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Featuring: Seaflora Wild Organic Seaweed Skincare

Wonders from the Sea

By Tanya Triber

Chances are you haven't given much thought to sea vegetables lately. Indeed, the closest most of us come to adding seaweed to our diets is by occasionally dining out in Japanese and Chinese restaurants. **The frequent spa-goer has likely experienced a detoxifying and slimming seaweed wrap,** but for many, seaweed, kelp, spirulina, and chlorella are foods that other people eat. Unless you're throwing a sushi party, **sea vegetables** just don't make the weekly shopping list.

However, promising anti-cancer research and a phenomenal nutritional profile may change that. According to Dr. Gabriel Cousens at The Tree of Life Rejuvenation Center in Patagonia, Arizona, "[Seaweed] is one of the best mineral sources as a food that there is, as well as a powerful source of many nutrients, phyto-nutrients, protein [if you consider spirulina, chlorella, and Klamath blue-green algae], and chelators for toxins and radioactive elements." Indeed, researchers at McGill University in Montreal have shown that alginates, a complex-carbohydrate found in brown algae prevent the absorption of such toxic metals as cadmium, mercury, and plutonium as well as strontium-90 (the radioactive toxin known to cause bone and bone marrow cancer).

Thanks to overly depleted soils and the less than impressive standard American diet, minerals are no longer abun-

dant in land-grown foods. According to Cousens, "There are 72 biological minerals, many of which used to be found in deep, rich, native topsoils, but have been depleted through unnatural farming. Only around 23 of the 72 minerals are then renewed by fertilizer." Ria Holmgren, national seaweed trainer for **Seaflora Wild Organic Seaweed Skincare** adds, "Seaweed is ten to twenty times richer in trace minerals than any plants on land." And though we don't need large doses of these minerals, they are significant to our overall health. "Trace minerals are what enable enzymes to work," Cousens notes, "and enzymes catalyze reactions necessary for the building and functioning of every physiological system."

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