

Learn the secrets of Japanese health

According to the World Health Organisation, Japan is one of the healthiest nations on earth. With Japanese people expecting to remain in good health longer than anybody else in the world (an amazing 74.5 years), it certainly makes sense to take heed of the health secrets of the East.

From the cancer fighting powers of soy (found in edamame, miso, tofu) and green tea, to the health benefits of sushi, sashimi and probiotic drinks, the Western world has adopted many of Japan's best health secrets. Now it's time to discover the next big thing... Sun Chlorella 'A'.

Sun Chlorella 'A' is a 100 per cent natural, organically pure, nutrient-rich whole food. A microscopic, single-cell green algae, and one of the world's most scientifically researched foods, chlorella contains a high concentration of nutritional components including vitamins A, C, D, E and K, B vitamins, calcium, magnesium, iron, folic acid, proteins and amino acids.

Taken globally by around ten million people each day, Sun Chlorella 'A' is the single most popular green food supplement taken in Japan. In its most basic form, chlorella keeps all its nutrition locked in due to an impenetrable cell wall, but thanks to a unique, patented pulverising system, Sun Chlorella 'A' is able to release its valuable vitamins and minerals without damaging their nutritional content.

Sun Chlorella 'A' contains an astonishing quantity and variety of nutrients and is composed of 60 per cent pure plant protein; a daily dose has all the essential amino acids plus Vitamin A, Vitamin B12, B6, Vitamin D, folic acid, iron and fibre. In terms of iron content alone, a daily dose of Sun Chlorella 'A' has the equivalent of nine cups of spinach (270g) and the same B12 content as a 32oz steak.

What are its benefits?

1 Fights fatigue and anaemia

Chronic fatigue and anaemia are two of the biggest health issues for women and can be bought on by lack of vitamins B12, B6, folic acid and iron. Sun Chlorella contains all of these and a single serving a day can rapidly help increase energy levels.

2 Boosts the immune system

Sun Chlorella contains a special component called the Chlorella Growth Factor (CGF). In cultivation, it naturally increases at an astonishing rate from 4 cells on day 1 to one billion cells on day 15; this CGF encourages growth and repair of cells and tissues in our bodies and even as this process is slowed down by ageing, Sun Chlorella re-stimulates that growth.



3 Detoxes the system

Sun Chlorella acts as an 'intestinal broom' cleansing the bowel by clinging on to toxins like mercury, aluminium or pesticides in your intestines and then eliminating them as waste. Waste material that remains in the colon impairs our ability to absorb vitamins and minerals and can also make us feel sluggish. A sign of a well functioning colon is a bowel movement shortly after each meal; a daily serving of Sun Chlorella can swiftly help return your system to its optimum performance.

4 Great source of protein

Our bodies need regular supplies of protein to build and repair tissues, as unlike fat and carbs, we can't store it up. Sun Chlorella is comprised of a whopping 60 per cent pure plant protein.

5 Bursting with nutrients

Sun Chlorella contains all the

essential amino acids, vitamins A, B12, B6 and D as well as folic acid, iron and fibre. Due to its CGF it also stimulates growth of good bacteria (Lactobacilli) four-fold once it's absorbed.

With all these benefits it's not hard to see why so many people are learning from Japan's new health secret and enjoying the benefits of pure Sun Chlorella.

Sun Chlorella 'A', costs £19.95 for 300 tablets, and is available from www.sunchlorella.co.uk, and also from Planet Organic, www.nutricentre.com and www.victoriahealth.com

