

Healing

lifestyles & spas

magazine

Featuring: Outer Coast Seaweeds

The beauty elixir from the sea

*Aphrodite, born of the sea, owes her beauty to seaweeds.
Should you add this abundant sea vegetable to your beauty routine?*

By Felicia Tomasko

Seaweeds, although referred to as “weeds,” are actually sea vegetables rich in vitamins, minerals, phytochemicals, and other compounds that benefit our physical health-inside and out. Throughout history, and in cultures around the world, seaweeds have been used as food, medicine, and in cosmetic and body treatments.

According to naturopath Linda Rector-Page, author of the twenty-year-old reference book *Healthy Healing*, sea greens are some of the most nutritionally dense foods on the planet. In addition to their detoxifying attributes, seaweeds have important antioxidant and cell protective qualities; they can also strengthen bones, support weight management, deter cellulite build-up, soften the skin, help heal scars, and promote thyroid health and balance.

Research studies utilizing different types of seaweed suggest that these vegetables may be significant contributors to lower breast cancer rates among Asian women. Eating seaweeds has also been shown to regulate menstrual cycles, protect against viral infections, and provide a source of antioxidants. Seaweeds are shown to have anti-cancer properties and the gel made from kelp has even been shown to have soothing, anti-ulcer effects and heal damaged skin. Seaweeds are rich in vitamins A, C, E as well as antioxidant polyphenols.

Grouped by color, brown algae include kelp, kombu, and nori. They are rematerializing, detoxifying, and help reduce cellulite. Green algae, like wakame that are rich in vitamin C and other antioxidants, assist in stimulating collagen synthesis. Spirulina and other blue-green algae contain concentrated amino acids and stimulate cellular metabolism. Red algae soothe sensitive skin, and white algae are detoxifying and soothing.

Seaweed Products

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