

Essence of Sea Plants

A Primary Mineral Blend

The ocean's seawater contains a wealth of minerals and sea plants that offer us a highly nutritious way of assimilating those minerals into our body. These charged minerals are essential for every biochemical process that takes place in the body. This is true for the dozens of trace minerals as well of which there is a notorious lack of in contemporary diets. It is well-known that sea water and blood are similar in composition, implying that our blood should contain as rich a complement of minerals as does the ocean. Sea plants are an excellent way to re-mineralize our bodies and provide a complete spectrum of bioavailable minerals including all necessary trace minerals. Sea plants deserve to be better recognized for their health and restorative benefits as they are truly tonics for the body.

Roughly 20–35% of concentrated minerals are found in sea plants. Some are especially high in the important macro-minerals calcium and magnesium. In addition, sea plants contain protein (available as amino acids), vitamins including a high amount of B vitamins, enzymes, fiber, carbohydrates, and iodine. Their variable range of protein is 7–20%; their slow release carbohydrates range from 40-50%; and their readily digestible fiber from 8–45%. Brown algae are particularly high in iodine which helps regulate glands and especially protects the thyroid gland. All sea plants have a small amount of naturally occurring iodine; *Laminaria digitata* a high amount of naturally occurring iodine (4,700 micrograms/gram).

The beneficial properties of sea plants include chelating heavy metals and removing them from the body, supporting detoxification of the liver and kidneys, helping with joint health and mobility, providing proper moisture to the lungs to help prevent dryness, and improving nerve functioning and overall energy metabolism. They are soothing to the body and help improve the immune system and have anti-inflammatory, antioxidant, anti-spasmodic, and anti-acid properties. Sea Plants are especially useful for alkalizing the blood which helps lower blood sugar.

Sea plants have commonly been used in skin care and cosmetic products and also to make thickeners, stabilizers, gels, and lubricants. Some types are used to make ice cream. They can be used in a wide variety of dishes, raw or cooked, from dressings, spreads, and dips, to soups, stew, and sauces. Adding a nourishing natural saltiness, they can be cooked with grains and vegetables, and they help make beans more digestible. Our sea plant blend can simply be sprinkled on foods. Energize your favorite foods with sea plant minerals!

Essence of Sea Plants ingredients are sourced from locations around the world. We chose sea plants that represent different color types, primarily those classified as the browns and reds, as each type has its own particular strong properties. Our blend contains: Icelandic kelp, Red Dulse, *Laminaria*, *Lithothamnion*, Bladderwrack, *Alaria*, Giant (Bullwhip) kelp, *Gracilaria*, Rockweed, and Irish moss.

See our website for a bibliography of sea plant references.