

## Chlorella the Superfood

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By Dr. Derek Conte

Chlorella is known as a superfood because of its extraordinary nutritional density. There is much research and writing to support it. An ancient blue-green algae, chlorella has its own type of blood known as chlorophyll which is much like human blood in structure. The difference is, it contains magnesium rather than the iron found in human blood. If you recall your grammar school science, chlorophyll absorbs the Sun's rays to produce energy through photosynthesis for the growth of plant cells which, along with other simple organisms, form the foundation of the food chain for virtually every living thing on earth.

Chlorella is abundant, fast growing, and inexpensive. Packed with incredible nutritional density, Chlorella has more than 10 times the Chlorophyll of green leafy vegetables and is naturally alkaline, helping to offset the acidic effects of the meat we love. Its benefits are more comprehensive and much cheaper than a shelf full of supplements and, since chlorella is a natural food, it is more "bio-available" and absorbed rapidly by our bodies. Increased energy and mental sharpness are just the beginning of chlorella's benefits. The nutritional profile of chlorella is remarkable, containing 60% plant-based protein, 20% carbohydrate, 11% fat, 4.6% ash, 3.6% moisture, .2% fiber. By going inside those numbers we see that some of the fats are essential fatty acids including DNA, RNA, and Omega-6, which are important for the quality of new cell reproduction and improving cardiovascular tone, blood pressure and blood-sugar levels, improved digestion and reducing the inflammation causing fibromyalgia and Crohn's disease.

Chlorella also carries huge amounts of Iron (more than beef liver), beta carotene (more than carrots), Calcium, Potassium, Zinc, Copper, Iodine and Magnesium, 19 Amino Acids, 11 saturated fatty acids and huge amounts of vitamins: fat soluble vitamins D, E, A and K (for clotting), and water soluble vitamins C, B-complex (especially heavy in B-12!). The many antioxidants in chlorella activate and boost immune system function, the implications of which are enormous.

Chelation – the cell wall of chlorella has the capacity to bind to heavy metals like cadmium, mercury, arsenic, lead and even toxic radiation exposure, and eliminate them. These deadly health threats "bio-accumulate" over time in our liver and cells of other tissues to life threatening levels. This is especially important now, after the earthquake and Tsunami caused the fracture and meltdown of the nuclear power plant in Fukushima, Japan, in March, 2011. The radioactive poisoning of which has crossed the Pacific Ocean and air currents affecting the western US and Canada and is thought to

be moving across the mainland (I suggest all do research on this poorly-reported disaster).

Cancer – cancer cells have no programmed time of death as healthy cells do. Tests done where chlorella was added to cancerous liver cells and normal cells in separate test tubes showed a 70% increase in cancer-cell death while not harming the normal liver cells. Similar findings have been found in tests with breast cancer and glioblastoma, a very aggressive brain malignancy.

Human Growth Hormone (HGH)-like action – Chlorella Growth Factor (CGF), made of DNA/RNA, has been proven to help children grow faster and reach their full body and IQ potential by amplifying growth and repair of tissues.

Where do I get, in what forms, and how to take I chlorella? Chlorella tablets are available, but I like to take it in powder form. Chlorella powder can be procured from Amazon for about \$25 for 1.1 pounds (1/2 Kilo). Humans do not have the enzyme to break plant cell walls, so be sure to get “broken-wall” or “cracked-wall” chlorella so the powerful nutrition locked inside is easily absorbed. Put a heaping teaspoon in a small jar of your favorite juice and shake, or add it to your favorite smoothie recipe. This should last about 2 months if used every day.

Chlorella is a food (I do not call it a mere supplement because of its truly unique power) that everyone should be taking every day but, if you are on medications, talk to your prescribing physician first.

References: 1) [http://www.naturalnews.com/026147\\_chlorella\\_cancer\\_body.html](http://www.naturalnews.com/026147_chlorella_cancer_body.html)

2) <http://www.naturodoc.com/chlorella.htm>

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