

Food FOR Thought

Inspired by Cell Tech Distributors

Sharing a Passion for Your Health

Volume 6, Issue 9

Blue-Green Algae, the “Ancient Spark of Life”

Ancient civilizations used various forms of algae as a staple food for thousands of years. Some forms, such as sea vegetables and supplemental freshwater microalgae, are still consumed today. An estimated 30,000-40,000 species of algae exist throughout the world. Freshwater algae, water mosses, and seaweed are all forms of algae, categorized by color: black, brown, red, green, and blue-green. Blue-green algae, a type of microalgae, are the most ancient, dating back over four billion years. They have endured while thousands of other species have become extinct.

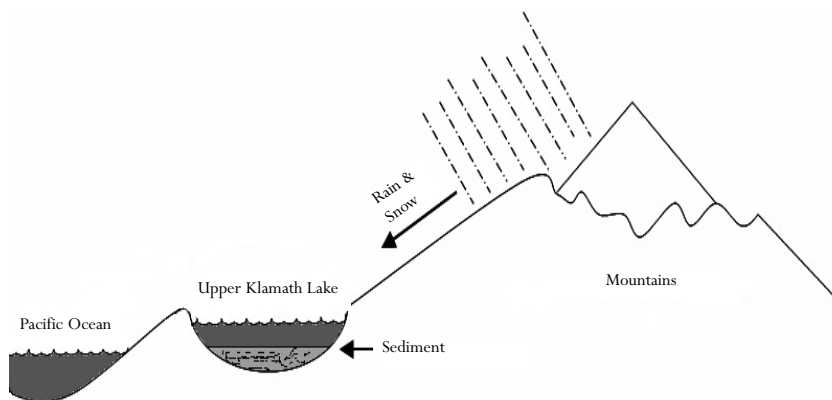
Blue-green algae, technically known as *cyanobacteria*, are unique in that they combine characteristics of all three kingdoms: plant, animal, and bacteria. Like plants, they have the ability to perform photosynthesis and are the most chlorophyll-

rich organisms on the planet. Like bacteria, blue-green algae have the ability to share genetic information with other bacteria and adapt quickly to their environment. Blue-green algae have soft, nutrient-rich cell walls similar to the cell walls in animal tissue that can be utilized as food by other organisms.

In his book *The Energetics of Food*, Steve Gagne describes how the attributes mentioned above create benefits when the algae is consumed:

With their single-celled form and delicate structure, blue-green freshwater algae can be absorbed rapidly... Because of this and their fast growing nature, along with their phenomenal capacity for photosynthesis, freshwater algae have a revitalizing and rejuvenating effect on the body.

Upper Klamath Lake...A Nutrient Gold Mine



Protected by the Cascade Mountains and fed by geothermal springs, Upper Klamath Lake is a nutrient gold mine. Super Blue Green[®] Algae grows to its greatest potential because of the *massive abundance of minerals* that took thousands of years to accumulate. The algae completes its life cycle in late autumn, adding to the natural “compost” (sediment) at the bottom of the lake. Only the most virile survive the winter and reproduce again in the spring. This keeps the species vigorous and strong. Just one inch of the 35 feet of sediment contains enough nutrients to support the algae growth for 60 years. Two hundred million pounds of algae grow each year in this lake, enough to feed everyone on earth one gram daily without depleting the resource!

Upper Klamath Lake Algae Provides Unique Benefits

“Wild blue-green algae (*Aphanizomenon flos-aquae*) from Upper Klamath Lake, Oregon, is different and distinct from most algae,” according to well-known British clinical nutritionist, Dr. Gillian McKeith. She cites its wild glacial and volcanic environment as factors, which produces a superior form of edible microalgae with these characteristics:

1. A high rate of assimilation, digestibility, and absorption.
2. An efficient food and energy source. (For more information on this topic, see www.celltech.com/resources/vt/chlorophyll.html.)
3. High nutrient density; over 95% of the nutrients can be used directly by the body.
4. Effective maintenance of overall health.*

In *Algae to the Rescue*, chemist Karl Abrams explains why blue-green algae from Upper Klamath Lake (*Aph.flos-aquae*) is a powerful “super-food,” providing “increased vitality and boosted immunity.”* According to Abrams, these algae “are heartier than red, brown, or green algae, and seem to tolerate environmental extremes. After evolving so successfully for eons, *Aph.flos-aquae* has developed wide

and versatile enzyme systems.” These enzyme systems and other “naturally protective substances” found in the algae are relatively “free from dangerous environmental pollutants.” Furthermore, he explains that the synergy of the nutrients is remarkable: “The micronutrients in *Aph.flos-aquae* are like the musical instruments of a biochemical orchestral symphony.”

Chlorella, Spirulina, or Super Blue Green Algae?

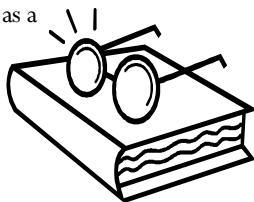
It should be noted that green algae, such as chlorella, have a less digestible cell wall, and are usually processed to make them more readily absorbed, whereas blue-green algae naturally have a very high absorption ratio, as high as 97%, providing a pronounced advantage to the consumer. For an interesting article that discusses the differences between chlorella, spirulina, and *Aph.flos-aquae* see:

www.celltech.com/resources/technical/afa_vs_othersalgae.html

* These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

Blue-Green Algae Information Resources

While a number of ancient cultures understood the benefits of algae and used it as a food, it was not until the mid 1900s that it began gaining popularity in the West. Now a remarkable amount of health-related evidence supports the use of freshwater microalgae as a dietary supplement. While there is a growing number of research papers published in peer reviewed journals, the following is a partial list of books on the subject.



Algae to the Rescue, by Karl Abrams

The Genesis Effect, by Dr. John W. Apsley II

Black & White of an Empty Harvest, by Carol Bennett, B.T., N.A.

The Miracle of Super Blue-Green Algae, by Richard France

The Energetics of Food, by Steve Gagne

Edible Microalgae — A Review of the Health Research, by Jeffrey J. Bruno, Ph.D.

Miracle Superfood: Wild Blue-Green Algae, by Gillian McKeith, Ph.D.

Living Food for Health, by Gillian McKeith, Ph.D.

Cell Tech Brand Name Guarantees Quality Assurance

Cell Tech was the first, and remains the largest, harvester of *Aph. flos-aquae*, with its own in-house testing and quality assurance program. The company, which first proposed government regulated purity standards for edible algae harvesting in Oregon, also contracts with independent laboratories to conduct purity analyses on each batch of algae that it harvests.

Cell Tech's trademarked Super Blue Green Algae is certified organic and kosher. Alpha Sun[®], the whole form of the harvested microalgae, nourishes the entire physical body. Omega Sun[®] is Super Blue Green Algae with the cell wall removed through a centrifuge process. It is particularly nourishing to the nervous system, supporting mental and emotional health.* As the core products of Cell Tech, Alpha Sun and/or Omega Sun are microblended with most of the nutritional and personal care products marketed by Cell Tech.

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- *Blue-Green Algae, Ancient Spark of Life*
- *SBGA Certified Organic and Kosher*
- *Unique Benefits of Upper Klamath Lake Algae*
- *SBGA, Chlorella, and Spirulina Comparison*



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Check website for dates and topics.

For more information, contact your sponsor or the person who gave you this newsletter. You can also visit the Cell Tech website or call 800.800.1300 and information will be mailed or faxed to you.