

# Seaweed a new fad

By Charlotte Vøhtz, founder of The Green People Company Ltd.

**S**ince ancient time people in maritime countries including Japan, China, Scandinavia and New Zealand have used sea vegetables in their daily meals.

Even our own ancestors have enjoyed deep-sea delicacies - such as dulse, carrageen and laver.

Sea vegetables are attracting more and more attention as we begin to appreciate a food, that delivers unparalleled nutritional and health's benefits.

## Nature's richest source of essential nutrients!

Bladderwrack, kelp, carrageen, sea lettuce, stoke, tangle, limu, nori, kombu, arame, sea palm - just to mention a few of the different types of Sea vegetables found in seawater. They all receive their nourishment directly from the sea. Sea vegetables are virtually fat-free and rich in proteins. They contain many vital vitamins - including A (in the form of beta-carotene), B1, B2, B6, niacin and C are exceptionally rich in potassium, calcium, magnesium, iron and iodine - minerals essential for our general metabolism. Seaweed also contains a wealth of important trace elements - often lacking in land vegetables because of poor soil quality.

Minerals make up between 8 and 35 percent of the dry weight and sea vegetables are known to contain all 56 minerals and trace elements considered essential for the body.

Seaweed is ideal for vegetarians and those abstaining from dairy foods because they are especially rich in calcium, iron and iodine.

Fight stored toxins, support weight loss and maintain healthy skin & hair!


Sea vegetables have long been recognised to enhance general well being

and in particular the health of the nervous system. More recent interest has centred on the ability of the plants to cleanse the body of toxins. According to research from Dr. Tanaka at McGill University in Canada, the alginic acid present in sea vegetables binds with heavy metal pollutants in our intestines preventing them from being absorbed.

The wide range of essential nutrients, including iodine, known to stimulate the thyroid gland and thereby the metabolism, makes seaweed ideal for anyone trying to lose weight. Sea vegetables guard against nutritional deficiencies caused by reduced intake diet, and speed up weight loss through their actions on fluid balance and the metabolism.

If you suffer from brittle hair and nails and find your skin excessively dry you might lack essential minerals and trace elements. Adding Sea vegetables to your diet will improve the condition in just a few weeks.

## Cooking with Seaweed

Sea vegetables are often sold in dried form, which make them ideal for long-term storage. First wash quickly, then soak with enough water to allow expansion. The soaking time varies for each species and the recipe will indicate this. Retain the soaking water to use in cooking if desired. The healthiest way of enjoying sea vegetables is to learn to integrate them into your everyday meals. Seaweed greatly increases the nutritional value of all food prepared with it and substitutes well for salt. Seagreens have launched a Seaweed Table Condiment that you can mill like salt and pepper, in a normal grinder. The subtle flavour will compliment, not dominate food. A fast and efficient way of adding nutrients to your diet - you can mill on everything from fish, vegetables, cheese, beans, eggs and pasta dishes. Ideal instead of salt for reduced sodium intake. 



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