What does chlorella do for the human body?

Source: www.bio-sources.com

In order to illustrate the complete scientific research that has been done on Chlorella, in the Foreword of “Chlorella Natural Medicinal Algae”, Dr. David Steeblock, B.S., M. Sc., D.O wrote:

"As you can see from the small number of pages and the large number of references, only the highlights of the scientific research have been included but I would estimate that it includes at least 98% of all the clinically useful information needs in order to understand and utilize this substance effectively. This book is intended for the intelligent layman and health practitioner looking for answers in regard to preventing and reversing health problems. I hope that this book will serve to educate the public of the benefits of chlorella and that the public discovers its usefulness so that each and everyone may live a long an healthy life”

Chlorella and detoxification

"Detoxification refers to the removal of toxic substances from the body. These substances are either poisons that have entered from the outside of the person such as occurs in pesticide poisoning or may occur from within the body, e.g., when the colon contains bacteria that produce toxic substances or as a result of inefficient metabolism of the body as a whole.

The detoxification capability of chlorella is due to its unique cell wall and the material associated with it. The cell wall has been shown to have three layers of which the thicker middle layer contains cellulose microfibrils.

Clinical studies and medical researches have showed that toxins such as arsenic, mercury, lead, pesticides, in: uranium, P.C.B, radio actives materials etc. have been successfully detoxified from the human body; chlorella absorbing these toxic substances and then escorting them safely out of the body.

These toxins commonly found in nearly everything we ingest, touch and breathe create various diseases and disorders, including allergies, skin reactions, cancer etc.

Cadmium, for example, is suspected of contributing to high blood pressure and atherosclerosis,(30),(31), and to take responsability in the activation of blood clotting. This is one of the reason why the air from cigarette smoke, filled with cadmium, is so toxic to second-hand smokers.

"The clinical usefulness of Chlorella to detoxify cadmium was shown by a scientific study by Hagino, et.al., (71) who demonstrated increased excretion of cadmium in persons suffering from "Itai-Itai (cadmium poisoning).

Dr. Ichimura has reported that he gave 8 grams daily of chlorella to patients suffering from pain caused by cadmium obtained good results. When chlorella was given for 12 days, cadmium in the excretions of the patients increased 3 times over the baseline. After 24 days of chlorella the cadmium in the urine has decreased 7 times greater than baseline and the pain of the patients was markedly reduced.

Pesticides, Insecticides, P.C.B. Removed

Chlorella has been used to detoxify people suffering from P.C.B. exposure (polychloribiphenyl). Doctor Ueda of the Kitakyushu City Institute for Environmental Pollution Research in Japan gave 30 patients who suffered from P.C.B. exposure, daily doses of 4-6 grams of Chlorella for a one year period. As a result almost all improved (less tired, better digestion, normal bowel movements).

Beside P.C.B., chlordecone (kepone), another very harmful chlorinated hydrocarbon insecticide, has been shown more than twice as fast from the body when Chlorella is taken by mouth."
A hundred years ago only 1 in 30 people died of cancer! Between that time and today critical factors to health have unfortunately, cancer has become a familiar occurrence to us. Exposure to environmental toxins from foods, water, and has sadly become a part of our daily biology. Healers generally agree that cancer initially results from malnutrition and body toxins, leading to cancer cells in the body. But rather than treating a localized tumorous manifestation, a wiser approach is to address the entire body nutritionally and to thoroughly detoxify it in order to have a chance to permanently reverse cancer.

Deterioration of the immune function, which eventually allows cancer cells to multiply, may begin with allergens in food choices. It may result from heavy metals, viral or fungal agents, chlorine, nicotine and other chemical toxins, x-rays, and electromagnetic elements. It may also result from stress, negative attitudes, or any other influence that taxes the immune system beyond its capacity to respond to it.

Most healers further agree that any influence which weakens the functional capacity of our liver increases our risk of cancer. When the liver fails to process all the toxic materials that are brought to it, toxins back up in our immune system, with which the body is not able to deal with more toxic influences.

Cancer represents the most extreme form of nutritional collapse. It starts to develop when oxygen uptake is inhibited and red blood cells deteriorate (15).

Studies have shown that the hot water extract of Chlorella stimulates macrophage, interferon, B cell and T cell production resulting in anti-tumor, anti-bacteria and anti-viral properties and effects.

