

Chlorella: A Natural Wonder Food

by Dr. Joseph Mercola

Health Benefits of Chlorella

Help Rebuild Your Immune System

When cooked, Chlorella can be used to make a powerful health stimulating extract called [Chlorella growth factor \(CGF\)](#). CGF is derived from the various peptides, proteins and other substances that are leached from the heat extract created from boiling chlorella. The potent peptides that are created during the boiling process are not originally found in the algae.

CGF has been studied for its many outstanding therapeutic benefits -- including powerful natural immune enhancers and amazing growth promoting effects. CGF has also been attributed to increasing your body's production of T and B lymphocytes, interferon and tumor necrosis factor.

Powerful Detoxification Aid for Mercury, Other Heavy Metals, Pesticides Numerous research projects in the USA and Europe indicate that chlorella can also aid the body in the breakdown of persistent hydrocarbon and metallic toxins such as DDT, PCB, mercury, cadmium and lead, while strengthening the immune system response. In Japan, interest in chlorella has focused largely on its detoxifying properties -- its ability to neutralize or remove poisonous substances from the body.

This detoxification of heavy metals and other chemical toxins in the blood will take 3-6 months to build up enough to begin this process depending on the dosage of chlorella a person is taking. It is also this fibrous material that greatly augments healthy digestion and overall digestive track health.

Chlorella plays a particularly crucial role in systemic mercury elimination because the majority of mercury is rid through stool. Once the mercury burden is lowered from the intestines, mercury from other body tissues will more readily migrate into the intestines -- where chlorella will effectively remove it.

I was fortunate to team up with Dr. Dietrich Klinghardt, MD the world's leading authority on mercury detoxification, to write a ground-breaking paper that reviewed evidence supporting amalgam toxicity and described practical and effective techniques -- like the use of chlorella -- to facilitate mercury elimination. It was first published in the Journal of Nutritional and Environmental Medicine in March of 2001,

How Does Chlorella Detoxify Your Body? Chlorella is comprised of a fibrous, indigestible outer shell (20%) and its inner nutrients (80%). It is the fibrous material that has been proven to actually bind with heavy metals and pesticides like PCBs, that can accumulate in our bodies.

A clean bloodstream, with an abundance of red blood cells to carry oxygen, is necessary to a strong natural defense system. Chlorella's cleansing action on the bowel and other elimination channels, as well as its protection of the liver, helps keep the blood clean. Clean blood assures that metabolic wastes are efficiently carried away from the tissues.

Will Chlorella Help Iron Overload? While effective in removing mercury - Chlorella will not do the same for iron. Chlorella contains iron and will actually raise iron levels. Iron is potentially toxic because the human body has a limited capacity to excrete iron - causing it to build up in the body.

Chlorella is High in Chlorophyll to Help You Process More Oxygen Chlorella gets its name from the high amount of chlorophyll it possesses. Chlorella contains more chlorophyll per gram than any other plant. Chlorophyll is one of the greatest food substances for cleansing the bowel and other elimination systems, such as the liver and the blood.

The problem we find here is that food greens contain less than half of one percent chlorophyll. Alfalfa, from which chlorophyll is commercially extracted, has only 8 or 9 pounds per ton, about 0.2% when extracted, and alfalfa is one of the plants highest in chlorophyll. Commercial liquid chlorophyll often contains only about 1% chlorophyll.

Green algae are the highest sources of chlorophyll in the plant world; and, of all the green algae studied so far, chlorella is the highest, often ranging from 3 to 5% pure natural chlorophyll.

Chlorella Helps You Think and Focus More Clearly Hemoglobin is the protein in our red blood cells that binds with oxygen and gives blood its red color. Chlorophyll cells are nearly identical to hemoglobin, with one exception: Chlorophyll has a magnesium molecule at that center of it while hemoglobin has an iron molecule at the center of it.

This is important because magnesium is essential for the heart to function properly. Every time our heart beats, it is utilizing magnesium to do so.

Chlorophyll is effective against anemia and stimulates the production of red blood cells in the body. It also helps carry oxygen around the body and to the brain. This is why chlorella is often called "Brain Food".

