

## Blue Green Algae is an Excellent Source of Protein and Amino Acids and more

Blue green algae are not only an excellent source of amino acids and protein, but are generally considered to be the king of superfoods. It contains just about every nutrient you could think of, and has the added advantage of being completely natural and easily assimilated into the body.

In the USA it is harvested in Oregon, in the upper regions of the Upper Klamath Lake, although it is also available in many other parts of the world. Blue green algae are about the best source of vegetable protein and amino acids available to the human diet, although are now generally used as a supplement rather than as a primary food source.

However, in spite of its name, it is not an alga at all: it is a bacterium: *Aphanizomenon flos-aquae* (AFA), known as cyanobacteria, after the Greek for blue. Nevertheless, bacteria or not, blue green algae offer exceptional nutritional benefits and also health benefits to people suffering from certain conditions. Here are the best of its benefits:

1. It is natural and therefore easily assimilated and digested. You get a very high useful yield from its nutrient content, unlike other foods where a large proportion can be passed through the gut unchanged. In fact a large proportion of the food you eat passes through your body unchanged, although that is mainly due to a lack of chewing!
2. It is very high in protein, and helps to maintain healthy hair, nails and skin. If you are on a vegetarian diet this is an ideal source of non-animal protein (unless you class bacteria as animals!). If you want numbers, at least 60% of the solid content of this material is vegetable protein human-ready for use.
3. It is packed full of enzymes that aid digestion, and so ensures that not only is it itself fully digested, but also that you get the most nutritional benefit from any other foods you eat. A lack of enzymes is very common in the western diet, especially the North American diet, and if you take a regular supply of blue green algae, then you need not also take enzyme capsules.
4. It possesses cleansing and detoxifying properties, and so helps to reduce the incidence of headaches and allow you better and more restful sleep. Toxins can act on your body to cause pain, and is associated with the free radicals discussed below.
5. It is very high in antioxidants that destroy the free radicals in your blood and tissues. Free radicals destroy body cells and can seriously damage your health. Among the health benefits that blue green algae provide due to its antioxidant properties are:
  - a) It supports the immune system and helps to prevent inflammation in your joints. It also enables you to fight off bacterial and viral infections quicker.
  - b) It maintains the integrity of your body and skin cells, and reduces cell damage by free radicals. This has an anti-aging effect and preserves the youthful appearance of your skin, resisting wrinkling and maintaining its firmness.
  - c) Blue green algae help to prevent the free radical oxidation of the LDL lipids that transport cholesterol that cause the atherosclerosis that can lead to heart attacks and strokes.
6. It provides you with energy through its effect on your body's metabolic conversion of blood glucose to energy within the mitochondria. This is partially due to its antioxidant effect and partially to the nutritional content of the bacteria. The bacteria are also a rich source of glycogen that is your body's store of emergency energy. Your liver can use the bacteria to biosynthesize its own store of glycogen that your body can use if called upon for a sudden burst of energy.
7. The amino acids it contains are of low molecular size, and can cross the blood-brain barrier. It provides nutrition to the brain, and its high chlorophyll content helps to purify the blood. Its high content of trace minerals and naturally chelated minerals renders them extremely bioavailable, and able to provide a high degree of nutrition to the brain and other organs of the body. Blue green algae contain rhamnose that helps nutrients to cross from the blood to the brain, and then to the brain cells that need it.
8. Blue green algae have been shown to help memory and mood. This is likely due at least in part to its fatty acid content, and its effect on serotonin levels.

These eight benefits are more than any other individual food source can provide, and in themselves justify the claim that blue green algae is the best individual food source there is. However, when we have a look at the active ingredients, and nutritional content of the bacteria, then it seems even more impressive. There is more to blue green algae than just a few vitamins and minerals. You can get these in any multivitamin supplement: this stuff is completely natural and all of its ingredients are completely compatible with the human digestive system.

Many of the synthetic vitamins you find in boxes and tubs are only partially absorbed due to the form they are in. Either that or they need the presence of other substances before they can be assimilated. An example is calcium, which is next to useless without magnesium and vitamin C also being present to allow it to be incorporated in the structure of the bones and teeth. With blue green algae, every combination of substances that nature needs for them to work properly is there. Everything gets used and everything has a role to play.

The amino acids and proteins have already been mentioned, and these unusual bacteria contain all of the trace minerals that are necessary for the amino acids and proteins to be properly used. It also contains a large quantity of beta-carotene (a natural Vitamin A precursor and strong anti-oxidant), and is also rich in Vitamin B-12 that most vegetarians are deficient in. It is therefore the perfect food for vegetarians and vegans.

If you understand the health benefits of omega 3 and omega 6 fatty acids, which blue green algae are also rich in, then you will understand how a foodstuff containing these fatty acids and all of the other nutritional substances listed above could be regarded as a 'Superfood'.

Blue green algae is probably the richest food available commercially to humans, but before you use it you should ensure that the content of blue algae in the supplement you purchase is clear and that you are purchasing a standardized amount in what you are purchasing.

Otherwise, it is difficult to see how anybody could go wrong with blue green algae, since it is indisputably an excellent source of protein, amino acids, vitamins and much, much more.

### About the Author

More information on the [super food Blue Green Algae](#) is available at VitaNet &reg;, LLC Health Food Store. <http://vitanetonline.com/>

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