

## Facts on Spirulina, My Favourite Superfood

Superfoods are the most potent, super-concentrated and nutrient-rich foods on the planet. They give us more energy, improve detoxification and digestion and as a reliable source of antioxidants, enzymes, vitamins and minerals to support the immune system. These are just some of the incredible benefits of incorporating raw organic superfoods into your diet.

Let's be honest. Few of us consume the amount of organic green vegetables necessary to have the best health. Dark green whole foods sustain our bodies with chlorophyll - that magnesium rich, alkaline, green pigment responsible for converting the energy of the sun into living matter. Chlorophyll's positive affects on wound healing, organ restoration and athletic performance are truly phenomenal!

Many excellent varieties and choices of 'green foods' supplements exist - powdered mixtures which combine many exotic and health-promoting substances, such as plant extracts, enzymes, lecithin, probiotics, alfalfa, barley, wheat grass, bee pollen, and seaweed - all in a base of [blue-green algae](#) (like spirulina!) [Nova Greens](#), produced by Naturally Nova Scotia, is a great local product containing many awesome ingredients.

However, you don't necessarily need to get so complicated with your supplementation. You can stick with the basics and still reap the amazing benefits. Spirulina is incredibly protein dense, about 60% by weight! Besides its protein power, spirulina contains 1 mg of iron per gram, thousands of bioactive enzymes, omega-6 and omega-3 fatty acids, trace elements, a 2:1 potassium to sodium ratio, 2 mcg of B-12 analogues, superoxide dismutase (SOD)-a powerful antioxidant, 10 mg of gamma linolenic acid (GLA), mixed carotenoids and 3 mg of beta-carotene. Wow- superfood indeed!

I like to get mine in powder form from [Little Carrot](#)- incorporating just 1 teaspoon a day in my smoothie- it's especially yummy in my chocolate peanut butter one! It tastes a little strong (and like seaweed) in the beginning, which can take some getting used to, but once your body starts feeling the benefits you'll start craving this food- I swear! It's good to start with a 1/2 teaspoon, a "normal dose" is 1-2 teaspoons per day (6-10 grams). A "therapeutic dose", for those who are dealing with acute illness or injury, is generally considered a tablespoon (about 16 grams, approx. 20 calories) If you just can't stand the idea of tasting blue-green algae, you can get spirulina capsules instead- working out the dosage to get that same 6-10 grams a day. Remember that like everything else these days, it's important to be aware of the source of the product to avoid contaminants. Spirulina grown outside (to gain the super green benefits of the sun's rays) in Taiwan, Hawaii or India are your safest bets.

Rather than going supplement crazy, try sticking to one or two power foods and see the amazing difference it can make to your whole life! You're worth it!

*🌿 I strive to inspire & guide You to becoming healthy, happy and whole 🌿*

*Contact me to learn how to achieve optimum wellness naturally!*

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