

# A Case for Chlorella

DISEASES SUCH AS ARTHRITIS, GOUT AND REFLUX ACID SYNDROME, AND RHEUMATIC DISORDERS ARE CHARACTERISTIC OF AN OVERLY ACIDIC CONDITION.

By Sumaira Raza

Single-celled freshwater green alga, chlorella is used as a whole natural food supplement that contains all the beneficial components of the entire plant, in a synergically perfect balance. Vestige from the first forms of life on the planet, chlorella has survived virtually unchanged, 2.5 billion years ago until today.

High in bio-available vitamins, minerals and amino acids, chlorella also contains significant amounts of vegetable protein (over 60%), essential fatty acids, beta carotene and chlorophyll, known for its oxygenating, purifying and healing properties.

Chlorophyll bears a molecular structure identical to that of human blood, with the exception of one atom, making it able to carry oxygen directly into the blood stream. Chlorophyll is also one of the greatest food substances for cleansing the bowel and the other elimination systems, the liver and the blood. A clean bloodstream, with an abundance of red blood cells to carry oxygen, is necessary to a strong natural defense system.

In addition, chlorella harbors the mysterious Chlorella Growth Factor (CGF) that speeds up the healing rate of any damaged tissue. Substantial increases in energy and overall well-being, improvement of the skin tone and texture have been reported by many people who use green food supplements regularly. However, most green food contains less than half of one percent chlorophyll. Alfalfa, from which chlorophyll is commercially extracted, has only 8 or 9 pounds per ton, totaling only about 0.2% when extracted. As well, commercial liquid chlorophyll often yields as little as 1% chlorophyll. While green algae are amid the highest vegetal sources of chlorophyll, chlorella, ranks first with a chlorophyll rate ranging from 3 to 5%!

Several clinical experiments have demonstrated that chlorella stimulates a protective effect on the liver, as shown by its resistance to be damaged by toxins such as ethionine, or by malnutrition. Fulfilling over 500 functions, the liver is the most important organ after the heart.

Chlorella has also shown to lower

blood cholesterol and triglycerides. Laboratory experiments show regular use of chlorella can reduce high blood pressure and prevents strokes in rats.

One of the first effects usually noticed about chlorella is that it stimulates and normalizes an under-active bowel. Dr. Motomichi Kobayashi, director of a hospital in Takamatsu, Japan, prescribes chlorella for all his patients who are troubled with constipation. A US Army medical facility in Colorado found that chlorella fed to volunteers increased the amount of waste eliminated by the bowel. Additionally, in 1957, Dr. Takechi and his associates in Japan found out that chlorella promoted rapid growth of lactobacillus, one of the friendly bacteria that promote colon health. Chlorophyll is another agent that keeps the bowel clean.

The tough cellulose membrane of chlorella (which is not digested) binds to toxic heavy metals such as mercury, cadmium and lead and to other environmental toxins including pesticides, insecticides and radiation residues to carry them out of the body.

Experiments have shown that chlorella tends to normalize blood sugar in hypoglycemia (low sugar level) and diabetes (high sugar level). Proper levels of blood sugar, regulated by the liver and pancreas, are vital for normal brain function, heart function and energy metabolism, all of which are crucial in sustaining good health and preventing disease.

Chlorella has also shown to neutralize an acidic condition by raising the pH level of the body to make it more alkaline. Diseases such as arthritis, gout and reflux acid syndrome, and rheumatic disorders such as fibromyalgia, are all characteristic of an overly acidic condition.

Also, several years ago, Japanese doctors discovered giving chlorella to cancer patients going through radiation therapy or chemotherapy helped prevent leucopenia, the sudden drop in white blood cell count which usually accompanied those therapies that leads to fatigue, low energy and low resistance to infections.

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