

Guillermou

Marine polysaccharides and oligosaccharides that encompass their anticancer, anti-inflammatory, antibacterial, antiviral, antioxidant, antidiabetes mellitus and anticoagulant properties. Seaweed has been used in Traditional Chinese Medicine for more than 2,000 years. The Shen Nung, a centuries-old medical treatise of the Yellow Emperor, includes treatment with seaweed, but also the use of kombu and hiziki to reduce edema or fluid retention, lower respiratory tract infections (especially tuberculosis) and all types of fibroids, nodules and tumors. Nori seaweed was used for the same ailments and, in addition, against urinary tract infections and upper respiratory tract infections.

In addition to their richness in minerals, algae contain large amounts of fiber and are grouped under the common name of polysaccharides or mucopolysaccharides and constitute a proportion of 25 to 40 percent of algae. The difference with the polysaccharides of plants and mushrooms is that the units of the monosaccharide chains are not glucose but galactose or mannose. In addition, they are almost always sulfated, which gives them different properties. 1) Alginates or alginic acid: interesting in weight loss diets because it is satiating, hypolipidemic, since it reduces lipid levels in the blood, and hypoglycemic, since it also reduces blood glucose levels.

The most interesting therapeutic property is its chelating capacity or property of absorbing toxins and, especially, heavy metals, and preventing their passage into the bloodstream, as they are encapsulated by polysaccharides in the intestines and are then expelled with the feces. Apart from these properties, alginates are heart-healthy, due to their hypotensive effect and lowering blood cholesterol.

Posted On 05/30/2024

Guillermou

2) Fucoidin: Japanese researchers differentiate two types of fucoidin: fucoidin F and fucoidin U. The former has been shown to induce apoptosis (death) of lymphoma cancer cells. Fucoidin also enhances the antitumor action of NK cells of the immune system. Fucoidins have been shown to be antibacterial, antiviral, antioxidant, antithrombotic, antiangiogenic, anti-inflammatory and hypolipidemic, regulation of intestinal flora with impact on bone metabolism----

3) -glucan, is a storage polysaccharide derived from brown algae. It has been recognized for its possible pharmacological effects, which include antioxidant, anticancer, and immunomodulatory properties.---

4) Carrageenan: has a unique variety of properties, encompassing antiviral, antibacterial, immunomodulatory, antihyperlipidemic, antioxidant and antitumor attributes.

Studies carried out by the National Cancer Institute of the USA indicate that carrageenans have antibiotic properties. In addition, there is evidence that they inhibit the penetration of herpes viruses (HSV) into cells. ---

5) Fucoxanthin: Studies with laboratory animals have shown that this substance has anti-obesity properties while enhancing the synthesis of omega 3 fats (DHA).

Fucoxanthin also has antitumor activity in in vitro trials and appears to be effective against breast cancer. prostate.---

www.bbcgoodfood.com/.../health-benefits-seaweed .----

www.academia.edu/104883760/Biological_and_therapeutic_properties_of_th.. (2018).-

www.sciencedirect.com/science/article/abs/pii/S0141813022019778 (2022).--

www.sciencedirect.com/.../S0141813024018129 (2024).-- link.springer.com/.../s10811-023-03133-6 (2024).--

www.sciencedirect.com/science/article/abs/pii/S0141813024026278 (2024).--

www.sciencedirect.com/.../S2211926423003569 (2024).---

www.sciencedirect.com/science/article/abs/pii/S221242922400230X (2024).--

Posted On 05/30/2024

Almond

Be very cautious where you source your seaweed from. Fukushima and pollution as is typical in many Asian countries. Be aware of ocean current flow. Best if you know it was tested. I found seaweed very helpful as part of my cancer diet, but that was before Fukushima. Seaweed may also be a source of iodine, too.