Several researchers have suggested the use of chlorophyll as a medical therapy for anemia. A great deal of research on the value of chlorophyll was done in the 1930s. These research reports showed that chlorophyll has a stimulating effect on the regeneration and growth of tissue.

Chlorella Will Improve Your Digestive System Since chlorella has such a high chlorophyll content, people find chronic bad breath is often eliminated in just a few days on chlorella. Foul smelling stools are also greatly improved and chlorophyll has been attributed to relieving constipation.

Chlorella supplements can speed up the rate of cleansing of the bowel, bloodstream and liver, by supplying plenty of chlorophyll.

Shown To Be Helpful in [Fighting Cancer](#) Interferon is one of our body's greatest natural defenses against cancer. One of the ways to fight cancer is the use of agents to stimulate macrophage production and activity. Interferon is a natural secretion of the body that is thought to be a stimulator of macrophages and tumor necrosis factor (TNF). Chlorella stimulates the activity of T-cells and macrophages by increasing interferon levels thus enhancing the immune system's ability to combat foreign invaders whether they are bacteria, viruses, chemicals or foreign proteins.

Contains Natural Digestive and other Enzymes Chlorella contains enzymes such as chlorophyllase and pepsin, which are digestive enzymes. Enzymes perform a number of important functions in the body. In fact, you can not even blink without the presence of enzymes. Chlorella has many different types of enzymes that our bodies need.

It is essential that any algae you take is **NOT** freeze dried or pasteurized. If it is, then you have lost the crucial benefit of enzymes such as these.

Chlorella Is One Of The Most [Scientifically Researched Foods In History!](#) Click on the link above and you will find abstracts of a few of the peer reviewed scientific articles documenting the incredible healing powers of chlorella. I have included a summary of the abstract with most of the articles.

Chlorella is Alkaline and Helps Balance Your Body's pH It is important that we maintain a balance body pH of ideally about 7.2-7.4, which is about neutral. However, because of our poor diet of junk food, fast food, overcooked, processed foods, especially soft drinks which have a pH of 2.7, most of us are not balanced. The above foods are several thousand times more acidic than our bodies.

This is important because most diseases start and live and thrive in an acidic environment and do not live well in an alkaline environment. Cancer rates have risen steadily until now that fully one third of all people in the United States will get cancer in their lifetime!

The rise of fast, junk and processed foods match those of rising cancer rates. Thirty years ago, cancer in children was almost unheard of. Now they have entire hospital wards given over to children with cancer. Eliminating processed foods with whole foods like chlorella will help to virtually eliminate your risk of developing cancer in the future.

Chlorella Will Give You More Energy As your body begins to get these pure nutrients that it must have to function properly, increased vitality and energy usually follow. However, unlike sugar, caffeine or other "energy pick-me-ups", Chlorella does not lift you up then let you down soon after because they are not drugs of any sort. Chlorella is whole food nutrition. It lasts much longer and since it is full of pure nutrients, there is never a let-me-down or "low feeling" afterward.

Increase Beneficial Good Bacteria in Your Intestine, Eliminate Bad Breath and Decrease Constipation

The fibrous materials in chlorella will also improve digestion and promote the growth of beneficial aerobic bacteria in the stomach. This is something you will notice about chlorella soon after first taking it.

When you eat chlorella the beneficial bacteria in your intestinal tract, like Lactobacillus, multiplies at four times the normal rate. This improves your digestion and your body's ability to take in nutrients greatly. Proper digestion, augmented with the necessary enzymes, is one of the keys to your great health!

Disclaimer: The entire contents of this website are based upon the opinions of Dr. Mercola, unless otherwise noted. Individual articles are based upon the opinions of the respective author, who retains copyright as marked. The information on this website is not intended to replace a one-on-one relationship with a qualified health care professional and is not intended as medical advice. It is intended as a sharing of knowledge and information from the research and experience of Dr. Mercola and his community. Dr. Mercola encourages you to make your own health care decisions based upon your research and in partnership with a qualified health care professional. See: www.mercola.com