one foot a minute, peaking at about 50 feet. One collector admitted to having had a couple of close calls over the years, getting his vehicle back to shore just in the nick of time.

Once dried, dulse may be powdered so that it can be used like a condiment, or it may be left in chunky form. The seaweed is added to things like soups and stews, and retains a slightly chewy texture through drying and cooking. The cooked seaweed also retains a hint of a marine flavor, and analysis has suggested that dulse also contains the elusive umami, or fifth taste.

Dulse seaweed powder, which has been rehydrated with either water or oils, can be used as an exfoliating body treatment to remove dead skin cells and impurities. The sea vegetable is also used in conditioners to help strengthen and soften one's hair.

Dulse is available in the supplemental forms of powder, liquid or capsule.



Be sure to try NSP's [Dulce Liquid \(2 fl. oz.\)](#), [Potassium, Combination \(180 caps\)](#) or [HSN-W® \(100 caps\)](#) from Nature's Sunshine.

References

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Yours in Good Health!

Sincerely,

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