Posted On 05/30/2024

sue2613

A good source of Atlantic seaweed is Maine Coast Seaveg company. <https://seaveg.com>

Posted On 05/30/2024

Piw6958

Our oceans and waterways are polluted with mercury and other heavy metals, oil spills, radioactive materials from Fukushima, farm runoff and dumping. These pollutants can accumulate in various organs causing numerous health problems such as cancer. www.ncbi.nlm.nih.gov/.../PMC7490536
onlinelibrary.wiley.com/.../9781119904991.ch10

Posted On 05/30/2024

dia549510

I replied earlier. Not sure you received it. Yes I was all for Chlorella and spirulina and realized it was not safe.

Posted On 05/30/2024

grulla

If you are motivated to buy packaged "seaweed" for its iodine content, read the nutritional content label carefully, as not all "seaweed" contains iodine.

Posted On 05/30/2024

Guillermou

WHAT SCIENTISTS KNOW ABOUT IODINE IN SEAWEED nofima.com/results/what-scientists-know-about-iodine-in-seaweed/

Posted On 05/30/2024

dia549510

Here I am living in Ashtabula county. Farm country. So I run and that's healthy right? Not anymore. They are spraying pesticides everywhere. The people that hunt... careful what you are eating. I love my garden. Tomatoes, lettuce, peppers. Not sure anymore. I lost two wonderful dogs too early due to the things they are spraying everywhere.

Posted On 05/30/2024

helpothers

I have one of those super taster tongues. There are several things that come across as so strong I cannot have them with other food as it overpowers them(dill and mustard are the two big ones). Seaweed is one of the most disgusting things I have ever tasted. Not sure it's the texture or how it was processed. To be fair, there are many types of seaweed and I am sure I have not tried them all since the first couple of experiences were so bad. I've often wondered why I can taste certain things more, especially things that might be beneficial to me. It seems counter to not want to eat things that would be good for you. I do have a double bad copy of the SOD2 gene and don't detox well and have wondered if my distaste for thing should actually be a sign to me that I should eat those things more for their benefit.

Posted On 05/30/2024

dude01

It's amazing how that cup of seaweed in the Story At A Glance section resembles the fresh picked collard greens growing in my garden at this time. It's all GOOD!

Posted On 05/30/2024

billstri

How does Chlorella compares with other seaweed for nutrients? Seems to me that chewing on some every day from a supplement bottle would give you many of the same or comparable benefits of other seaweed without the finding, buying, and preparing time of seaweed.

Posted On 05/30/2024

kenbar732

Dane Wigington of "Geoengineering Watch" has reported that kelp beds and forests are dying off rapidly.

Posted On 05/30/2024

_Russell

In some regions, there are regulatory challenges related to food safety and standards for seaweed products.

Posted On 05/31/2024

I live in California and there is the Prop 65 warning on seaweed.

Posted On 06/05/2024

RonaldHL

I stocked up BIG on a lifetime supply of the seaweed sheets that are used for sushi two weeks after the Fukushima nuclear incident. The wholesale supplier assured me that it was in his warehouse before the radioactive release. The good thing about seaweed is it concentrates trace elements present in ocean water to be an excellent source of mostly all trace nutrients. But, that is a double edged sword because it concentrates plutonium 6000 times or more when it is present in the sea water. It wasn't, but it is now. There is no safe level of ingested plutonium. Where does your seaweed come from? Read the package. Mostly all comes from "The Sea of Japan." Mine does, too, but from before the Fukushima plutonium release.

As a consequence, I prepare my own sushi except my American versions of healthy recipes of my own creation with unexpected delicious varieties that don't have raw fish. At times when I don't have time for it, I'll occasionally fold up some seaweed sheets and eat them plain for a nutritional supplement with all the trace elements EXCEPT plutonium. Being very much into preparedness, I've included all the important nutritional supplements in my food storage. It's particularly important that I included elements that are deficient in local soils because in the harsh times to come after The Great Collapse, we won't have the luxury of easy accessibility to foods from diverse and distant places from around the world.

A good example for me is all local foods are different in iodine, so that is just one that I supplement. The seaweed will last for half of forever, but I get my selenium from Brazil nuts. They don't have much shelf life, so I also have selenium in chemical compounds for preparedness. But, rather than the complexities of formulations, I like that my seaweed has a good balance of all the trace elements EXCEPT for unnatural plutonium which doesn't belong in the environment .

Posted On 05/31/2024
