

A Safe and Effective Alternative to Prescription Cholesterol Lowering Drugs

Victor Marcial-Vega, MD has been conducting an ongoing open-label study to determine the cholesterol-lowering effects of daily supplementation with a Professional Grade Chlorella. When fully-enrolled, the study will examine this effect in 50 patients, selected as having clinically-significant hypercholesterolemia, and who have not previously taken any medications for cholesterol reduction.

Prior to enrollment in the study, blood lipid analyses are performed to confirm the existence of hypercholesterolemia and to determine each patient's baseline lipid profile. Each patient's initial follow-up analysis is performed after the first 30 days of supplementation.

All patients enrolled in the study are instructed to take five 335 mg capsules, twice daily.

Interim results

Among the first ten patients enrolled, eight (80.0%) experienced reductions in cholesterol of between 50 to 100 points (average 65 points) over the initial 30 days of supplementation. Of the two that showed no response, one patient was taking heavy medications for other conditions and the other was experiencing a period of severe mental stress due to family sickness and bereavement.

Of interest, a significant drop in blood pressure was recorded among patients identified as hypertensive. Five of the initial ten patients (50%) were identified as clinically-hypertensive. Following their initial 30-day re-evaluation, two of the five were able to cease taking prescribed anti-hypertensive medications altogether, while the remaining three were able to significantly reduce their dosage.

To quote Dr. Marcial-Vega *"I'm excited about these initial results. Nature's Balance Professional Grade Chlorella is not simply an alternative to the statin class of drugs for cholesterol reduction, it's a far, far superior replacement."* To clarify this comment, Dr. Marcial-Vega explains *"Not every patient will respond to a statin drug, and for those that do, the cholesterol-lowering effect takes longer to materialize and is less pronounced compared to the results we are seeing from the Nature's Balance product. The added bonus is that these results are now possible with a product that has no adverse side-effects"*.

In conclusion, Dr. Marcial-Vega states, *"When a natural alternative, such as this, is available, it just doesn't make any sense to expose a patient to the well-known risks associated with statin drugs."*

Victor Marcial-Vega, MD, is a board-certified radiation oncologist who now provides a broad range of integrative medical therapies from his private clinics in Miami, FL and San Juan, PR.

Chlorella's most outstanding feature, and one that sets it apart from other *"super foods"*, is its proven ability to assist the body in detoxifying harmful air, water, and food-borne *"heavy metals"* and chemical pollutants; proven contributors to many of today's common degenerative disease conditions.

In Japan, chlorella is by far the most popular nutritional supplement today, with over seven million daily users. This popularity is partly due to Government classification as a *"functional food"* (a food that has scientifically proven to be beneficial within the human diet). **Chlorella is not a quick fix**, but a tool to help you achieve and maintain long-

term optimal health. Most users begin to feel the true benefits of chlorella once they have been taking it daily for two to three months.

As a source of assimilable essential nutrients, chlorella has few, if any peers. 19 amino acids, including all eight “*essentials*” are present in excellent ratios, the highest quantities of chlorophyll and *RNA/DNA* ever discovered within a natural source, an abundance of vitamins and minerals plus unsaturated essential fatty acids —making chlorella a microscopic but mighty nutritional powerhouse.

Chlorella contains valuable elements beyond these macro nutrients too. Its unique phytochemical, known as *CGF*, or *Chlorella Growth Factor*. is believed to be responsible for many of the therapeutic effects that have been reported in scientific journals throughout the world.

Disease usually occurs in a body that is “*out of balance*”. Your body has the remarkable capacity for self-healing – if it has adequate amounts of essential nutrients. Chlorella helps you to achieve and maintain this balance by restoring many nutrients missing from today's refined, processed foods.

Beyond the documented therapeutic effects, most users report increased energy levels, improved mental clarity, a clearer complexion, an overwhelming sense of “*well-being*”, and a remarkable freedom from stress-induced tensions or anxiety.

A small number of new users may experience a “*healing crisis*” as their bodies adjust to chlorella and begin to eliminate toxins. Some misinterpret this as an allergic reaction, which although possible, is extremely rare, even among sufferers of multiple chemical sensitivity. Examples of these rare detoxification reactions are mild headaches, stomach cramps or nausea, skin blemishes or bowel irregularity.

