

Why Pure Sea Vegetables?

U.S. Senate Document #264 states, "99% of the American people are deficient in minerals and deficiency in any one of the more important minerals actually results in disease."

Today our soils are so depleted of nutrients because of modern day farming techniques that our crops are lacking vital nutrients for optimal health. GMO (Genetically Modified Organism) crops, primarily corn and soybeans, are even more harmful. Doctors today estimate that 96% of the US population are suffering from hypothyroidism. This is because of the lack of iodine in our soils, therefore a lack of iodine in our food supply. Hypothyroidism is a major contributor to obesity (overweight). Research shows processed foods high in sugar are contributing to obesity, diabetes, heart disease, and some cancers.

Anarem Report states, out of 21,500 individuals, "not a single individual consumed 100% of the 10 most needed nutrients in the body."

The solution to these health challenges are Sea Vegetables. Sea Vegetables in combination are the solution to many of the health challenges we face today. Sea Vegetables are whole foods that contain concentrated nutrients. Sea Vegetables contain Vitamins, Macro Minerals, Trace Minerals, Amino Acids, Enzymes, and powerful Antioxidant properties for optimal health.

Just to name a few... Iodine for thyroid health to assist in weight loss, Magnesium for heart health, Chromium and Vanadium to correct blood sugar challenges, Iron for anemia, Anti-inflammatory properties to fight inflammation, and Antioxidants for a strong immune system to fight off free radical damage leading to cancer and other serious health challenges.

Did you know that Pure Sea Vegetables' 7 Wild Harvested Sea Vegetables in proper combination contain every Vitamin, Macro Mineral, Trace Mineral, and Amino Acid known to man in nature's perfect balance that your body recognizes at the cellular level.

Whole Food Nutrients vs. Isolated Nutrient Supplements

British researchers stress that one should not study the health benefits of isolated nutrients, but the effects of whole foods on overall health. It is also important to note that recent research of whole foods have proven to be the best source of nutrients... as opposed to supplements. Supplements only have individual isolated nutrients and do not have the many co-factors which help our bodies to absorb and utilize most nutrients. Example... Beta Carotene found in whole foods prevent many cancers, but as a separate food supplement isolated Beta Carotene actually causes or contributes to many cancers.

Pure Sea Vegetables' 7 Wild Harvested Sea Vegetables

Ascophyllum Nodosum, is a large, common, brown sea vegetable from the Northern Atlantic Ocean, also known as Norwegian Kelp, Knotted Kelp, or Knotted Wrack. Chemical and nutritional analyses indicate that it contains vitamins such as thiamine, folic acid, vitamin C; and amino acids and minerals such as sodium, potassium, calcium, iron and iodine, according to the [Journal of Nutrition](#).

Chondrus Crispus, known under the common name Irish Moss or Carrageen Moss, is a species of red sea vegetables which grows abundantly along the Northern Atlantic coastline. It is rich in iodine and sulfur. Known mostly for aiding in digestion and intestinal disorders, it possesses antibacterial and antiviral properties. It is also considered an anticoagulant and research has claimed that it may reduce high blood pressure and the risk of arteriosclerosis.

Fucus Vesiculosus, known by the common names Bladder Wrack, Red Wrack, Red Fucus, and Sea Oak, is found in the Northern Atlantic Ocean. Primary chemical constituents of this plant include mucilage, algin, mannitol, beta-carotene, iodine, bromine, potassium, and many other minerals. This species has been shown to help women with abnormal menstrual patterns and/or menstrual-related disease histories.

Fucus Evanesceus, is an Arctic species, originating in the North Atlantic. As with other brown sea vegetables, it is very high in magnesium and protein, vitamin A, iodine, bromine, and phosphorous. It also contains: vitamin C, vitamin K, vitamin E and an extensive list of minerals such as potassium, calcium, sodium, sulfur, chloride, silicon, iron, manganese, copper, zinc, titanium, and trace elements.

Laminaria, is a genus of 31 species of large, brown sea vegetables, all sharing the common name of Kelp. Aside from its high vitamin B-12 and mineral content, Kelp has strong anticarcinogenic properties. Also, the sodium alginate in Kelp has been shown to reduce the body's absorption of radiation.

Porphyra, may be the most domesticated marine sea vegetable, also known as laver, or nori. It contains more vitamin C than oranges; and has minerals that include manganese, copper and selenium. It is particularly high in trace elements such as zinc.

Ulva Lactuca, a bright green sea vegetable in the division Chlorophyta, is also known by the common name Sea Lettuce. It is high in protein and a variety of vitamins (A, B1, C) and minerals (potassium, magnesium, calcium), especially iron.

Potential Health Benefits of Sea Vegetables

***Alkaline Forming Balances pH**

Macro Minerals and Trace Minerals, which are plentiful in Sea Vegetables, keep lifesustaining activities going on in the body while maintaining proper pH balance. Sea vegetables alkalize the body making it less acidic and more alkaline. Proper pH is mandatory for optimal health.

***Anti-Aging Properties**

Anti-Aging properties found in Sea Vegetables enhance cell regeneration and rejuvenation slowing the aging process.

***Anti-Bacterial Properties**

Sea vegetables have powerful anti-bacterial properties to help prevent colds, flu, and other respiratory challenges.

