

Real seaweed can help fight obesity

The 'Seaweed can halt obesity' Daily Express story highlights the 'big pharma' versus 'whole food' approach to research.

Newcastle University, as reported by the Express, are working on an extract of seaweed called 'alginate' – using an 'artificial gut' – which might absorb fat from the body if added to food (so people can carry on eating junk food).

In contrast, 4 years of government-sponsored research at the Centre for Food Innovation at Sheffield Hallam University, has concluded that an organic, highly nutritious whole food wild seaweed may be an effective ingredient in the fight against obesity and can replace up to 50% of salt in manufactured foods.

Simon Ranger, MD of Seagreens, Britain's leading seaweed supplier, says: "The 'alginate' approach is conventional and still preferred by 'big pharma' producers and many food technologists. Yet its proposed use bears no relation to its natural and beneficial occurrence in seaweed."

It's the same with salt; pharma companies are working on salt replacements, while unrefined sea salt and whole seaweed are readily available and contain a natural balance of minerals and trace elements, more complex in their effects and benefits.

