



In demand

Healing straight from the seabed...

Find out why more and more people are looking to the ocean to feel better

3 Top Seabed Buys

HEALTH PLUS SPIRULINA £7.45,
WWW.HEALTHPLUS.CO.UK

These 500mg capsules are enriched with the energy-giving algae and are suitable for veggies and vegans



FLAVOURS OF SPAIN SEA SALAD £5.55,
WWW.FLAVOURSOFSpain.CO.UK

Bring flavour and nutrition to your cooking with this salad that's made up of crisp dried sea lettuce, wakame and nori



SEAGREENS, £44.95
WWW.SEAGREENS.COM

With a mix of wild seaweeds this 3-month supply of capsules offers a balanced profile of sea nutrients for people of all ages



● For Nutrients

Seaweeds such as kelp, kombu and wakame are some of the best natural sources of minerals including iodine, which is important for healthy thyroid function

● For Veggies

They are also one of the very few non-animal sources of vitamin B12, a lack of which can lead to anaemia

● For Energy

Spirulina is a blue-green freshwater algae that's very high in protein, meaning it'll give you lots of energy. It's also rich in iron, calcium, and magnesium and vitamins A, B, C, D and E!

● For a Detox

Chlorella, a green algae, is believed to be very effective at eliminating heavy metals and other pesticides which find their way into our bodies

● For Blood Pressure

The brown seaweed wakame has been found in tests to help reduce blood pressure in a similar way to medication



Dragonfly Tea Huang Cha Delicate Yellow Tea

£1.69, www.dragonfly-teas.com

Known as imperial tea in China thanks to the fact that it was served only to royalty in the 17th Century, yellow tea has the same wonderfully high antioxidant levels as green tea, with a clean flavour and subtle sweetness.



Health Q&A



Our nutritionist Emma Wells talks smart choices

Q: I'm a new vegetarian and would like to know what I should be eating to stay well. I also can't eat wheat or dairy.

"A vegetarian diet without dairy and wheat can provide you with almost all of the nutrients you need but taking a multivitamin will ensure you are getting enough Vitamin D and B12 as these will only be provided by the eggs in your diet. Solgar VM2000 would be a good choice. Your protein needs can be met with nuts, seeds, quinoa, soya, eggs and a combination of legumes and essential wholegrains such as baked beans on rye toast or a nut roast served with rice. Iron levels can stay topped up by eating plenty of dark green leafy vegetables, lentils and dried apricots. Omega-3 fatty

acids needed for good mood and hormonal health are found in linseeds, walnuts and pecans so snack on these. Tahini, almonds and seeds contain calcium for strong bones but a fortified rice or soya milk will help to boost levels. Barbara Cousins, *Vegetarian Cooking Without* (£10.99, Harper Collins) is a great book to help you eat healthy and scrumilicious meals."

Emma Wells is the nutritional therapist for Smart Nutrition
www.smartnutrition.co.uk
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