These effects usually diminish and disappear within a week to ten days as the body adjusts and begins to work towards biochemical balance, or “*homeostasis*”. The suggested daily health maintenance usage is three grams, or nine capsules per day. This may sound a lot, but one must remember that chlorella is a natural whole food and not a chemically-synthesized multivitamin product.

Many people ask about the differences between chlorella and the blue-green algae, or cyanobacteria. Chlorella is a true plant, having cell-walls of cellulose. ‘*Blue-greens*’ do not offer this unique detoxifying mechanism.

Chlorella's microscopic size (each cell is barely larger than a human red blood cell) allows microfine filtering which excludes any other potentially toxic strain of algae or inorganic matter, thus yielding an exceptionally pure and “*clean*” harvest. ‘*Blue-green*’ algae are many times larger, and cannot be harvested using this optimal process.

Scientific justification for the regular use of chlorella as a preventative nutritional supplement is unparalleled among any of the other algae or so-called green super foods.

Six books, several hundred scientific research papers, and thousands of magazine articles attest to the therapeutic properties of this simple but amazing algae. Here are the titles of just a few of these published scientific papers:

What Is Chlorella?



Chlorella is a single-celled alga. Throughout its two-billion-year history on this planet, it has survived because the tough outer shell protected its genetic integrity, and it is one of the most efficient foods on earth in using and concentrating sunshine, as shown by its high chlorophyll content and rapid reproduction. Chlorella is a natural, pure, whole food with all the materials to support life. Cracked cell wall Chlorella provides a tremendous source of concentrated nutrition. Chlorella's genetic integrity has remained constant for over two billion years, as fossil remains have demonstrated. This chlorella fossil dates to the pre-Cambrian period.

How Is Chlorella Produced

Chlorella is a natural food. It is a dark-green colored micro-algae that is the world's richest natural source of chlorophyll. Man has picked out the best strains of chlorella to grow and harvest, but has not tampered with its genetic structure. Chlorella is grown in a liquid nutrient medium made from purified water and toxin-free nutrient chemicals, including trace elements. Chlorella is free of toxic residues and has no chemical additives. It is a pure food.

Culture pools in Okinawa, Japan. These large culture pools are over 175 feet in diameter. When the chlorella in them multiplies to a certain density factor, it is harvested for processing. The climate of Okinawa is ideal for rapid growth of Chlorella.



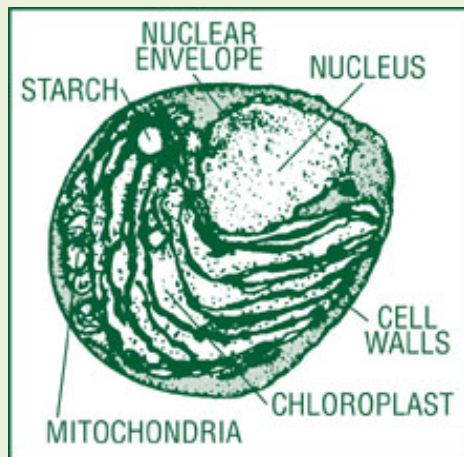
This is what chlorella looks like after low temperature spray drying.

Chlorella is a special algae called *Pyrenoidosa* that grows in fresh water and has the highest content of chlorophyll (28.9g/kg) of any known plant on earth. It is extremely high in enzymes, vitamins and minerals, including the full vitamin-B Complex. It has been shown to activate your limited number of macrophages that scavenge and digest cancer cells, foreign proteins and chemicals. This life form emerged over 2.5 billion years ago, and was the first form of plant with a well-defined nucleus. There are fossils from the pre-Cambrian period that clearly indicate the presence of Chlorella. Because Chlorella is a microscopic organism, it was not discovered until the latter part of the 19th century – deriving its name from the Greek, *chloros* meaning green and *ella*, meaning small. Chlorella belongs to the *eucaryotic* cell category of algae and lives in fresh water as a single celled plant. Its size is about that of a human erythrocyte (between 2-8 microns in diameter). Under favorable growth conditions; strong sunlight, pure water and clean air, chlorella multiplies at an incredible rate. The process of reproduction can generally be

divided into several steps; growth-ripening-maturity-division. Broken cell wall preparations and extracts of *Chlorella pyrenoidosa*, a unicellular green alga, as well as other *Chlorella* species, when given either orally or injected, promotes growth and healing. These preparations stimulate the immune system in such a way that the host is protected from infection and cancer.

