

Chlorella to Detox

by Isabelle Vetesse

As a whole food, chlorella, among the elite few of the "near Perfect" category has a wide range of astounding benefits. Not only chlorella is an efficient means to detoxify environmental toxins & heavy metals, and to stimulate the often flagging immune system of cancer patients, but it also provides the body with a stunning amount of bio-chelated vitamins and minerals; phytochemicals and other anticarcinogenic substances such as carotenoids, chlorophyll, flavonoids, etc., all naturally balanced and bio-available which won't accumulate in the body as a toxic by-product.

The clinical usefulness of chlorella to detoxify cadmium, P.C.B, mercury, copper, uranium and lead has been shown by diverse studies conducted, among others, by Hagino, et. al. and Dr. Pore of the School of Medicine at West Virginia University.

Several studies conducted on chlorella's influence on the inhibition and prevention of cancer, discovered the plant's stimulation activity of macrophages and T-cells by increasing interferon levels, thus enhancing the immune system's ability to combat foreign invaders such as viruses, bacteria, chemicals or foreign proteins.

In 1990, a study at the Medical College of Virginia administered 20 grams of powdered chlorella and 150 ml of liquid chlorella to 15 glioblastoma patients, combined in some cases with standard chemotherapy and/or radiation therapy. A significant and immediate increase in health and immune status, and a striking 40 percent -instead of a normal 10 percent - two-year survival rate followed!

Studies also showed that the chlorella growth factor (CGF) improves resistance to abdominal tumors while increasing the number of immune cells in the abdominal cavity, and that chlorella promotes cell reproduction, reduces cholesterol and increases hemoglobin levels.

A 1992 Japanese study confirmed the impressive effects of chlorella on blood chemistry, by increasing red blood cells, white blood cells, platelets and albumin. Many people with cancer have a decreased level of albumin. Because of its broad nutritional and detoxifying profile, chlorella promotes the repair of bodily organs and tissues that have been injured or otherwise damaged.

In all, the anti-cancer, detoxifying and nutritional properties of chlorella make it a vital dietary food supplement for anyone battling or wanting to prevent cancer, as it not only falls into the "can't hurt" category, but it could improve results, no matter what form of therapy someone chooses - radiation, chemotherapy, surgery, or a holistic approach.