



PINE TREE COAST

The summer beauty of the remote Lofoten islands where Seagreens® are wild harvested sustainably to Demeter biodynamic and Soil Association Standards for use in organic foods.

Seagreens is composed of three varieties of arctic seaweeds harvested among the remote Lofoten Islands.

Bladderwrack is a "brown" seaweed which is related to the spectrum of light available to the plants for photosynthesis. The colour, depth, temperature, light exposure all create different environments that correspond to the distribution of nutrients. Pitchford – Healing with whole foods. 2002.

Seaweed contains 10-20 times the minerals of land plants and an abundance of vitamins and other elements for metabolism making them an excellent source for food and medicine.

As a Clinical Nutritionist I see many abnormalities within sufferers of ASD. Poor metabolism, hypothyroidism, heavy metal toxicity, elevated acid to alkaline levels, low levels of essential fatty acids and amino acids and poor electrolyte balance and low essential elements.

Why should these seaweeds be considered appropriate 'supplements' for our children?

Regular long term dietary inclusion is reported among other things to help regulate metabolism and energy, stimulate the immune system, soothe the digestive tract, cleanse the blood by increasing liver function, protect against bacterial and viral infections and maintain healthy endocrine function. Research evidence suggests that Seagreens may prove beneficial to many autistics as it has the innate ability to:

1. Bind to heavy metals
2. Increase deficiencies in essential amino acids which are so necessary for the anabolism of many enzymes, hormones and cellular structures.
3. Improve mineral imbalances.
4. Increase thyroid function by providing the essential amino acid tyrosine and its active co factor in thyroxine, iodine. Many anecdotal studies have found that autistics are hypothyroid and rubbing iodine tincture into their skin, as a small circle is usually absorbed very quickly indicating a need for this very important element.
5. Acidosis, this is predominantly caused by a diet rich in acid forming foods, such as meats and a lack of alkaline foods such as vegetables. The body's acid/alkaline ratio is very important and can play havoc in the gut where beneficial bacterial tend to occupy the bowel with the correct pH. Seagreens is very alkalising and may prove to be highly beneficial if dysbiosis is present in the autistic bowel.



HARVESTING

The unique electric powered harvesting vessels at work on a cold autumn day among the remote Lofoten conservation islands

6. Seagreens may also be highly beneficial in supporting the lymphatic system. This system is one for carrying toxins as well as helping clear 'infectious pathogens' from the body. Many children I have seen have had repeated infections and inflamed lymphatic glands and this produce seems to be beneficial in this area.
7. Seagreens contains mucilagenous gels such as algin, carrageena and agar which specifically rejuvenate the lungs and GI tract. I cannot over stress the importance of respiratory tract and gastrointestinal issues in autistic sufferers.

It is very important to look first at all of these issues and treat accordingly.

Heavy metals have been given a lot of attention over recent years and certainly looking at heavy metal toxicity through numerous hair mineral analyses chelation is a necessary intervention, especially within



SEAGREENS

The power of sea vegetables (seaweeds) have been drawn upon for thousands of years for their ability to prolong life, prevent disease and impart beauty and health for happier and longer lives – ARASKI 1983.

PIER HOUSE

This picture shows a traditional fisherman's cottage built on the edge of the remote Lofoten islands - there were no roads in the islands until the 1950s

those sufferers who find it difficult to make naturally chelating metallothionein proteins.

Poor immunity issues have initiated the identity of many pathogens residing in the bowel and systemic systems and as Seagreens has complex sulphated polysaccharides many stimulate lymphocyte and interferon production and the immune enhancing T and B cells.

Seagreens also contain many antioxidants which mop up free radicals. These can damage cell structures and DNA and are therefore vital in protecting our children. Autistics have in general poor dietary selection and for some, in clinic cases, have very poor nutrition.

These children in particular need every supplemental support they can swallow. Nutrition and the provision of all of the essential ingredients to life, amino acids, essential fatty acids, carbohydrates, trace elements, vitamins and minerals are provided by this very unique product.

Seagreens is available from The Nutri Centre (0207 436 5122). It may provide a minimal but optimum start for your child as an all rounder. Nutrients that are best absorbed occur naturally. This is a very naturally produced product and taken regularly over time may help with the many known biochemical, metabolic and detoxifying mechanisms necessary in improving your child's health.

Autism File subscribers are entitled to a 20% discount on purchases from The Nutri Centre. Quote Ref AF2006. ■



FUCUS/PELVETIA

Seagreens® wild Arctic Fucus and Pelvetia seaweeds growing in shallow water among the remote Lofoten conservation islands



OUR ASCO CLEAR

This picture shows Seagreens® wild Arctic Ascophyllum seaweed growing in one of the many fjords among the remote Lofoten conservation islands