



BLUEGREEN Naturprodukte
Gentzgasse 71 A-1180 Wien
www.bluegreen.net

Buchauszug (Seite 44-45) aus *Medicine for the 21st Century*
"Miracle Superfood: Wild Blue-Green Alge" von Ph.D. Gillian McKeith

Wild blue-green AFA algae is a superb natural source of nutrients for the body. It boasts outstanding levels of chlorophyll, vitamin B12, beta-carotene, iron, protein and many more complementary nutrients in a completely assimilable form. As a result, it can help to increase energy, correct imbalances, oxygenate cells and realize high levels of physical and mental health.

Wild blue-green algae has properties which can aid in alleviating various symptoms and illnesses. As a bitter substance, it influences the heart and mind, helping to clean out mucus accumulations from the arteries, thus stabilizing blood pressure. The bitterness can also help to focus the mind and improve concentration. As a drying substance, AFA algae can remove excessive mucosal moisture from tissues, rendering these cells a less favorable environment for viruses, bacteria, parasites and fungi. Yeasts, tumor or cyst growths, excess phlegm, abscesses, swellings, edema and skin eruptions, all might respond well to programs of AFA algae. It has also been used for patients suffering from cancer, AIDS, Epstein-Barr virus, MS and rheumatoid arthritis where internal "wet conditions" exist. The algae also acts as a coolant, thus relieving constipation, inflammations, infections and fevers. Wild bluegreen algae is a neurostimulant, feeding the pathways to the brain. The algae makes amino acids readily available to the brain, thereby stimulating neurotransmitters for improved mental acuity and memory. Excellent results have been observed in preventing the progression of Alzheimer's disease. Wild blue-green is an antidepressant and mood elevator. Mental depression can often be linked to a stagnant liver; AFA can help to overcome liver stagnancy caused by poor diet. This blue-green algae can help to change the body from a state of acidosis to a more alkaline base; in other words, it can purify the blood. A toxic bloodstream can result in acne, boils, eczema, allergies, and ultimately acidosis. When the blood is not healthy, degenerative diseases like cancer and arthritis can gain a grip on your body. The algae also acts as a mild diuretic, reducing water retention, simultaneously removing residues of toxic metals from the body and cleaning lymph fluid. Finally, AFA algae is a relaxant. Its predigested proteins and complex carbohydrates maintain balanced blood sugar levels, supplying energy that lasts.

Aphanizomenon flos-aqua blue-green algae can benefit almost everyone. If you have grown up on meat and potatoes, eggs, dairy products, salty foods, chemically preserved foods, sugary foods, then AFA algae is for you. If you eat on the run, need to lose weight, feel tired, have poor nutritional habits, then this algae is also for you. Even if you think you are the most healthy of specimens, I still recommend the AFA algae. It is a complete source of wholesome nutrients in a world where our foods are so nutrient depleted. It rejuvenates your lungs, purifies the kidneys and feeds the gastrointestinal tract. Wild bluegreen algae is a true builder of your body, an amazing cleaner and blood purifier. AFA wild blue-green algae may be more bioavailable than any other natural food source or food supplements. This means that the algae, because of its delicate balance, can assimilate, absorb, digest, metabolize and nitrify in perfect harmony for maximum beneficial results.