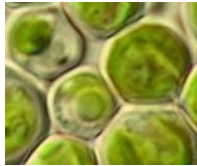


## Healthy4life.ca Newsletter - May to November 2019

Holistic nutrition includes body, mind and spirit. Articles will address each area.

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Thank you to all my subscribers who have allowed me the time these past 6 months to grieve the loss of my son. All of your prayers and comments have been very uplifting during this difficult time. All things have a season and I am now restarting my monthly newsletters. So ENJOY!



## Chlorella

Chlorella is a single cell, freshwater, green microalgae. There are over 300 different species. It is a nutrient dense algae that has many functions in nutrition including supporting natural detoxification. It binds to heavy metals like PCBs and dioxins. It helps the body get ride of uranium(1), cadmium(2) and mercury(3).

Chlorella is 50-60% protein containing all 9 essential amino acids. It contains vitamin B12, iron, vitamins A, C, D, E, K1, beta carotene, lutein, a wide range of antioxidants, and small amounts of magnesium, zinc, copper, potassium, calcium, folic acid, fibre and other B vitamins.(4) Just 3 grams of chlorella provides 100 mg of omega-3 essential fatty acid.

Other benefits of chlorella include enhancing your immune response, help to lower

cholesterol, acting as an antioxidant, helps to regulate blood pressure, lower fasting blood sugar, increases insulin sensitivity, helps manage respiratory diseases by controlling inflammation, among others. There are many scholarly articles on the internet which have citations to the research papers on each of these.

Important for people with diseases that present with estrogen dominance, chlorella has the ability to biotransform estradiol into estrone and then to clear both the estradiol and the estrone from the body, which leaves the safe estrogen called estriol to attach to the estrogen receptors.(4)(5)

Ask your health care provider if a chlorella supplement would be beneficial for you. Your provider will take into account medications, diet, lab results and any over the counter products you use before making a recommendation that is right for you. It is available in capsules, tablets, powder and as an extract.

(1) Hogan AC, van Dam RA, Markich SJ, Camilleri C. Chronic toxicity of uranium to a tropical green algae (*Chlorella* sp.) in natural waters and the influence of dissolved organic carbon. *Aquat Toxicol*. 2005 November 30; 75(4):343-53

(2) Franklin NM, Stauber JL, Lim RP, Petocz P. Toxicity of metal mixtures to a tropical freshwater algae (*Chlorella* sp.): the effect of interactions between copper, cadmium, and zinc on metal cell binding and uptake. *Environ Toxicol Chem*. 2002 November 21(11):2412-22.

(3) Kelly DL, Budd K, Lefebvre DD. Biotransformation of mercury in pH-stat cultures of eukaryotic freshwater algae. *Arch Microbiol*. 2007 January 187(1):45-53

(4) <http://wellnessresources.com/tips/articles/chlorella>

(5) Lai KM, Scrimshaw MD, Lester JN. Biotransformation and bioconcentration of steroid estrogens by *Chlorella vulgaris*. *Appl Environ Microbiol*. 2002 February 68(2):859-64

## Fibromyalgia Foods

Further to the April webinar on fibromyalgia, here are some interesting articles.

Links to Articles

Fibromyalgia and Diet: What's the Link?

<https://www.webmd.com/fibromyalgia/features/fibromyalgia-the-diet-connection#1>

How can diet affect fibromyalgia symptoms

<https://www.medicalnewstoday.com/articles/315386.php>

A Guide to Foods that Can Help Fibromyalgia or Make It

Worse <https://fibromyalgianewstoday.com/2018/11/27/fibromyalgia-food-guide-diet-help-inflammation-exacerbate-eat-avoid-list/>

Fibromyalgia syndrome improved using a mostly raw vegetarian diet: An

observational study <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC57816/>



## Coconut Milk

Yield: approximately 4 cups  
2 cups unsweetened shredded coconut  
4 cups water  
½ tsp guar gum (optional)

Heat water until warm but not boiling. Blend coconut and warm water until smooth.

Strain the blended nut mixture with a nut bag, butter muslin or tight weave cheesecloth. Twist the top tight so you can continue to squeeze out more of the milk.

Optional: add guar gum to strained milk for a smoother coconut milk for drinking, cooking or making ice cream. Pulse a few times in a blender. Use right away or refrigerate for up to 5 days.

Coconut pulp can be used in muffins, cookies or quick breads.

**Be healthy 4 llfe,  
Cathy Ferren RHN**

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