

... THE KLAMATH ALGAE.

This blue green microalgae which scientific name is Aphanizomenon flos-aquae (AFA) grows in Klamath Lake in southern Oregon (USA), in an exceptional environment far from any industrial pollution. Set in a volcanic region to 1,400 meters, the waters of Klamath Lake are rich in volcanic minerals, which promotes the development of the AFA algae.

The Klamath algae contains many natural vital nutrients that nourish and protect body. In its general composition, we find between 50 and 70% protein, between 15 and 25% carbohydrates (polysaccharides), between 4 and 7% fat (omega 3 and 6, mainly) between 5 and 10% minerals, and more valuable components antioxidants, vitamins and plant pigments. By studying more closely the nutritional profile of Klamath algae, we observe that it presents all of amino acids and that in a proportion almost identical to the composition considered optimum for the human body, turning them into proteins completely bioavailable and easy assimilation.

As for minerals, it must be emphasized calcium, potassium, phosphorus, sodium and magnesium. And the trace elements list gets longer: chlorine (as chloride), iron, silicon, boron, fluoride, manganese, titanium, zinc, nickel, copper, molybdenum, vanadium, cobalt, selenium, iodine, tin, chrome and germanium. The AFA also contains vitamins C, E and almost all of the B complex (B1, B2, B3, B5, B6, B7, B8, B9 and B12), as well as provitamin A (beta carotene) and specific pigments that allow it to capture much of the solar spectrum and store energy for its development, such as chlorophyll, phycocyanin and other carotenoids such as alpha-carotene, lutein, lycopene, zeaxanthin, cryptosanthin and aphanine (pigment-specific AFA).

In the circles of natural therapies, some professionals prefer Klamath algae to spirulina because it has several advantages: it synthesizes its proteins from the nitrogen from the air and dissolved water gases and not from the nitrates and ammonia water as is spirulina; its sodium content is lower; the iron is best absorbed due to the presence of vitamin C and molybdenum; it's seven times richer in chlorophyll; it contains vitamins of group B much more concentrated (especially B1, B5, B6, B8 and B12); and the supply of minerals and trace elements is much greater than that of spirulina.

According to a scientific study conducted by the University of Illinois, the AFA causes an almost immediate mobilization of white blood cells, allowing the body to respond instantly to an attack against (a viral infection, for example). The active compound responsible for this effect is a polysaccharide which also possesses the property of stimulating the phagocytosis of macrophages, the first line of defense of the immune system.

Other studies in the late 1990s, describe the anti-inflammatory properties of phycocyanin, the blue pigment of the Klamath algae, whose action is to partially inhibit cyclooxygenase-2 (COX-2), an enzyme involved in the inflammatory process. The action of said pigment is comparable to prescribed drugs for arthritis, but without the side effects that they can cause

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(edema, cardiovascular problems,...).

The benefits of Klamath algae are also influenced in the nervous system, increasing concentration, a feeling of mental energy, even an antidepressant effect. This is due to the significant concentration of phenylethylamine in the AFA algae. The organic component, known as the "molecule of love" or "molecule of joy", is produced by our brain when we feel happy, peaceful, filled with serenity and a feeling of love.

Today, scientific studies on the Klamath algae continue to better define its application in the case of diabetes, Alzheimer's, Parkinson's, cancer and other degenerative diseases. Nevertheless the fact remains that AFA algae has regenerative, immunostimulant and antioxidant properties, which can be recommended in case of allergy, anemia, physical and mental fatigue, constipation, appetite regulation, dermatitis, fragility of nails and hair and stress.



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