

The Colors Of Weight Loss Start With Blue And Green

A lot of people are eating healthier nowadays, as empty processed diets are being restored to more wholesome foods, causing a more conscious society to be emerging. It is important now more than ever to understand how natural foods can help us to lose weight and create a better life. Spirulina is a small spiral-coiled organism that is one of the oldest living things on earth. Spirulina also called blue-green algae is a nutritional powerhouse and supplies numerous benefits. For centuries it has been nourishing people and is becoming an increasingly popular option among dieters and health seekers. Spirulina thrives in hot climates where it grows in ponds and lakes, producing twenty times more protein than soybeans that grow on an equal-sized amount of land. It actually has the richest known protein content at 60 to 70 percent. This vegetable is easy to digest and allows dieters to meet their needs for this nutrient while fighting off the craving for meat, unwanted fat, and cholesterol. The concentrated protein found in spirulina can encourage natural body weight by eliminating the highs and lows in blood sugar that come along with a high-carbohydrate diet. This effect of stabilizing blood sugar helps people with hypoglycemia. Spirulina was originally used for food by African villagers before the Aztecs recorded consuming spirulina in what is now Mexico over five centuries ago. In India, small amounts of spirulina were used to help improve the general well-being, by enabling vegetarian villagers to maintain a healthy weight without eating meat. Spirulina was rated a better food than most other protein sources by researchers at the Toronto's McGill University when studying severely malnourished children. If you aren't consuming the recommended servings of fruits and vegetables, just one spirulina serving can give you ten times more beta carotene than carrots. In a study at McGill University, spirulina was given to thirty men with mild hypertension and high cholesterol; results were shown to reduce cholesterol levels in all participants. The total cholesterol levels dropped significantly, but returned to baseline when the spirulina was stopped. Spirulina contains gamma-linolenic acid, which is the same nutrient that is found in mother's milk. When it is taken in large quantities, GLA has been shown to contribute to the prevention of cardiovascular disease and hormone regulation. Scientists at UC Davis School of Medicine found that spirulina increases the production of cytokines, which provide a major defense against viruses and cancer cells. Cytokines are good for the body because they stimulate the cells that target cells which target certain pathogens. The more of these cells that you have available, the more attack forces you have to fight the cells. The chlorophyll which is found in spirulina makes it a natural cleanser, as well as a natural appetite suppressant; making it favorable for dieters. This is extremely useful for people who are trying to lose weight or are fasting. Because spirulina is so rich in vitamin B12, iron, and magnesium, it is great for men, women, children, and vegetarians who are prone to deficiencies in these nutrients. In conclusion, today's spirulina is grown using modern methods and available in tablets, capsules, and powders. Spirulina is a great addition to one's diet whether they are trying to boost overall health or manage weight. Stop in to your local health food store and ask about spirulina and how it can help boost your health.

About the Author

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