

## Red Marine Algae



### How Red Marine Algae (RMA) can help you:

- RMA can assist the body's immune response to viruses. This can help to reduce the number of outbreaks and the severity of your outbreaks.
- RMA can reduce the formation of herpes virus colonies, also helping to reduce the number and severity of your outbreaks.
- RMA can be useful for weight-loss and lowering cholesterol, helping improve your overall health.
- RMA, a sea vegetable, has 10 to 20 times the amount of minerals than plants that grow on land, helping to maintain the proper alkaline balance in the body.

### Red Marine Algae and Herpes - Alternate relief for Herpes?

Historically, there has been no long term relief for chronic sufferers of herpes simplex infections, let alone a cure. Herpes sufferers are seemingly at the mercy of this viral menace. Despite failure at the eradication of the herpes virus, success in the short term by temporarily suppressing its proliferation has yielded positive results. One such agent, acyclovir, a nucleoside analogue, has been regarded as the drug of choice by the medical community.

However, as with most drugs, there are side effects. Are there no alternatives?

There are as many known factors which contribute to a chronic case of herpes, while other factors remain a mystery. Finding ways to stop or curb some of the known factors which predispose one to herpes activity can be helpful. Chronic herpes sufferers are well accustomed to the recommended restrictions in diet and lifestyle. Yet, even healthy individuals who seemingly do everything right to lead a herpes-free life cannot escape this relentless virus. So, what's next?

Treatment with acyclovir relieves symptoms, reduces the amount of infectious virus released from the sores and speeds healing. The treatment does not prevent subsequent attacks or diminish their frequency or severity. The effect of acyclovir in a herpes virus infection is to inhibit the synthesis of viral DNA. Prophylactic courses of oral acyclovir can have a modest impact on recurrent infections, but the cost of the drug and its potential toxicity over the long term do not justify such regimens in most cases. In the majority of cases for genital herpes, general recurrency patterns returned within 8 to 25 days after stopping long term use.

Laboratory studies suggest prolonged administration of acyclovir as a prophylactic or its prescription for trivial infections might favor the appearance of virus strains that are both drug-resistant and pathogenic. This concern over the advent of drug resistant pathogens, has recently come to pass. The NIH reported that a new strain of genital herpes (HSV-II) has evolved upon which acyclovir had no effect.

Western medicine, armed with its infinite technological powers, can still help us. Many potent botanical agents have been investigated but never made it through the arduous process of drug approval. Difficulties in understanding the intricate process under which particular botanical agents interact within the human body has kept many useful medicines from ever reaching the people who most urgently need them. In addition, many botanical agents can only work in their whole plant form. They work on multiple levels and act synergistically within the body.

Although the actions of these botanical agents in whole plants (commonly described as herbs or medicinal plants) are difficult to trace and report scientifically, a close monitoring of clinical results by trained practitioners can be useful and show efficacy. Certainly, using our powers of observation to determine whether a particular treatment works better than no treatment, or better than some other treatment for a patient whose health status and history is well documented can be significant.

One such casualty of the drug approval process is a red marine algae in the family of Dumontiaceae. Research on antiviral carbohydrates from marine red algae indicate a high potential for low-cost, broad spectrum antiviral agents. Further research in the family of Dumontiaceae produced two patents where clinical efficacy for herpes I and II was clearly shown. The treatment was effective for treating subjects (e.g. human patients) both prior to and subsequent to herpes infection. It was used topically to alleviate symptoms associated with herpes infections or preferably systemic, by oral administration, to eradicate the virus and thereby prevent symptom recurrence. No side effects or toxicity were noted. This treatment,

which now must be considered alternative, suggests a breakthrough in the discovery of natural immunomodulatory and antiviral agents.

Recent research and gathering of anecdotal evidence on the health benefits and antiherpetic action of the red marine algae, Dumontiaceae, has yielded much promise. Its use as a topical has been further documented and thought superior to acyclovir. It was shown to be clinically effective against herpes zoster infections as well. Anecdotal reports from patients suffering from Epstein Barr (another herpes virus) and Candida have shown marked improvement in a short period of time through oral administration (systemic).

