

CHLORELLA for Stress and Aging

By Isabelle Vetesse

As research shows, stress hormones can damage brain cells, particularly in the learning and memory center, and holding high levels in old age can significantly impair our ability to grow new ones. Other age-related symptoms such as "brain fog" or memory loss can creep up on all of us. Then, there is the heart-breaking forecast of Alzheimer's disease, a slow death of the brain that kills off neurons regulating memory and cognition.

Chlorella contains a host of nutrients to help combat the most prevalent causes of age-related memory loss and stress-related brain cells destruction. A study on mice exposed to severe psychological stress over a 14-day period showed "significantly suppressed" levels of stressed hormones when given chlorella extract.

A powerful anti-aging food, Chlorella harbors the highest levels of RNA & DNA, Beta-Carotene and chlorophyll, all efficient, memory-helping antioxidants to safeguard our mental well-being!

Antioxidants play a crucial role in brain functions, with a particular attention given to superoxide dismutase enzyme (SOD), reduced levels of which have been associated with serious brain disorders. Chlorella is an excellent source for generating SOD in the brain and is also packed with an abundance of B vitamins, key players in brain wellness- including thiamine (B-1), riboflavin (B-2), pyridoxine (B-6), more vitamin B-12 than beef liver-, with six times more beta-carotene than spinach, and with high level of zinc, another essential element for brain function! An increasing number of studies have connected Alzheimer's to vitamin B deficiencies.

Often named "Brain Food", Chlorella boasts a higher concentration of chlorophyll than any other substance. By fighting free radical that encourage cholesterol formation and the narrowing of arteries, chlorophyll helps us to supply oxygen and to flow blood to the brain and elsewhere, thus helping us think and focus more clearly! A study on Japanese patients who took chlorella daily for a year showed significantly lower cholesterol levels and improved flexibility of blood vessels.

In addition, Chlorella Growth Factor (C.G.F), one of the most remarkable healing elements yet recorded for chlorella, has the ability to actually repair nerve tissues throughout the body, making chlorella most useful for improving growth patterns in children, maintaining health in old age, healing injuries, and initiating growth where it has been stunted from disease or degeneration, including Alzheimer's disease, sciatica, palsy, seizures, multiple sclerosis, nervousness, and other nerve disorders.

A Japanese study has showed that chlorella can significantly improve symptoms of dementia. A group of patients suffering from cerebrovascular dementia or Alzheimer's was given chlorella extract and tablets. Thirty-two percent showed signs of alleviated dementia and 36% stopped developing further dementia. Alzheimer's has also been related to heavy metal exposure, particularly to mercury. Chlorella is a well known key detoxifying agent for a variety of heavy metals, and other environmental toxins.

As every mental state is affected by brain chemistry, supplying ourselves with vital brain nutrients is an excellent way to enhance and improve our own performance.