

Give yourself a green-food energy boost

Chinese medicine, correlates with two pairs of meridians running down your face).

Others have confirmed these effects (thank goodness, because it's not cheap) but I hadn't appreciated the potential of chlorella to help a wide range of health conditions until I talked to leading natural health practitioner Nadia Brydon.

She has used it personally and professionally for over five years and says: "It's a very important product as it combines so many nutrients."

Chlorella is a whole plant food from the family that includes seaweed and spirulina.

Randall E Merchant, professor of anatomy and neurosurgery at Virginia Commonwealth University Medical Center, describes it as a "unicellular green alga that grows in fresh water, with the highest content of chlorophyll of any known plant".

According to Nadia, "Chlorophyll balances the levels of acid and alkali in the body, known as the pH balance.

"This helps reduce inflammation, which is now believed to be the underlying cause of many diseases, including heart disease, some cancers, arthritis, fibromyalgia, inflammatory bowel conditions, and also autoimmune conditions such as lupus, psoriasis and rheumatoid arthritis."

The ideal pH is 7.4, the same as healthy blood and also chlorophyll.

In studies, Sun Chlorella has helped people with fibromyalgia, high blood pressure and ulcerative colitis.

Chlorella also contains significant amounts of bioavailable iron, so Nadia suggests it for anaemic patients, too. She also recommends it to patients at Breast Cancer Haven in London (breastcancerhaven.org.uk), where she is the senior therapist.

As well as nourishing them for the rigours of cancer treatment, chlorella is, says Nadia, "second to none for constipation", a frequent side effect of cancer drugs.

Malini Chabba, 33, who is recovering from aggressive breast cancer, was first given Sun Chlorella when she underwent a living-foods detox at Hippocrates Health Institute in the US.

She now sees it as an essential part of her immune-system-boosting programme: "I need to take good care of myself and this is my insurance policy."

Ideally, we would all get our chlorophyll quota by drinking daily green juices and smoothies (with barley grass, wheatgrass, spirulina, green veg/leaves, etc), but that's a tall order. So chlorella is an easy way of getting valuable green nourishment to help enhance your general strength and wellbeing.

Sun Chlorella, 19.95 for 300 tablets, from Victoria Health, see opposite

SOLE SOOTHERS

If you walk a lot on pavements, try my new favourite Gel Doctor ForFootsAche, gel-filled inner soles that transform shoes into the equivalent of a water bed. The gel oozes round carefully mapped channels as you move, apparently stimulating muscle action and increasing blood and oxygen flow. Also recommended for pregnancy and sufferers of low back pain, arthritis, varicose veins and diabetes. 9.95 a pair, or 12.95 with circulation-boosting magnets, from Victoria Health, see opposite.

WHITE OR WRONG?

Some at-home teeth-whitening kits sold on the internet contain dangerous levels of hydrogen peroxide and abrasives, which can burn gums and damage teeth, according to the British Academy of Cosmetic Dentistry (bacd.com). So check with your dentist before you order one.

WEBSITE OF THE WEEK

STROKE.ORG.UK The Stroke Association gives tips on reducing your risk of stroke and explains the FAST (face, arm, speech test) diagnosis. Getting

the patient to hospital within three hours can transform their chances of recovery, so do look at it.

About the Author

From www.dailymail.co.uk:

As mentioned earlier, both the flux fusion and acid digestion analyses were calibrated with the same standard reference.

Learn about probiotics,enzymes,nausea,digestion,digestive,heartburn,acid reflux,candida,natural digestive aid,natural constipation relief,nausea.

The following preparation procedure was taken from our procedures manual for the acid digestion of biological samples. Only excerpts.

Parr acid digestion bombs have added a new alternative to the task of preparing analytical samples for analysis. By combining the unique.

Acid Digestion of Waters for Total Recoverable or Dissolved Metals for Analysis by. Acid Digestion of Aqueous Samples and Extracts for Total Metals.

A procedure involving simultaneous digestion of 60 soil samples with perchloric acid and determination of extracted orthophosphate with an ascorbic.

Essential oils from herbs such as peppermint, fennel, anise, cinnamon and ginger are a natural way to ease digestive symptoms from indigestion.

A method of minimizing corrosion deterioration and hydrogen absorption embrittlement of tantalum encountered in performing acid digestion.

Source: <http://www.productsherbal.com>