- **T-cells** are active against viruses and cancer;
- **B-cell** are active against fighting bacteria;
- **stimulation of macrophages** increases cancer cell destruction as well as removal of foreign proteins and chemicals;
- **interferon** is a natural secretion of the body and is thought to be a physiological stimulator of macrophages (2,7,8).

The stimulation of macrophages increases cancer cell destruction as well as the removal of foreign proteins and chemicals. This is an important property since there are a limited number of macrophages in the body, allowing just so much removal of harmful substances from the blood. This shows the capacity of Chlorella to prevent not only cancer or pre-cancerous conditions, but other diseases associated with viral infections as well.

We have also seen that Chlorella contains the highest known source of chlorophyll. Chlorophyll helps in the prevention of the increasing the oxygen uptake, therefore promoting cell reproduction.

Because of the similarity between the size of Chlorella cells and our red blood cells, and between the characteristics of chlorophyll, Chlorella has been demonstrated to tonify the blood in clinical observation. Subsequently the name of "vegetal blood"

Chlorella may strengthen liver function and increases its ability to remove fungi, bacteria and poisons from the blood. Detoxing body toxins is crucial in a cancer-fighting program.

Because of the broad nutritional profile of this natural wonder food, Chlorella could be the healing and energy food to prevent or reverse cancer. Thousands of papers about nutrition have related the effects of vitamin A and beta-carotene to strengthen the immune system in cancer prevention and treatment.

They have shown that people who eat plenty of green food and yellow vegetables have fewer cancers, due to the high vitamin A content of these foods. In addition, when high doses of vitamin A are combined with radiation therapy in the treatment of cancer, the treatment dose of rad 50% and the patient can tolerate larger doses with fewer side effects (5).

Beta-carotene has been shown to destroy cancer cells and to enhance macrophage production of the tumor necrosis factor and stimulates interleukin I. Beta-carotene works synergistically with vitamin E as an antioxidant to stop cancer in its initial stages.

Extract of algae were also studied and were shown to be more effective than just beta-carotene, causing the Harvard group factors are to be found in algae that give algae more anti-tumor effects than can be explained by the beta-carotene content alon
By stimulating the body's immune defenses, the wonder food Chlorella provides the body with extra ammunition so it can fight cancer more effectively. However, Chlorella is not an anti-cancer treatment in itself but rather is a safe, alternative cancer treatment and potent a with conventional treatments. Studies have indicated that, as a "biological response modifier", the green food Chlorella can provide critical health benefits to people weakened by illness, severe treatments and a suppressed immune system, improving their life, without interfering with conventional cancer therapies, and possibly reducing future recurrences of viral infections that have escaped surgery or other treatments.

Some nutritionists have recommended that people who have cancer take as much as 20 to 30 grams of Chlorella per day, as well as Chlorella. However, it is strongly recommended that a nutrition-oriented physician monitor the specific dose and application of Chlorella in each individual case.

Chlorella, with its dense nutritional profile, contains a wide spectrum of healing nutrients such as vitamin A, C, chlorophyll and C.G.F, to name a few - that could help to prevent and treat a wide spectrum of diseases. Most of the by nutrient deficiencies affecting all of us, in our present era of mega-commercialization and food processing.

At Kyushu University Medical College in Japan, chlorella was given to five patients who were previously taking conventional medicine, including antibiotics, and who showed resistance to healing. In three cases, their wounds healed in less than three months, while two of the more serious cases took about two months to heal.

Under optimum sunlight and fertile conditions, each chlorella cell multiplies into four new cells within 24 hours, which in turn continuously multiply into four new cells daily etc. It is this unusual characteristic of photosynthesis, as well as its composition that give chlorella its outstanding healing properties. By providing us with all necessary nutrients to live a healthy life, chlorella builds a layer of protection for our body's defense.

Because of the size of chlorella and our red blood cell as well as the characteristics of chlorophyll and our hemoglobin, clinical observation have demonstrated chlorella to fortify the blood, giving it the name of "vegetal blood".

DNA (deoxyribonucleic acid) and RNA (ribonucleic acid) are our nucleic acids. The high DNA and RNA content of chlorella with nucleic acids for cell rejuvenation. Dr. Benjamin S. Frank, author of "Nucleic Acid Therapy in Aging and Degen"er, found that deteriorating cells can be rejuvenated if they are provided with substances that directly nourish them.

