

Nature's gift to autism

Seagreens® are distinct seaweed varieties wild harvested among remote Arctic conservation islands, approved for use in biodynamic and organic foods in Europe and the USA. Where a wide variety of land-grown foods are needed on a daily basis for the balance of nutrients to enable all of the body's complex functions, this seaweed provides in itself a virtually complete profile of nutrients with a significant proportion of micronutrients like B vitamins and mineral trace elements which are in any case deficient in land foods (1, 2, 3, 4).

Regular, long term dietary inclusion is reputed to assist nutrient absorption and metabolism, support gut and bowel health and the acid-alkaline balance, strengthen immunity, support the lymphatic system and endocrine glands including the thyroid (5), bind and remove heavy metals including mercury (6, 7, 8, 9, 10, 11), regulate fatty acid metabolism and electrolyte imbalance, and help dry skin, listless hair and poor circulation, all of which is problematical in autistic spectrum disorders. The seaweed is non-allergenic and complement drug and supplement protocols - indeed it probably assists the uptake and efficacy of nutritional supplements.

Seagreens® (an Anglo-Scandinavian joint venture) innovated novel seaweed food products by drying and mixing seaweed varieties, making it convenient and easy to include a gram or much more of this natural whole food in the daily diet even in autistic children - as food ingredients, encapsulated food, or by inclusion in juices and smoothies. A small range of products is available from leading Health Food Stores (not Holland & Barrett), or by mail order from The Nutri Centre, London (020-7436 5122) where readers get a 20% discount quoting AF2007. Or call Seagreens® Information Service for more information 0845-0640040.

References

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