

# KELP

## Superfood from the Sea

### 海藻宝

### 来自海洋的超级食品

#### What is Kelp?

Kelp is a large seaweed belonging to the brown algae family. It grows in enormous beds just below the surface of the sea. Because of sunlight and the plentiful nutrients in the sea, it is known for its high growth rate; some grow as fast as half a metre a day!

Kelp contains almost every mineral and trace mineral necessary for the human body. It is also rich in amino acids and vitamins. Everyone would do well to develop the habit of taking kelp tablets daily. Kelp can also be made into powder to be used as seasoning.

As early as 1750, kelp has been used by Dr. Bernard Russell, an English physician, to treat goitre successfully. In 1862, Dr. C. Dupare successfully used kelp as an aid to treat obesity.

Kelp is a principal source of organic iodine in natural form.

#### Iodine

Iodine is important for both physical and mental development. Mental retardation may result from iodine deficiency in children. Iodine is needed for a healthy thyroid gland, and for the prevention of goitre, hypothyroidism and hyperthyroidism. Iodine deficiency has recently been linked to breast cancer, obesity and low metabolism. The most important source of natural iodine is from kelp. It is also found in small quantities in seafood, asparagus, garlic, mushrooms and sesame seeds.

In addition to promoting the proper functioning of the thyroid gland, iodine also helps to provide energy, endurance and relieve nervous tension. Because it promotes circulation, particularly to the brain, it contributes to clear thought, and is beneficial for the prevention and treatment of dementia and Alzheimer's.

In contrast to the organic iodine found in kelp which is good for health, drinking iodine or taking potassium iodide/sodium iodide in iodized salt is not safe. These are inorganic sources of iodine, which can be toxic to the body.

#### Thyroid Health

Many suffer from an unhealthy thyroid without realizing it! Sufficient intake of organic iodine is essential for maintaining a healthy thyroid. The most visible and perhaps most dangerous symptom of iodine deficiency is goitre, which affects about 3% of the population globally causing a few thousand deaths every year.

Iodine deficiency can also be a cause of both hypothyroidism AND hyperthyroidism, as it is essential in the production of thyroid hormones which are responsible for managing the body's metabolic rate, and maintaining a healthy, balanced thyroid gland. Hypothyroidism is more common than you might think, with millions of people suffering from it to different degrees.



#### 什么是海藻?

海藻是一种属于褐藻科的大型藻类，生长在巨大的海床中。由于阳光和海洋中丰富的养分，海藻生长的速度非常快；有些还可在一天内生长到半米高！

海藻含有几乎所有人类生存所必需的矿物质和微量矿物质。它也含有丰富的氨基酸和维生素。每一个人应养成每日服用海藻补充剂的习惯以保持健康。海藻也可制成粉状作调味品。

早在1750年，海藻已被一名英国医生——伯纳德罗素成功用来治疗甲状腺肿大（即大颈泡）。另外在1862年，杜帕尔医生则成功使用海藻来帮助治疗痴肥症。

海藻是天然有机碘的主要来源。

#### 碘

碘对身心发展非常重要。儿童缺乏碘可能导致智力呆滞。人体需要碘来促进甲状腺健康，预防甲状腺肿大、甲状腺功能减退或亢进等问题。近期研究发现缺乏碘与乳腺癌、肥胖和新陈代谢缓慢有关联。海藻是天然碘最主要的来源。另外，海鲜食品、芦笋、大蒜、蘑菇和芝麻中也提供微量的天然碘。

除了促进甲状腺的正常功能外，碘也有助提供能量、耐力及缓解神经紧张。由于它可促进血液循环，因此有助促进思路明确清晰，及有利于预防和治疗老年痴呆症或阿兹海默症。

相比海藻中有益健康的有机碘，饮用含碘饮料或服用含有碘化钾或碘化钠的碘盐是不安全的。这些都是无机碘，会造成身体中毒。

#### 促进甲状腺的健康

许多人并不知道自己患有甲状腺疾病的问题！摄取足够的有机碘对维持甲状腺功能健康是非常重要的。缺乏碘最明显和可能危害身体健康的症状就是甲状腺肿大。这问题影响了大概全球3%的人口，并每年造成数千人死亡。



Symptoms of hypothyroidism include:

- weakness
- fatigue
- weight gain or difficulty losing weight
- coarse, dry hair and hair loss
- muscle cramps and frequent aches
- dry, rough pale skin
- slower than normal heart rate
- constipation
- depression

Symptoms of hyperthyroidism include:

- changes in appetite
- fatigue
- insomnia
- abnormal frequent bowel movement
- heart palpitations
- increased sweating
- heat intolerance
- irritability

Iodine-rich foods such as kelp have a long history as a natural therapy for those with both hypo- and hyperthyroidism due to iodine deficiency.