By helping the body to stay well supplied with nucleic acids, Dr. Frank has found that you can look and feel younger than you actually are! When using foods high in DNA and RNA content Dr. Benjamin Frank also discove such as heart disease, emphysema, arthritis, memory loss, vision deterioration and depression would disappear!

Among testimonials of rejuvenating experiences, clearing of the mind, high level of energy, well being, clearance of morning breath, younger and smoother looking skin, flatter stomach, enhanced sexual energy, have been reported. Below are some of the volunteers' comments that were reported following a 6 weeks study at the Aging Research Institute:

15 tablets per day (2)

- "helped the vaginal yeast problem"
- "My hands and feet were cold before, but the tablets helped them get warmer"
- "I have decreased cravings for sweets"
- "My hair is no longer dry and has been improved"
- "reduced foods cravings, heart burn, and bad breath"
- "reduced headaches"
- "feel more alert, better memory, improved energy"
- "reduced coating on my tongue"
- "reduced day sleepiness"
- "cleaned up the tarter on my teeth" (patient chewed the tablets).
"Chlorella Natural Medicinal Algae" by Dr. David Steeblock, B.S., M. Sc., D.O

Our modern lifestyle commonly including a diet rich in meats and fat; stress and pollution, our body tends to become acidic. Also becomes less efficient to retain water, sodium and potassium which also contribute it to be more acidic, thus allowing diseases to most alkaline foods chlorella is known to have the ability to balance the pH level and therefore to neutralize the body in slightly alkaline form.

Through hundreds of clinical studies and medical observations, the healing properties and health benefits of chlorella have been reported to treat the following:

Allergies, anemia, asthma, cold, cold sores, flu, bad breath, body odors, acne and skin problems, burns, wound healing gums and loose teeth), pneumonia, P.M.S, herpes simplex, stress, eczema, jet lag, fibrous cysts, depression, chronic f: Epstein-Barr virus syndrome, mononucleosis, yeast Candida problems, seizures, hypoglycemia, hypertension, hormor from drug addiction, alcohol hangover prevention, detoxification, liver toxicity, bowel and colon toxicity, constipation, pressure, atherosclerosis, pancreatitis, peptic ulcers, duodenal ulcers, gastritis (9), diabetes, heart disease, cancer, an: obesity, sciatica, sinusitis and nasal congestion, emphysema, AIDS, degenerative illnesses associated with aging, Alz disort, growth and development of children.

A few References representative of the researched, scientific health benefits and effects observed with the use of Chlo this site.

Chlorella's medicinal qualities

Would you like to:

- Supercharge your system with energy & vitality
- Trigger your own body healing powers & responses
- Stimulate your immune system to protect you against viruses and diseases
- Rejuvenate & reverse premature aging
- Enhance your strength and endurance
- Promote normal bowel movements and toxins elimination
- Optimize your weight and/or promote weight loss
- Reduce hunger and cravings
- Tame your heartburns and body acidity
- Nourish your brain and nervous system to fight stress, memory loss and depression?

Then would you like to know that there is a medicinal unicellular green algae, called Chlorella, literally reputed to be that could help you boost your own life force? You might think it is science-fiction, yet, from hundreds of references whole food have praised its remarkable healing & balancing health benefits for over 50 years!

As a matter of fact, studies have shown that Chlorella can help you with:

- The detoxification of heavy metals, pesticides & other toxic materials...
- The prevention of bacteria, fungi and toxins ...
- The protection and detoxification of the liver...
• Immune deficiency...
• Digestion problems and constipation...
• Halitosis (bad breath) and body odors...
• The regulation of the insulin level, blood sugar and blood pressure...
• The normalization of hormones...
• The alkanalization of the body and the pH balance...

No matter how sophisticated technology and sciences are, no man-made formula could ever duplicate the extreme whole foods structure and vitality.

Often derived from synthetic sources, and/or isolated from their natural co-factors, multiple- vitamin and mineral for phytochemicals, and other synergetic & health-supporting nutrients that cannot be fractionated. On the other hand, designed by Mother Nature, is bio-available, meaning "body-ready" and is recognized by it as a live food. They address the body as a WHOLE inter-related system, at its cellular level, to fit our genetic and nutritional requirements.