All of the following have been associated with the consumption of *Chlorella*: increased production of interferon; cleansing the blood stream, liver, kidneys, and bowel; stimulates production of red blood cells; increases oxygen to your body's cells and brain; aides digestion; promotes proper growth in children; stimulates tissue repair; helps raise the pH of your body to a more alkaline state; helps keep the heart functioning normally; and helps promote the production of friendly flora in your gastrointestinal tract. *Chlorella* can be used by everyone for help with: fatigue, high or low blood pressure, cardiovascular problems, memory loss, high cholesterol, digestive problems, obesity, headaches, infections, aged skin, toxemia, poor circulation, joint stiffness and pain, sleep disorders, allergies, injuries, and overall health.

This species' proteins contain all the amino acids known to be essential for the nutrition of animals and human beings. There are also vitamins found in *Chlorella pyrenoidosa* including: Vitamin C, pro-vitamin A (B-carotene), thiamine (B₁), riboflavin (B₂), pyridoxine (B₆), niacin, pantothenic acid, folic acid, Vitamin B₁₂, biotin, choline, Vitamin K, lipoic acid, and inositol. Minerals in *Chlorella pyrenoidosa* include: phosphorus, calcium, zinc, iodine, magnesium, iron, and copper.



Chlorella has a strong cell wall that prevents its native form from being adequately broken down and absorbed by the human digestive system and so special processing is required to break its cell wall. In addition to amino acids, peptides, proteins, vitamins, sugars and nucleic acids, *Chlorella pyrenoidosa* contains a water-soluble substance known as *Chlorella Growth Factor* (CGF). Approximately 5% of raw *Chlorella pyrenoidosa* is CGF; composed of amino acids, proteins, and nucleic acids believed to be derived from the nuclei of the algae. Each *Chlorella pyrenoidosa* microorganism is composed of a nucleus, starch grains, chloroplasts and mitochondria surrounded by a cell wall composed mainly of cellulose. Under normal conditions, *Chlorella* divides into four daughter cells in less than 24 hours. The length of *Chlorella*'s life cycle depends on the strength of the sunlight, temperature and availability of nutrients.

Although the algae grow naturally in fresh water, *Chlorella pyrenoidosa* destined for human consumption is generally cultivated in large, fresh mineral water pools under direct sunlight. The growing process must be carefully inspected and sanitary conditions are meticulously maintained to ensure there is no contamination of the *Chlorella* with other microorganisms. Once the fresh-water pools have enough *Chlorella* cells in them, the algae are harvested and the tough cell walls of the *Chlorella* must then be broken down to increase the algae's digestibility. **This is accomplished with the patented process utilizing the *Dyno-Mill* unique method developed under the guidance of Mr. Hideo Nakayama of the Sun *Chlorella* Corporation. All of the other methods, which include heating or treatment with enzymes, compromise *Chlorella*'s digestibility, therefore eliminating full health benefits of *Chlorella*. The *Dyno-Mill* physically disintegrates the cell wall by using only natural, mechanical means and therefore there is no need for chemicals, enzymes or heating that can compromise its nutritional value, while assuring optimum assimilation and digestion.**