### Heart Health

Dietary iodine also has a role to play in protecting the cardiovascular system. Supplementation of kelp is highly recommended for individuals with high cholesterol or heart problems.

### Weight Loss

Hypothyroidism makes it difficult for one to lose weight due to a reduced metabolic rate, which often results in higher waist-to-hip ratio and a much higher risk of being overweight or obese. Kelp has long been used to treat obesity due to the ability of its natural iodine content to alleviate hypothyroidism.

### Digestive Cancers Prevention

What do the thyroid gland, breast tissue, and parts of the digestive tract have in common? They are all areas of the body that contain high concentrations of iodine. Studies have found that people living in iodine-deficient areas have higher rates of stomach cancers. Gastric cancer tissues have a much lower concentration of iodine compared to the surrounding normal tissues. This has led researchers to believe that there is a link between iodine deficiency and a higher risk of gastric cancer.

### Radiation Protection

Many people do not realize that radiation is far more toxic than any chemical, pesticide or other poisonous substances. Why? Radioactive waves possess enormous energy that break chemical bonds in our body, producing free radicals and creating massive disruption in our living cells. Worse still, radiation does not go away quickly, the effect of radiation in the body is accumulative.

Kelp contains algin that chelates and detoxifies heavy metals such as lead, cadmium, mercury etc. It also protects the body from the effects of radiation. It is found that kelp can reduce absorption of Strontium-90 by 50-80% and would help against the absorption radioactive iodine. Both Strontium-90 and radioactive iodine are radioactive fallouts that are found in the air we breathe, the water we drink and the food we eat, especially in the milk and beef from countries that are exposed to nuclear testing and nuclear wastes. Exposure to radiation over time can have negative effects on the body such as enzyme destruction, cell mutations, abnormal cell division (retarded or cancerous), alteration of cell membrane permeability and cell metabolism. This can happen in our bodies over decades, resulting in poor health or chronic diseases such as cancer.

缺乏碘也可造成甲状腺功能减退或亢进。碘是产生甲状腺激素的重要营养素，可控制身体新陈代谢率和维持甲状腺功能的健康与平衡。甲状腺功能减退的问题已越来越普遍，有上百万人患有轻至重度的甲状腺功能减退问题。

甲状腺功能减退的症状包括：

- 虚弱
- 疲劳
- 体重增加或减肥困难
- 头发变得粗糙、干燥和脱发
- 肌肉痉挛和频繁疼痛
- 皮肤干燥、粗糙和苍白
- 心率变得缓慢
- 便秘
- 忧郁症

甲状腺功能亢进的症状包括：

- 食欲改变
- 疲劳
- 失眠
- 排便次数异常
- 心悸
- 增加排汗
- 不耐热
- 心情烦躁



摄取含丰富碘的食品，比如海藻，对那些因缺乏碘而造成甲状腺功能减退或亢进的人士具有天然治疗效果。

### 促进心脏健康

膳食碘在保护心血管系统上扮演重要的角色。建议那些患有高胆固醇或心脏问题的人士多补充海藻。

### 减肥

甲状腺功能减退会造成一个人因代谢缓慢而变得很难减肥成功，这往往导致腰臀比值高，并增加超重或肥胖的风险。海藻已被长期用来治疗肥胖症，这是因为它所含的天然碘可减轻甲状腺功能减退的问题。

### 预防消化道癌症

甲状腺、乳腺组织和消化道部位有什么共同处？它们都是身体中含有高碘的部位。研究发现，生活在缺碘地区的人士，患胃癌的机率较高。还有，相比胃部周围正常组织，胃癌组织中的碘浓度较低。这导致研究人员相信缺乏碘与患有胃癌的风险相关。

### 辐射防护

许多人都没意识到辐射比任何化学用品、杀虫剂或其他有毒物质更具毒性。为什么呢？放射波具有巨大的能量，可破坏体内的化学键而产生自由基，大量破坏人体中的活细胞。更糟糕的是，辐射不会迅速消失，它会累积在人体内。

