



Spirulina Plant

Carminatives to relieve gas, stomachic, antiseptic, antispasmodic, diarrhea, colds, cramps, headaches, cancer, fevers, nausea, cholesterol, hypoglycemia, Candida albicans, counteracting body odor.

Information: Herbals/Nutritionals/Medicinals can be very strong, consequently, if each one is not tailored to your specific needs, then you can risk more harm than good. This information is meant to be used by your VHC Medical Team and personal Physician as they build your Total Health Plan. Never attempt to adjust your prescribed medications and/or Natural Treatments without your physician's and Medical Team's knowledge and guidance. Since herbals/nutritionals and medications can interact with each other, it is always advisable to consult with your health care provider and The Vibrant Health Community at www.VibrantHealthCommunity.com (or call 1-866-378-8253) *before* starting/changing your program.

Botanical: *Spirulina pacifica*

Family: *Lichinaceae* (lichen)

Other common names: Blue Green Algae, DIHE, Tecuitlatl

Spirulina is sometimes called the *greatest nutritional food source on earth* and is also thought to be a *powerful immune system stimulant, an effective antioxidant that fights free radicals* and a supplement that *helps control cholesterol and blood sugar levels*.

The name *Spirulina* is derived from the Latin word for helix or spiral, referring to the physical configuration of the organism, which forms swirling, microscopic strands. Some of the constituents included in *Spirulina* are the world's richest natural source of both vitamin B-12 and beta-carotene, beta sitosterol, biotin, folic acid, alpha linolenic acid (omega 3), gamma linoleic acid (omega 6), vitamins C and E, polysaccharides, calcium (more than milk), niacin, thiamin, riboflavin, pyridoxine, iron,

phosphorous, protein (twenty times as much as soybeans growing in an equal-sized area), 62% amino acid content (all nine that the body must derive from food and the building blocks of life), the nucleic acids RNA and DNA, chlorophyll and the polypeptide, phycocyanin (the pigment found only in blue-green algae/*Spirulina* that has increased the survival rate of mice with liver cancer in laboratory experiments).

Beneficial Uses: *Spirulina* is said to be an extremely potent and healthy energy booster. Olympic athletes have been known to take *Spirulina* for endurance, as it reduces the buildup of lactic acid in muscles. The reduction of lactic acid also helps the recovery rate after strenuous exercise. *Spirulina* is believed to

increase physical sharpness, as well as improve mental acuity and clarity.

Spirulina is a powerful tonic for the immune system and is thought to activate the key immune T-cells, B-cells and anti-cancer Natural Killer cells (NKs), as well as macrophages that engulf and kill germs

and fight infection and disease. According to a study completed by the University of California, Davis, School of Medicine and published in the *Journal of Medicinal Foods*, the addition of Spirulina to cultured immune system cells significantly increased the production of infection fighting cytokines. It is also thought to regulate cell and organ function and enable them to function, despite stress and environmental toxins. Some research claims that it may also help the body to generate new blood cells.

Spirulina is considered an excellent antioxidant. The beta-carotene content acts as the antioxidant that is said to reduce the progress of certain malignant growths and neutralize and eliminate free radicals produced by nuclear irradiation. The Vitamin E and the superoxide dismutase found in Spirulina are also strong antioxidants that combat ageing and infection.

The high natural beta-carotene content in Spirulina is said to help improve eyesight and avoid night blindness and has an advantage over synthetic beta-carotene and regular Vitamin A (which causes kidney damage in large quantities) in that it will absorb only the amount it needs and excrete the rest.

Spirulina is one of the most nutritional, natural whole foods available and has been used to combat malnutrition in deprived areas, and unlike other algae, it is easily digested. It is also said to aid the absorption of minerals. It is exceptionally high in vegetable protein, which is especially beneficial, as it contains none of the harmful fats or cholesterol found in meat and is

one of the few non-meat sources of vitamin B12.

The chlorophyll in Spirulina helps to maintain a healthy gastrointestinal system and cleanse the bowel and aid the digestive process. Because Spirulina contains such a high chlorophyll content, it is thought to be effective in counteracting body odor, and the herb also helps to decrease urine and fecal odors due to incontinence.

The non-saturated fatty acid (gamma linolenic acid) in Spirulina is believed to strengthen cell membranes, thus reducing infection, and the polysaccharides produced by Spirulina have been thought to keep the HIV-1 virus from replicating. It is also said to rid the intestines of *Candida albicans* infection, which may commonly lead to malnutrition in AIDS patients.

Spirulina is believed to help in weight loss programs by curbing the appetite, and according to a 1986 study, overweight patients showed a significant reduction of body weight after including Blue Green Algae in the diet for four weeks.

Spirulina is also thought to be good for people with hypoglycemia who may benefit from using it between meals, because its high protein content helps to stabilize blood sugar levels. Spirulina is said to reduce the LDL (bad cholesterol) levels in the blood, while increasing the production of HDLs (good cholesterol). This activity promotes greater blood circulation and may therefore reduce the risk of arteriosclerosis, strokes and heart attacks.

Contraindications: Currently, there are no known warnings or contraindications with the use of Spirulina; however, you should stop taking it if there is any itching, tightness in your throat or chest pain due to allergy.