With the *Dyno-Mill* technique, *Chlorella* is more than 85% digestible. Once the cell wall has been broken, *Chlorella* is spray-dried, producing a powder and molded into tablets using a direct press machine. The final results are solid

tablets of pure *Chlorella pyrenoidosa*. A maintenance dosage of *Chlorella* tablets and *Chlorella* liquid extract for those in good health is (3g) and 30 ml. Those with severe medical conditions may increase the daily dosage as much as three times, depending on their specific needs. *Chlorella pyrenoidosa* affects the immune system by stimulating an increase in the number and activities of macrophages and polymorphonuclear leukocytes. An acidic polysaccharide prepared from *Chlorella* cell wall has also been shown to induce the production of interferon in vitro and in mice, and therefore, part of *Chlorella pyrenoidosa*'s anti-cancer effect in part may be mediated through the actions of this cytokine. An acidic *polysaccharide* purified from the hot water extract of *Chlorella pyrenoidosa* possessed anti-tumor activity against five transplantable murine tumors in vivo. Complete blood counts, differentials, cytometric determinations of *natural killer* (NK) *cells* and *T-cell* subsets, and *in vitro* lymphocyte activation assays to assess level of immune-suppression, were performed on blood samples, as well as imaging studies of the brain and blood tests, performed at 3-4 month intervals, all showed *Chlorella* supplementation enhanced the body's immune abilities and slowed the development of tumors, while returning values to normal by around eight months. The algal cell wall of *Chlorella pyrenoidosa* absorbs rather large amounts of toxic metals (similar to an ion exchange resin).

Either the specific combination of amino acids, the *Chlorella* derived growth factor, or some yet unknown other mechanism leads to the mobilization of mercury from within the cell. It definitely appears to mobilize some mercury inside the brain. All amino acids can cross the blood brain barrier; however, there is always competition between them for cell sites. The sulfur amino acids *Methionine*, *Cysteine* and *Cystine* are critical for the detoxification of heavy metals and xenobiotics. *L-Glutathione* is a powerful antioxidant that inhibits the formation of free radicals. It can cross the blood brain barrier and can remove mercury, cadmium and other toxic metals from the brain. The key substance for nutritional support in mercury detoxification is *Chlorella*. *Chlorella* has been shown to effectively sweep mercury out of the bowel and from the cells. *Chlorella* is also shown to act as an ion exchange resin in your gut, eliminating mercury from your blood. *Chlorella* plays a key role in helping patients remove dangerous mercury overloads in their bodies. *Chlorella* can have a strengthening effect on body cells by supporting the functioning of our metabolic pathways. *Chlorella* can promote cell reproduction, reduce cholesterol and increase hemoglobin levels. Since *chlorella* is such a broad-spectrum product, it can help to support and repair organs and tissues that have been injured by a variety of causes. Numerous research projects in the USA and Europe have indicated that *Chlorella* can also aid the body in the breakdown of persistent hydrocarbon and metallic toxins such as DDT, PCB, mercury, cadmium and lead as well as strengthening the immune system response.

The fibrous materials in *Chlorella* will also improve digestion and promote the growth of beneficial aerobic bacteria in the gut. Other research programs have indicated that regular use of *chlorella* can help to guard against heart disease, reduce high blood pressure and lower serum cholesterol levels. Summing up, it could be said that there is no other green plant under the Sun that is more beneficial to the human body than *Chlorella*. With the many positive findings of scientific researchers around the world, this food should become an indispensable part of our daily diet so that we can enjoy the many health benefits that it has to offer. *Chlorella* binds strongly to cadmium and will not give it up to the body. Blood levels of cadmium were determined and demonstrated that the cadmium that was bound to the *Chlorella* was not absorbed into the body. *Chlorella* has been used to detoxify people suffering from P.C.B. (*polychlorobiphenyl*) exposure. *Chlordecone* (kepone) another very harmful chlorinated hydrocarbon insecticide, has been shown to be removed, more than twice as fast from the body, when *chlorella* is taken by mouth. *Chlorella* given to rats speeded up the detoxification of this toxin, decreasing the half-life of the toxin from 40 days to 19 days. *Chlorella* walls absorb and hang onto lead. Cell components extracted from *chlorella* even bind uranium. *Chlorella*'s ability to detoxify the body is very significant because of the large amount of chemicals we are exposed to in today's modern world. This ability to detoxify chemicals is also one of the important differences between *chlorella* and other "green" products. As a perfect food, *Chlorella* has no peer.

[Contact HealthStyles4URx to purchase Chlorella](#)