海藻中所含的褐藻胶，可整合和排除重金属如铅、镉和汞等，也可保护身体不受辐射的影响。研究发现，海藻可降低身体对锶-90的吸收约50%至80%，也有助抑制吸收放射性碘。锶-90和放射性碘是核辐射尘，存在于空气、饮水和食物中，及那些受到核能试验和核废物威胁的国家所出产的牛奶和牛肉。长期接触辐射会对身体产生负面的影响，如破坏酵素、细胞突变、细胞分裂异常（迟钝或癌性的）、细胞膜通透性改变以及细胞代谢缓慢等。累积体内十几年来可能会导致健康欠佳或衍生慢性疾病，包括癌症。

## Breast Cancer Prevention

Studies are showing a marked difference in breast cancer statistics between populations of women based on the consumption of seaweed in their diet. Japanese women have an iodine intake about 25 times higher than the average American women, and statistics show that Japanese women have roughly one-third the breast cancer rates of those found in America. Interestingly, this difference does not appear in Japanese women who have migrated to the US, where they consume much less seaweed.

Research has found that diets containing kelp seaweed helped to lower the levels of potent sex hormone estradiol in women. Other studies have shown that longer menstrual cycles and lower serum estradiol levels may contribute towards lower rates of breast, endometrial, and ovarian cancers.

## Benefits of Kelp

Not only is Kelp the richest source of dietary iodine, it provides the body with 46 minerals, 16 amino acids, and 11 micronutrients that include:

- Calcium
- Folic acid
- Copper
- Iron
- Magnesium
- Potassium
- Zinc
- Vitamins A, B1, B2, C, D, and E

It is also rich in antioxidants and has anti-inflammatory effects on the body.

Regular intake of Kelp is helpful for supporting healthy thyroid function and preventing the effects of iodine deficiency such as hypothyroidism. It has been useful for supporting regular menstrual cycles in women and also promoting weight loss in those that struggle to lose weight due to lowered metabolic rate.

Kelp is a true daily essential that should be taken regularly in order to ensure sufficient intake of iodine for long term health and vitality!

## Who Might Benefit from Kelp?

Kelp is recommended as a daily supplement in the diet for every living person, in particular the following:-

- Growing children
- Senior citizens
- Women
- Those suffering from hyper/hypo thyroidism, acidosis, boils, diarrhoea, DDT poisoning, cardiovascular disease, asthma, oedema, emphysema, epilepsy, dandruff, gangrene, gout, hair problems, hay fever, inflammation, lupus, radiation, mercury and other metallic poisoning, osteoporosis, premenstrual syndrome, prostate disorders, skin disorders, stress, T.B., fibrocystic disease of the breast, frigidity and high blood pressure.
- The overweight and the obese
- The underweight

Disclaimer: The contents of this article are not to be substituted for medical advice or diagnosis. The information presented here is purely for educational purposes. This is not a prescription for self-diagnosis or self-medication. Consult your own physician regarding the application of any opinions and recommendations with respect to your symptoms or medical conditions.



## 预防乳腺癌

研究显示，常吃海藻类食物的女性，其乳腺癌发病率偏低。日本妇女比美国妇女的乳腺癌发病率低得多（大约是美国女性的三分之一），可能与日本人喜欢吃海藻类食物的传统饮食习惯有关（日本女性的碘摄入量是美国女性的25倍）。另一方面，研究发现移居美国的日本女性，如果饮食偏西式，海藻摄入量减少，其乳腺癌发病率会比日本国内的女性大为增加。

研究也发现，常吃海藻类食物有助降低女性的性激素雌二醇的水平。其他研究显示，延长月经周期和降低血清雌二醇水平可帮助降低乳腺癌、子宫内膜癌和卵巢癌的发生机率。

## 海藻宝的好处

海藻宝不单只是膳食碘的最丰富来源，它还可提供身体46种矿物质、16种氨基酸以及11种微量营养素，包括：

- 钙
- 叶酸
- 铜
- 铁
- 镁
- 钾
- 锌
- 维生素A、B1、B2、C、D和E

它也含有丰富的抗氧化剂，对身体具有抗炎作用。

定期摄取海藻宝有助于维持甲状腺功能健康及预防碘缺乏的影响，如甲状腺功能减退症。它还可使女性月经周期变得规律及有助减肥，尤其对于那些因代谢率缓慢而面对减肥困难的人士。