***Anti-Inflammatory Properties**

Loaded with Vitamins B and C, Minerals, Trace Minerals, Amino Acids and antiinflammatory properties, Sea Vegetables help build up a resistance to allergies and other infections.

***Excretes Heavy Metals**

Whole Food Macro Minerals, Amino Acids, and Fiber work in unison to detoxify heavy metals and pollutants that enter the body through our diet and the air we breathe.

***Chelates Radiation Strontium 90**

The nutrients found in Sea Vegetables (Sodium Alginate) chelates out radiation from the body (known as Strontium 90).

***Increases Energy**

The combination of all the Macro Minerals and Trace Minerals work synergistically with Vitamins to enhance your natural body energy without stimulants.

***Improves Memory**

Significant amount of Vitamins, Macro Minerals, Trace Minerals and Amino Acids enhances your brain's performance specifically Asparagine, which energizes the brain and also boosts the immune system; while Boron improves mental clarity as it assists in unclogging arteries.

***Improves Elimination**

The combination of nutrients in Sea Vegetables enhances friendly bacteria in the bowels; in turn, improving elimination.

***Reduces Cancer Risks.**

Powerful antioxidants and anti-cancer properties help inhibit abnormal cell growth by as much as 95%!

***Reduces Stress**

Energy-boosting B vitamins, Vitamin C, and minerals fight stress and fatigue so you can stay active and alert. Providing you with more energy on a daily basis.

***Supports Bone and Joint Health**

High magnesium content stimulates production of calcitonin (hormone), which helps increase calcium in the bones. Sea Vegetables are also a terrific source of vitamin D, essential for calcium absorption, bone health and muscle function. Its Fluorine content improves bone density helping to prevent osteoporosis.

***Supports Healthy Blood Pressure**

High blood pressure is a lack of minerals in the body.

***Supports Healthy Blood Sugar**

Sea Vegetables are high in the Trace Minerals, Chromium and Vanadium. This combination of Trace Minerals help to balance blood sugar over time.

***Supports Healthy Eyes**

Sea vegetables are the leading sources of natural carotenes like Vitamin A (beta carotene) and bioflavonoids – antioxidants also help clear up the cellular debris that accumulate in the eyes. Bioflavonoids work with prolonging Vitamin C activity in the eyes, which help prevent swelling and inflammation of ocular tissues. Vitamins A and C help keep your eyes healthy and can prevent “dry eye” syndrome.

***Supports Healthy Gums**

Aside from calcium, sea vegetables are also rich in vitamin C, one of the most essential vitamins, which keeps the gums in the pink of health.

***Supports Healthy Hair**

Vitamins, Macro Minerals, Trace Minerals and Amino Acids help strengthen hair strands and texture. The B Vitamin, Biotin, found in Sea Vegetables, helps to promote healthy shiny hair.

***Supports Healthy Heart**

Seaweed curbs the formation of blood clots to help prevent atherosclerosis and or hardening of the arteries. Sea vegetables are a very good source of magnesium, which is known to *reduce high blood pressure, improve circulation, and prevent strokes*. Sea Vegetables effectively *lower blood cholesterol levels*, helping to prevent the onset of chronic diseases.

***Supports Healthy Immune System**

Phyto-nutrients in sea vegetables help strengthen the immune system and keep the body resistant to illness and infection. A large variety of antioxidants found in sea vegetables fight dangerous free radical damage leading to cancer and other serious health challenges.

***Supports Healthy Kidneys**

Macro Minerals and Trace Minerals from Sea Vegetables act like electrolytes, which help support optimum kidney function while aiding in the prevention of kidney stone.

***Supports Healthy Liver**

Contains important Vitamins, Minerals, Trace Minerals, Amino Acids and Enzymes, which help prevent fatty liver development, toxic build-up and other related health challenges.

***Healthy Nails**

Vitamins, Macro Minerals, Trace Minerals, Amino Acids and Enzymes in Sea Vegetables help keep your nails strong and healthy.

***Supports Healthy Prostate**

High in Trace Mineral and Antioxidants, Sea Vegetables help maintain a healthy prostate (gland), especially in middle-aged men.

***Supports Healthy Skin**

Amino acid, mineral, and vitamin content of Sea Vegetables nourish the skin. The Amino Acids: Serine promotes healthy skin; while Threonine improves skin tone. Rich in beta-carotene, minerals, and amino acids; Sea Vegetables maintain collagen (a protein that strengthens and rebuilds connective tissues) making skin supple and soft while *reducing wrinkles* and laugh lines.

Antioxidants in Sea Vegetables increase your body's fat-burning ability. This helps skin tissue and fat cells absorb minerals. These minerals then break the chemical bond that seals the fat cells. Then the fat is released out of the body (through the kidneys and bladder) reducing and *eliminating cellulite* build-up.

***Supports Healthy Teeth**

With 26x the calcium of milk, Sea Vegetables strengthens teeth and bones. It also has Fluorine that helps fight tooth decay.

***Supports Healthy Thyroid**

These 7 Sea Vegetables are high in Food-Form Iodine. It balances out a hypo-thyroid condition in 3-4 months normally.

***Supports Healthy Weight Loss**

Virtually fat-free, essential fatty acids (EFAs), plant fiber, and alginates speeds up weight loss. Iodine found Sea Vegetables helps to maintain healthy thyroid function, preventing goiters and is a key nutrient in effective weight loss.