

Immunity Boosting

WITH RED MARINE ALGAE & CHLORELLA - by Melissa L. Block

Fall has arrived, and with it the usual runny noses, coughs, chest colds, and flu viruses. Indeed, the avian flu virus is raising new concerns as millions of fowl are destroyed and public health experts worry over whether it will mutate into a human form of the flu, presenting the real specter of a pandemic. Those of us unfortunate enough to suffer from cold sores, caused by the herpes virus, often have outbreaks at this time of year, triggered by falling temperatures.

VIRUSES ARE TOUGH, hard to kill. A virus consists of a genome (genetic material) and enzymes encased in a capsule of protein, sometimes with a lipid (fat) coating on the outside of the capsule. They cannot reproduce on their own, so they literally hijack our living cells in order to have a place to replicate and spread their progeny into more of our cells to do the same. Don't go ask your doctor for an antibiotic, either. Most antibiotics are not effective in fighting viruses. The effectiveness of specially targeted antiviral drugs that are used to treat most common viruses is also spotty.

Vaccines to prevent viral diseases, such as smallpox, that once decimated significant numbers of people have been hugely effective at prevention, but a vaccine won't help you once you've caught the virus. And it's just not practical or safe to give every person vaccines against every possible viral infection. The safety of giving multiple vaccines is uncertain, and we can only vaccinate against specific strains of a virus. (This is why you can still catch the flu, even if you've had the flu vaccine; it doesn't protect you from strains that are not in the vaccine.)

Some of the illnesses against which most children are vaccinated are re-emerging even in those who have had the vaccines right on schedule— most notably, whooping cough (pertussis).

Because mainstream drug-based medicine has fallen so short in finding ways to treat viral diseases, natural remedies that bolster the body's health defenses are the subject of intensive research and, not surprisingly, high popularity among consumers.

Two of the most promising are red marine algae (*gigartina* and *dumontacea*) and cracked cell chlorella. Both are relative newcomers to the immune health group but deserve every consideration from consumers.

Red Marine Algae: The Antiviral Algae

You've probably heard of other forms of algae used as food and

medicine: blue-green algae, spirulina, and, of course, chlorella. You may not yet know about red marine algae, but it has been researched for over three decades due to the promising early test tube results showing the antiviral properties of this sea plant.

In 2004, Argentinean researchers published the results of a series of studies on red marine algae polysaccharides, a type of complex carbohydrate. These researchers, at the University of Buenos Aires, repeatedly found significant antiviral actions from red marine algae in mice infected with the herpes virus (HSV-II, the variant usually associated with genital herpes but that can also cause oral cold sores). The other studies further supported the use of red marine algae as an antiviral agent against HSV strains I and II.

Other studies show that red marine algae inhibits replication of flu viruses and has general immune-stimulating properties, enhancing antibody production. Heavy metal toxicity is an important factor in viral replication because it provides greater opportunity for the virus to proliferate. Red marine algae's cell wall binds with toxic heavy metals in the body, helping to increase the immune system's effectiveness at giving viruses the boot. Using chlorella as a compliment to red marine algae further increases the effectiveness of the immune system, thanks to chlorella's chelating abilities.

Chlorella: All-purpose Health Enhancer

Chlorella is well known in the world of nutrition, thanks largely to the pioneering efforts of a group of green food scientists in Japan. There, cracked cell chlorella supplements are wildly popular. Chlorella is rich in chlorophyll and research has shown that chlorophyll renews damaged tissue, counteracts the damaging effects of radiation, knocks out harmful bacteria, facilitates wound healing, increases healthful intestinal flora, improves liver function and gum health, and triggers enzymes that produce vitamins E, A and K.

Chlorophyll has a chelating effect similar to red marine algae and may help with bad breath and constipation, as it helps deodorize and regulate intestinal activity. It has also exhibited promising protective effects against cardiovascular disease, fibromyalgia, and gastric ulcer. The tough cell wall of chlorella binds naturally to heavy metals, such as cadmium, lead, and mercury, facilitating their removal from the body. Animal studies indicate that chlorella also accelerates the removal of chlorinated hydrocarbon pesticides from the body.

Healthy Living's Recommended Red Marine Algae/Chlorella Supplements

Purium Health Products' Red Marine Algae Plus is especially unique because it contains a combination of two extensively researched strains: *gigartina* and *dumontacea*. Their Chlorella tablets are also organic and, as the name of the company suggests, among the purest you will find. You can find them at most health food retailers, thanks to their growing popularity.

Chlorella has been found to enhance immunity, increasing production of the antiviral, anticancer immune factor, interferon, as well as the activity of T cells and macrophages against viral invaders and cancer cells. Its well-documented cleansing effects in the liver are believed to further support the body's natural resistance against diseases, including those caused by viruses. Natural killer cell activity has also been found to improve with chlorella supplementation—a suggestion that this algae could protect against the secondary bacterial infections that often occur in the wake of colds and flu. Supplements of a high-molecular weight fraction of Chlorella pyrenoidosa were found to boost antibody response to influenza vaccinations in people aged 55 and younger, improving subjects' response to the vaccines and better protecting them against contracting the flu.

Within the plant itself, CGF is responsible for controlling cell division and growth, which occurs with amazing rapidity, increasing its biomass four times every 20 to 24 hours. Lab mice fed CGF enjoy increases in life span of over 30 percent. Chlorella is the fastest-replicating single-cell organism and CGF protects cells when they are most vulnerable to mutation, during replication.

According to researchers, viruses like the avian flu present unique health challenges. While we do not want to cause a panic, it is vitally important to take proper precautions. Studies have shown that using both algae together may be a good way to help reduce the impact of viruses on your quest for healthy living.

References available at www.freedomcompressionline.com.

One of the most promising aspects of chlorella is a unique chemical it contains called Chlorella Growth Factor (CGF).

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