

An introduction to Seagreens®

1 Research Councils UK reviewed past 5 years of scientific research in all UK in all areas of life and selected Seagreens to represent 'Healthy Living' section of 115-page book 'Big Ideas for the Future' for its 5-year food research on natural salt replacement in our everyday foods. This was announced in August. If 50% of the sodium chloride is replaced in manufactured foods, it means we could add approximately 4.5g of human food quality seaweed to the national diet on a daily basis. This figure is significant because 4.6 grams is - or was when statistics were last available in 1962 - the amount of seaweed in the traditional Japanese diet, widely held to be among the healthiest in the world. This year we launched The MIneral Salt which is 50% Seagreens 50% Cornish sea salt to promote the idea - www.seagreens.co.uk/mineralsalt
Please [click here \(http://www.camexpo.co.uk/wp-content/uploads/Seagreens_PR_2.pdf\)](http://www.camexpo.co.uk/wp-content/uploads/Seagreens_PR_2.pdf) to read Summary pages with Seagreens (p54 on 'Big Ideas for the Future' pdf).

2 Seagreens first obesity research won an Award from the Alpro Foundation. A normal breakfast was used to deliver a high level of Seagreens ingredient to overweight male subjects, who were tested for weight regulation over a prolonged period. Not only did they find the meal palatable - having no idea it contained seaweed - but where a daily deficit of 100 kcal is known to prevent weight gain, the trial showed a 179 kcal deficit from a single meal. Further trials are under way and publication is scheduled in a leading nutrition journal. Seagreens has conducted pilot research studies and university degree studies in autism and eczema, and both the literature and experience points to the potential value of seaweed in digestion and urinary tract infection, in blood and heavy metal detoxification. Seagreens worked for several years on the latter with the British Society for Mercury Free Dentistry. Our existing 100% seaweed products can also be used in colon and oral health.

3 Seagreens this year set up the Seaweed Health Foundation to be an independent not for profit forum for research and education under the Executive Directorship of Dr Craig Rose a marine biologist.
Membership for Health Food Retailers and Practitioners gives them access to accredited seminars, information, research and networking
www.seaweedhealthfoundation.org.uk.