

BLUE-GREEN ALGAE

(Aphanizomenon flos-aquae)

Blue-green algae has gained attention in recent years as the new superfood of the health food market. Often called “wild blue-green” because it grows wild in the pure, fresh waters of Klamath Lake in Oregon, it is a powerhouse of nutrients. This cyanobacteria microalgae is the most primitive of food sources, going back over 3 billion years, yet is one of the most nutrient-dense foods on the planet. It is a supreme whole food, a foundational food.

Blue-green algae is a most efficient photosynthesizer, using simply sunlight, carbon dioxide and nitrogen from the air, and hydrogen from water to synthesize proteins, enzymes, carbohydrates, and lipids. The colloidal mineral sediment of Klamath Lake, measured at depths of 35 feet, makes blue-green extremely rich in minerals, notably high in boron, and including essential trace elements. These minerals are in a chelated form, meaning they are organically bound, and therefore bioavailable. Ounce for ounce, blue-green is one of the richest sources of protein (at 60%) and chlorophyll. It is considered a “complete protein,” containing all eight essential amino acids in a profile that is nearly identical to that required by the human body. Protein is necessary for keeping the immune system healthy. Blue-green is an immune system enhancer. It contains most of the non-essential amino acids and is also rich in B vitamins, particularly B-12, and in vitamins C, E, K, beta carotene, inositol, choline, and biotin.

Blue-green algae is probably best known, though, for its amazing effect on the nervous system. Its ability to metabolize nitrogen directly from the air allows it to produce neuropeptides, which are the precursors of neurotransmitters. Neurotransmitters are the chemical link whereby neurons communicate with one another. Blue-green is a neural stimulant that most people find quite positive, providing sharper mental focus and alertness. Its brain-enhancing qualities make it a potentially powerful mentally healing food. On subtler levels, it can have spiritually integrating properties. For body and mind, it is considered one of Nature’s most potent regenerators.

What makes blue-green different from most algae on the market is that it is harvested in its natural state. Because of the still pristine qualities of Klamath Lake and because blue-green is at the very bottom of the food chain, it is virtually pollution-free, which cannot be said of almost all the food we eat today. This algae, so named because of its typical blue-green color, can actually vary in color from season to season, as well as vary in its texture and density. It can be mixed into juice or water. Its soft glucose cell wall makes it highly assimilable. This is nutrition in its simplest and most complete form.

Klamath blue-green is harvested from the summer bloom in the middle of the deepest part of Upper Klamath Lake. The greatest purity of blue-green is found there. The clean air, mineral-rich water, and high intensity sunlight makes this a perfect growth medium for this nutrient-dense whole food. Immediately frozen after harvest, all the blue-green vital nutrients remain intact and biologically active; it is then checked to be free of daphne and microcystis, and last, freeze dried. It is available in ½ lb & 1lb sizes.