This is why it often happens that people who have decided to take chlorella for a particular symptom, have later read them with other health problems as well!

No other food offers such a powerful and wide range of nutrients from different groups as Chlorella does.

Nutrients support and replenish the blood, which, in turn, supports our levels of health and energy. When the body experiences a direct deficiency of essentials minerals or vitamins required for energy production, or indirect deficiencies from emotional/psychological distress, it produces lactic acid. The production of lactic acid causes Metabolic acidosis which could bring about dysfunction in the cellular respiration in different tissues. It could also be expressed in neurodegenerative disorders such as Parkinson’s disease, and in the acceleration of aging.

With its high nutritional value, Bio+ Chlorella® can provide the body with the proper nutrients it needs to heal itself naturally. Chlorella covers a full spectrum, from the most balanced food to the most complete pharmaceutical action.

Unlike spirulina, alfalfa, wild blue-green, green barley juice or any other green products, Chlorella has unique detoxification and immunostimulation properties. Its array of nutritional components is also astonishing!

In fact, Chlorella contains:

• **more than 20 different vitamins and minerals** (vitamins A,B-1, B-2, B-3, B-6, B-12, C, E, K, Beta -carotene: phosphorus, magnesium, iron, calcium, zinc, thiamin, iodine, pantothenic acid, folic acid, biotin, niacin, inos copper and cobalt). Chlorella contains six times more beta-carotene than spinach, a powerful anti-oxidant to the bloodstream and lymph, protect the immune system, prevent or help treat cancer.
• **19 of 22 known amino acids, 8 of which are essential building blocks of the protein needed for growth**
• **60% of the highest quality natural protein** to maintain normal body weight and muscle mass, to build new damaged cells. Chlorella as a high content protein can be used by vegetarians and can constitute a good Weight Control Aid. As Dhyana Bewicke describes it in her book "Chlorella: The Emerald Food":

"According to standard nutritional tests, the digestive absorption of the protein in spirulina and chlorella is f compared to beef. Since they contain about three times more protein than beef, greater absorption means that twelve times available from the algae than from the same weight of beef."
- **Essential Fatty Acids**
  "Chlorella contains a greater quantity of fatty acids than either spirulina or wild blue-green. About 20% of these are artery-cleansing, omega-3, alpha-linolenic variety; perhaps this is one reason chlorella has been shown to be so effective in reducing cholesterol in the body and preventing atherosclerosis."

- Chlorella is the highest known source of **chlorophyll** - ten times more than alfalfa and four times more than chlorophyll a plant contains, the greener it is.

  Chlorophyll is effective in detoxifying the liver and bloodstream, stopping bacterial growth, cleansing the respiratory system, feeding the friendly bacterial flora and getting rid of bad breath, morning breath and bad smell. It can help to reduce inflammation and tumor development, and rid the body of damaging toxins and free-radicals, by helping to build blood and new tissue, chlorophyll can prevent aging and support a healthy immune system. As a matter of fact, improvement of anemic conditions and high blood pressure has been conferred to chlorophyll because of its similar molecule structure with our red blood cells. The raw chlorophyll of chlorella is much more desirable than the man made variety.

- **Over 18% of Chlorella Growth Factor (CGF)** the mysterious key to the rejuvenation ability of Chlorella. CGF, which are the building blocks of life. The latest research by Dr. Minchinori has reported levels of 10 percent DNA in Chlorella which means that Chlorella is 17 times higher in RNA than canned sardines! CGF topically on damaged tissue, has stimulated tissue repair in mature adults and animals, and even of tissue that resisted to traditional healing methods. Experiments by Dr. Yoshio Yamagishi at Okuno Primary School in Tokyo has demonstrated CGF to cause children and young animals to grow at a much faster rate. CGF also activates crucial to a healthy digestion, such as lactobacillus, to multiply at four times the normal rate.

- **Enzymes** such as chlorophyllase and pepsin and dietary fiber, offering more support to a **healthy digestion**

- The unique cell wall of Chlorella actually binds to toxins, heavy metals, pesticides, carcinogens such as PCB to detoxify your system. Another feature of the cell wall is a substructure that contains complex polysaccharides stimulating the production of interferon, as well as other anti-tumor and immune-enhancing activities to protect the body against viruses & diseases.