SPIRULINA

Spirulina is a blue green algae that is one of the oldest species on earth. It thrives in natural alkaline lakes, it has been used for food, pharmaceutical, biochemicals, fertilizers, herbal products, ETC. Many cultures in human history used it as food such as Kanembu people of central Africa, and the Aztecs in Mexico. There are over 25,000 known species of Algae, living everywhere. Most algae live off sunlight through photosynthesis, but some live off organic matter like bacteria. They range in size from a single cell to a giant kelp over 150 feet long. Larger algae like seaweeds are called macro-algae. Micro-algae can only be seen under a microscope. Micro-algae are blue green algae like spirulina, green algae like chlorella, Nori, red algae, like dunaliella and dulse.

Spirulina is a filamentous Algae, with cells stacked along a spiral shaped filament up to a millimeter in length, it looks like a coil or a spring. Today spirulina is called a super food because its nutrients are, more concentrated than almost any other food, plant, or herb. It's protein content of 65% is the highest of any natural food, far more than animal flesh (15% - 25%), soybeans(35%), milk(5%), nuts(20%). Spirulina is a complete protein because it contains all essential and non-essential amino acids. Spirulina is a vegetable source of protein meaning it is comprised of mostly functional protein, which means most of the protein will be used by the body. Unlike dead proteins in animal products (structural protein), spirulina after digestion does not create Uric acid in the body which means it will help to build tissue faster because it has live protein (functional). It has no hard cellulose in its cell walls, this also ensures its protein is easily digested and assimilated in the body, about 90%-95%.

Ten grams of Spirulina provide a remarkable 23000 IV of beta carotene or 46% of the US RDA of vitamin A, ten times higher than a carrot. Spirulina is a rich source of B-12, higher than beef liver, steak, or poultry. It is the best source of vitamin B-12 for a vegan, and is actually bio-available, can be absorbed by the body. Spirulina absorbs and naturally chelates many trace minerals. Minerals in these organic forms are more easily assimilated by the body.

Spirulina is the richest iron food, 20 times higher than common iron rich foods because of its blue pigment and high chlorophyll content, the iron in spirulina is over twice as absorbable as iron found in vegetables and most meats. Many Iron supplements are not well absorbed, and causes constipation as a side effect. Study show iron in spirulina is 60% better absorbed than other iron supplements such as iron sulfate.

Although spirulina is not known as a calcium source, it is one of the most concentrated calcium foods, supplying more calcium gram for gram than milk, and it does not create mucus like milk. Spirulina is also rich in magnesium. Magnesium facilitates the absorption of calcium and helps to regulate blood pressure.

Spirulina contains essential fatty acids (EFA) and Vitamin E. It also contains EFA in the form of gamma linolenic acid(GIA) GLA is the precursor to the body is prostaglandins-master hormones that control many functions. The only other known sources of Dietary GLA are mothers milk and oils and extracts of evening primrose black currant and borage seeds. Spirulina also contains carotenoids (yellow and orange pigments), chlorophyll sometimes called green blood because it is similar to the hemoglobin molecule in human blood. Because of its chlorophyll, and high iron content spirulina is a good blood builder especially for Anemics.

Phycocyanin is a protein complex that gives spirulina its blue pigment. spirulina contains enzymes, which are catalysts for chemical change in the body. Enzymes are living substances that all food contains. This is the major difference between synthetic vitamins and plant based vitamins. Plant based vitamins contain enzymes, without enzymes your body could not assimilate the vitamin and mineral content of spirulina. Enzymes are a catalyst for your body to assimilate vitamins and minerals.Enzymes can only come from a living source, this is why man made vitamins are inferior.

The Bible describes when the Israelites were starving in the wilderness, god provides Manna from heaven, a flake –like thing, lying on the ground. many believe this manna was really a form of spirulina.

In east Africa, millions of Flaming feed entirely on spirulina from the alkaline lakes. Many other animals depend on algae for their survival. Spirulina's high vitamin and mineral content make it an excellent appetite suppressant. It is good to use when fasting or a restricted diet needed. Spirulina is a good source of energy when taken of a period of time. Spirulina is an alkaline food this is why it will help raise the ph of the body of an acidic person, when taken, in conjunction with an alkaline diet (fruits and veggies).