海藻宝是必不可少的补充剂，应每日定期服用，以确保能摄取足够的碘，长期维持身体的健康与活力！



## 适宜人群

海藻宝可作为每日营养补充剂，人人都适宜，尤其是：

- 成长中的孩子
- 老年人
- 所有女性
- 那些患有甲状腺亢进或减退、酸中毒、生疮、腹泻、杀虫剂滴滴涕中毒、心血管疾病、哮喘、水肿、肺气肿、癫痫、头皮屑、坏疽、痛风、头发问题、发烧、炎症、红斑狼疮、辐射、汞及其他金属中毒、骨质疏松症、经前症候群、前列腺疾病、皮肤疾病、压力、肺结核、乳房纤维性囊肿疾病、性冷感以及高血压等。
- 超重和痴肥者
- 体重过轻者

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# KELP – Superfood from the Sea

## 海藻宝——来自海洋的超级食品

Richest source of organic dietary iodine in natural form. Provides 46 minerals, 16 amino acids, and 11 micronutrients that include calcium, folic acid, copper, iron, magnesium, potassium, zinc, vitamins A, B1, B2, C, D, and E, etc.

- ✓ For optimal thyroid function.
- ✓ For healthy cellular metabolism: raises energy levels and promotes weight loss.
- ✓ Has more calcium than many vegetables, including kale and collard greens. Calcium is important to maintain strong bones and optimal muscle function.
- ✓ High in antioxidants. Helps fight against free radicals and combat oxidative stress.
- ✓ Chelates and detoxifies heavy metals toxins.
- ✓ Protects the body from the effects of radiation.
- ✓ Contains plenty of chlorophyll. Stimulates red blood cell production and can increase oxygenation throughout the body.
- ✓ May influence glycemic control and reduce blood glucose levels, benefitting people with type 2 diabetes.
- ✓ Highly recommended for individuals with high cholesterol or heart problems.
- ✓ Useful in promoting hormonal balance in both men and women.
- ✓ Digestive cancer and breast cancer prevention: Research shows that there is a link between iodine deficiency and a higher risk of gastric cancer/breast cancer.
- ✓ Improves brain function and memory. Beneficial for the prevention and treatment of dementia and Alzheimer's.
- ✓ Essential for pregnant and lactating mothers to provide nutrients for optimal development of the baby's brain cells.

海藻宝是天然膳食碘的最丰富来源。可提供身体46种矿物质、16种氨基酸以及11种微量营养素，包括钙、叶酸、铜、铁、镁、钾、锌、维生素A、B1、B2、C、D和E等。

- ✓ 促进甲状腺的最佳健康。
- ✓ 促进细胞新陈代谢：提高能量和帮助减肥塑身。
- ✓ 比起许多蔬菜包括芥兰和甘蓝菜含有更高的钙质。钙对强健骨骼和维持肌肉最佳功能非常重要。
- ✓ 富含抗氧化剂。有助对抗自由基和氧化应激。
- ✓ 螯合和清除体内重金属毒素。
- ✓ 保护身体免受辐射伤害。
- ✓ 含有许多叶绿素。促进红血细胞的生产 and 增加全身氧循环。
- ✓ 可影响血糖控制和降低血糖水平，有利于2型糖尿病患者。
- ✓ 极力推荐患有高胆固醇和心脏问题的人士服用。
- ✓ 可促进男女性的荷尔蒙平衡。
- ✓ 预防消化道癌和乳癌：研究显示，缺乏碘与胃和乳房患癌率较高有关联。
- ✓ 改善大脑功能和记忆力。有利于预防和治疗老年痴呆症和阿兹海默症。
- ✓ 对怀孕和哺乳妈妈非常重要，所提供的营养素可帮助促进婴儿大脑细胞的发展。



### Ways to take Kelp:

Besides taking Kelp tablets the usual way you would with supplements, you can grind or pound the Kelp tablets into powder, and add the powder to your smoothies, juice, soup, porridge, rice or salad. The options are endless! Stretch your creativity!

### 摄取海藻的方法：

除了直接口服海藻剂片外，您也可将海藻剂片磨碎或捣碎成粉。然后在您的冰沙、果汁、汤、粥、米饭或沙拉上添加海藻粉。摄取海藻的方法很多！舒展您的想象力吧！