

Chlorella

Latin Name: Chlorella pyrenoidosa

ENERGY; IMMUNE HEALTH; HEAVY METAL & ULTRA-VIOLET RADIATION DETOX

Use Whole Algae

Single-celled, fresh-water Green Algae

QUALITIES

- 1) NUTRIENTS: CHLOROPHYLL - Highest concentration of any known plant
 - All B Vitamins; C; E; Many MINERALS
 - 2) Sustained ENERGY
 - 3) IMMUNE HEALTH
 - Stimulates production of INTERFERON (excites macrophage activity)
 - ANTI-VIRAL; Epstein-Barr and Cytomegalo VIRUSES
 - STUDY (immunity): "...an 8-week supplementation of Chlorella tablets provided a beneficial immunostimulatory effect in healthy people by enhancing the NK cell activity and by producing the Th1 cell-induced cytokines" (Bystrom 2013)
 - 4) CHLORELLA's Chlorophyll Concentration Effective for:
 - Pancreatitis
 - Healthy Gums (Tightens teeth)
 - Aids new tissue growth
 - 5) OTHER
 - HEAVY METAL DETOX: Cadmium; Lead; Mercury and Copper
 - Protects against ULTRAVIOLET RADIATION
 - Used in the Orient: CANCEROUS GROWTHS
 - STUDY (quality of life/ breast cancer): Chlorella had "positive effect on quality of life in patients with breast cancer. 50% of the patients in the chlorella extract group reported favorable treatment effects over the treatment period. These included a decrease in fatigue, improvement in abdominal symptoms, and increased hair gloss. Patients taking chlorella granules found a reduction in arm swelling and tenderness. Chlorella has been shown to decrease oxidative stress and inflammation." (McCutchan 2014)
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Chlorella References

Herb History and General Information

Ritchason, Jack, N.D. *The Little Herb Encyclopedia*. Pleasant Grove, Utah: Woodland Health Books; 1995; pp 59-60

Studies

Bystrom, Laura M., PhD, Chlorella Supplementation Enhances Immunostimulatory Activity in Healthy Subjects. *HerbClip*. January 31, 2013 (No. 101211-465). Austin, TX: American Botanical Council. Review of Beneficial immunostimulatory effect of short-term *Chlorella* supplementation: enhancement of natural killer cell activity and early inflammatory response (Randomized, double-blinded, placebo-controlled trial) by Kwak JH, Baek SH, Woo Y, et al., *Nutr J*. July 31, 2012;11:53. doi: 10.1186/1475-2891-11-53

McCutchan, Cheryl, PhD, Chlorella Provides Limited Improvements to Quality of Life for Patients with Breast Cancer. *HerbClip*. August 29, 2014 (No. 041422-503). Austin, TX: American Botanical Council. Review of The influence of chlorella and its hot water extract supplementation on quality of life in patients with breast cancer by Noguchi N, Maruyama I, Yamada A., *Evid Based Complement Alternat Med*. March 2014;2014:704619. doi: 10.1155/2014/704619