

Boost Health And Wellness With Chlorella

A lot of us eat without really thinking about the food that we are putting into our bodies. This is extremely unfortunate because diet is crucial to human health. A good diet depends on choosing what to eat and how much to eat, because otherwise food can actually harm someone. People's food choices in Japan have significantly changed in recent years, with the Japanese diet becoming more and more like the American and European diet, leading to an increase in various diseases that are associated with the Western diet increasing in Japan. This new Japanese diet is high in protein and fat and low in fiber, just the way the Western diet is.

These dietary changes have caused an increase in body fat, sticky blood, damaged blood vessel walls, and rise in dietary-related diseases like hypertension, diabetes, hyperlipemia, cancer, heart disease, and cerebrovascular disease. These diseases are abundant in Western countries, with the number one cause of death in the United States being heart disease. It has been found that the main cause of death in many advanced countries is related to diet.

Chlorella has the ability to prevent diseases that are caused by diet. Chlorella is a type of algae, the very origin of the food chain, and is a highly regarded health-food supplement for use in maintaining the human body. Introduced to the health-food marketplace about 40 years ago, chlorella was first established in Japan and today is produced by Japan, Korea, Taiwan, and Indonesia.

Not only is it used for health-food supplementation, but also in processed foods, food additives, medication additives, marine feeds, feed additives, and fertilizers. Chlorella is helpful in supplementing nutrients of high-quality, plant-based proteins, vitamins, minerals, chlorophyll, and antioxidants. It has been shown to help lower cholesterol, regulate the intestines, detoxify the body, lower blood pressure, and regulate the immune system. In short, chlorella helps the human body to maintain balance.

It is likely that Chlorella appeared on the Earth many thousands of years ago. It is a fresh-water, one-celled green algae that can be found widely in lakes and marshes throughout the world. This plant was discovered and named by M.W. Beyerinck of Holland in 1890. In size, chlorella is 2 to 10 microns, which is slightly smaller than a red blood cell. It is an ancestor of such vegetables as spinach and pumpkins. As compared to other plants, chlorella has a high concentration of chlorophyll, making its capability for photosynthesis many times higher than that of other plants. Because of its high-quality, plant-based protein, vitamins, minerals, dietary fiber, and antioxidants, chlorella is able to maintain human health and prevent and treat disease.

Diseases including hyperlipemia, hypertension, diabetes, arteriosclerosis, heart disease, stroke, and cancer are closely related to diet. Heredity, aging, and environmental factors including chemical substances and stress are also all linked to the above diseases. These diseases are on the rise in advanced countries, with a lot of them being the most prevalent causes of death in many countries. To prevent diet-related illnesses, the diet must be balanced and lowered immune function must be improved.

The body also needs to be protected from health-threatening chemical substances and stress. Scientists have found that Chlorella is effective for balancing the diet, improving lowered cell function and resistance, and detoxifying chemicals and alleviating stress. Many diet-related diseases can be prevented and treated by simply adding Chlorella to ones diet.

About the Author

More information on [chlorella](http://vitametonline.com/) extract is available at VitaNet ®, LLC Health Food Store. <http://vitametonline.com/>

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