

# Oceans of Goodness

## Seagreens® MicroGranules

250 gram tub  
biodynamic • organic

### Uses

Face Pack • Burns • Wound Healing • Dryness and other Skin Problems

### Description

Seagreens® MicroGranules are prepared from a single wild wrack seaweed called *Ascophyllum nodosum*. It contains virtually every known nutrient including all the minerals and trace elements, special polysaccharides, growth hormones and numerous betaines.

Seagreens® are sustainably wild harvested without harm to the marine environment, from the Outer Hebrides.

Unique among seaweed producers, Seagreens® process only live, wild seaweeds on the day of harvest for freshness and purity in human food and body care - the only ocean-to-table seaweed producer in the world approved in accordance with EC biodynamic and organic standards by Demeter and the Soil Association for its harvesting, processing and consumer products.



## Body Care and Therapeutic Uses

### Face Pack

Stir a teaspoon of the MicroGranules in a cup, adding a little hot water until a fairly stiff paste is produced which will adhere to the face without dripping off. Apply as you would any normal face pack and allow to dry on the skin, washing off after about 15 minutes.

### Burns, dry skin, eczema and other skin problems

Prepare the MicroGranules in the manner of the face pack until a suitably moist, warm paste can be applied to cover the affected area without dripping off even where the skin is grazed or broken.

It is preferable then to dress the area and leave for several hours or if possible overnight.

### 'Orange peel' or Cellulite

As above, make up and apply a generous layer of the MicroGranules as a warm, moist (but not runny) paste over the affected area of skin. Cover with a warm, moist cloth or towel, or apply a warm, moist dressing to the affected area, and leave for at least 30 minutes before washing the paste away. Where possible, it is even better to leave a dressing on overnight.

In uncontrolled trials at the University of Pavia, Italy (1999), female patients lost an average 5% from their waist and hip measurements, 30% of their subcutaneous fat, and increased blood flow to the skin by as much as 45%, with claimed reduction in cellulite using the same seaweed species as Seagreens®.

This species is also the main active component in a very expensive 'best-selling' cellulite control product.

### Regulation of body weight and fat reduction

The most likely modes of action are related to improving the digestion, metabolism and hormone system regulation, blood alkalinising and cleansing, mineralisation of the skin and cellular balance. In addition for inner cleanliness and detoxification we recommend 2 Seagreens® Food Capsules or 1g Food Granules every morning for 3 to 6 months.

Effects are extremely subtle and homeostatic and generally apparent within weeks if the person's health is suboptimal, and within 3 - 6 months if the person is in normal health.

"Seaweeds are useful in weight-loss programmes and for lowering cholesterol and fat in the blood. Marine plants have a 'sinking' quality and hence direct the energy of the body lower and more internally. They contain soothing, mucilaginous gels such as algin, caragheenan, and agar, which specifically rejuvenate the lungs and gastrointestinal tract" - from 'Healing with Whole Foods' by Paul Pitchford, North Atlantic Books, 1993

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## Typical nutritional values 1g Seagreens® MicroGranules

**Protein** 75mg

### Carbohydrate / Fibre

600mg (of which the non-starch polysaccharides Algin, Fucose, Fucoidan, Mannitol, Methylpentosans, Laminarin, Mannuronic acid 270mg) and essential fatty acids EFAs

### Vitamins

A (antioxidant carotenoids beta carotene, and fucoxanthin, violaxanthin and chlorophyll) 178µg, B group including B12 (including Folic and Folinic acid, Thiamine, Riboflavin, Niacin, Pantothenic acid, Pyridoxin, Choline and Cobalamin) 8.9µg, C (antioxidant) 1.25mg, D (Cholecalciferol) 0.01µg, E (antioxidant) including the complete set of isomers 0.23mg, H (Biotin) 0.30µg and K (Menadione) 10µg

### Minerals

Calcium 20mg, Chlorine 35mg, Magnesium 7mg, Nitrogen 10.5mg, Phosphorus 1.5mg, Potassium 25mg, Sodium 35mg, Sulphur 30mg

### Trace Elements

Antimony trace, Boron 0.06mg, Cobalt 5.4µg, Copper trace, Fluorine 0.2mg, Germanium trace, Gold trace, Iodine 700µg, Iridium trace, Iron 575µg, Lithium trace, Manganese 0.03mg, Molybdenum 0.65µg, Platinum trace, Rubidium trace, Selenium 0.15µg, Silicon 1mg, Silver trace, Tellurium trace, Titanium trace, Vanadium 2.3µg and Zinc 0.13mg

### Amino Acids

Histidine trace, Isoleucine 0.53mg, Leucine 5.3mg, Lysine 2.78mg, Methionine 0.68mg, Phenylalanine 0.83mg, Threonine 2.33mg, Tryptophan trace, Valine 2.63mg, Alanine 4.57mg, Arginine 11.17mg, Aspartic acid 4.88mg, Cysteine 0.90mg, Glutamic acid 5.18mg, Glycine 3.90mg, Proline 3mg, Serine 2.25mg, Tyrosine 1.05mg

### Betaines

Glycine Betaine trace, Gamma Amino Butyric Acid Betaine trace, Delta Amino Valeric Acid Betaine trace, TML (Laminine) trace, L-Carnitine trace, Trigonelline trace; enzymes and many natural compounds which cannot be 'formulated'.

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