



## The Healing Seaweed

Sea vegetables contain 10-20 times the minerals of land plants

containing the greatest amount and broadest range of minerals of any organism...

Digestible raw plant tissue cells that are easily assimilated by humans, plants, and animals (including pets)

Seaweeds contain vitamins, nutrients, and 56 micro elements/minerals required for your body's physiological functions in chelated, colloidal form, a concept known as "bioavailability."

Biological source to remineralize your body

Sonoma Coast Sea vegetables (which rate in the top 5% of the World's richest and most pristine) are best harvested at a very low tide, when the rocky shore edge is exposed – May and June are best

A native algae with a long history of use among indigenous peoples of the Americas, Asia, and the British Isles

The algin-rich seaweed can reduce the uptake and help remove radioactive Strontium and Cesium in the human body

Algin also helps remove heavy metals from the body including lead, cadmium, barium, and zinc

Particularly high in protein, iron, calcium, iodine, thiamin, riboflavin, niacin including B5, B6, and B12

Suitable for any diet preference – raw, macrobiotic, vegan, omnivore, locavore

Alkalizes the blood, similar composition as blood

Lymphatic cleanser

Beneficial to the thyroid with bioavailable iodine (vs radioactive iodine) known to regulate metabolism, weight, and mood

### Uses

#### In the Kitchen:

Add to any/all boiled dishes (grains, beans, soups) to improve digestibility and nutritional value

Easily crumbled when baked/toasted (at 150\*), or add whole pieces to cooking water, then cut once soft

Thickens sauces (easiest in powder form), makes great soup stock; softens beans and speeds their cooking time

#### Body care:

Add whole pieces to baths, body masks, hair treatments

In France seaweeds are used as body wraps to nourish the skin, soothe the nerves, and treat arthritis

Fill a muslin bath bag and soak in a bath, allow healing minerals and softening alginates to diffuse into the water

The slimy mucilaginous quality of seaweeds can be used to soothe sore throats, heartburn, insect bites, burns, and other skin and mucous membrane irritations.

#### In the Garden:

In compost tea, use soaking liquid directly or powder into soil mix

Low in Nitrogen, but very high in trace minerals

Boosts microbial activity, rendering plants more resistant to insect pests, fungus, and diseases

Aids in speedier and robust germination



### Local Varieties for Sale

#### Nori *Porphyra perforata*

Only 1 cell thick! Particularly tasty when lightly toasted (150°F in oven 10 min) then crumbled over food as a condiment.

Highest in protein (30% by weight), iron, B6 and B12 content among the seaweeds. Packed in its natural crinkly splendor rather than in heat processed, in oily MSG-laden sushi sheets.

#### Kombu *Laminaria dentigera*

Excellent added to beans, to soften and break down the tough fibers increasing the digestibility, therefore reducing the 'gas effect'. Studies show that alginic acids in Kombu remove heavy metals from our body.

#### Wakame *Alaria marginata*

10 times the calcium as milk, 4 times the iron as beef. This olive colored sea vegetable is rich in niacin, calcium, riboflavin, and thiamine, promotes healthy skin and hair. Great in beans and stews.

#### Bladderwrack *Fucus vesiculosus*

Regarded as the panacea by some herbal healers, known as 'the thyroid seaweed' due to its high elemental-iodine content. Fucus has been used to enhance the body's immune system, inhibit tumor cells, suppress allergic inflammation and strengthen body tissues.

#### Gomasio (a blend of Nori seaweed and organic sesame seeds)