General health benefits show red marine algae useful in weight-loss programs and for lowering cholesterol and fat in the blood. It contains soothing, mucilaginous gels such as algin, carageenan, and agar, which specifically rejuvenate the lungs and gastrointestinal tract. Once thought of as a liability that blocked assimilation, the tough cell wall in Dumontiaceae has been found to be invaluable. It binds with heavy metal, pesticides, and carcinogens, and carries these toxins safely out of the body. Contained within the cell walls are polysaccharides, which are a complex of simple sugars. These long chained complex sugars stimulate interferon production as well as other anti-tumor and immune- enhancing activity (improving activity of T- and B-cells). Other compounds in the cell wall are related to those found in friendly bacteria which fortify and strengthen our immune systems to fight against invading organisms and toxins.

Although the effects of long term use of an alternative treatment such as the red marine algae, Dumontiaceae, has not been

clinically substantiated, edible seaweeds have been consumed for thousands of years and are considered safe, nutritious, and beneficial. The added dimension that science has uncovered surrounding its antiviral and immunomodulatory potential; opens up a whole new source of food that could serve to palliate or even hopefully cure virally caused diseases. Since most life derived from the sea, the novel idea that the ocean lies untapped as perhaps our greatest medicinal resource is entirely possible and may be critical to our human survival.

### **Red Marine Algae Herpes Remedy to Stop Outbreaks**

Red marine algae are abundant sea algae, with more than 4,000 species of it in the sea. Specific types of red marine algae have been shown to have strong immunity boosting and antiviral properties, and it is especially known for being effective for virus sufferers. In fact, it has been used for years in traditional Chinese medicine. Today, it is available in pill/supplement form as well as topical ointment forms.



### **Why use Red Marine Algae for Herpes?**

Red Algae is commonly used to prevent and treat the symptoms of herpes (HSV-1& HSV-2). Here are its health properties:

**Antiviral Properties:** Some types of red marine algae have been shown in lab studies to have antiviral properties. What this means is that the red algae can suppress the herpes virus and prevent outbreaks. Generally speaking, an antiviral substance can reduce a patient's "viral load," or amount of the virus in the body at a given time.

**Immunity Booster:** Red Marine Algae is also known for being an immune system booster. When your immune system is strong, you are less likely to experience a herpes outbreak. Know why stress makes you susceptible to an outbreak? Because stress weakens your immune system! So it's always good to do whatever you can to keep your immune system running on all cylinders at all times, and health supplements are one way to do that.

### **How is it used?**

Red algae is usually taken orally in capsule form to prevent or stop herpes outbreaks from HSV-1 and HSV-2. As for red marine algae dosage, a person can typically take 1000mg per day to suppress the herpes simplex viruses, whereas to stop an ongoing outbreak they might up their dose to as much as 2500mg per day.

### **Does it work?**

Based on anecdotes, the right type of red algae drastically improves herpes symptoms and eliminates outbreaks for some people. One person reported going from two outbreaks a month to one or two a year after trying red marine algae for herpes. Another said it is almost as effective as Valtrex at stopping ongoing herpes simplex outbreaks. However, like all things there are reports from others that it doesn't seem to do much for them. It may be worth a try.

### **What kind of red marine algae works best?**

There are around 4,000 species of red algae, and not just any will do. You should make absolutely sure you are getting either Dumontiaceae, *Gigartina*, *Dilwyn* or *Nothogenia*, which are the types of red algae that help with herpes symptoms. Some red algae products are sold without these types and are therefore useless.

## **Benefits of Red marine algae**

Minerals are the most important components of human body that are required in minute doses but you must be knowing that minor imbalances in the serum concentration of these minerals may lead to deleterious side effects. One common example is of Potassium that helps in cardiac muscle contractility and minor alterations may lead to life threatening episodes of arrhythmia that may culminate in instant death. Experts suggest that extra-dietary consumption of minerals should be in tight moderation and that's why supplementation of minerals is considered very risky without serial serum levels. In most normal individuals, excess minerals are disposed off the body by excretory activities; however, the normal metabolic functions are altered in some individuals that increase the vulnerability of organs and systems to changing serum levels of these minerals.

### **Nutritional benefits of red marine algae:**

Some notable nutritional benefits of red marine algae include provision of essential minerals like calcium, magnesium to meet the standards of recommended daily dosage. Moreover, research data also indicates that red marine algae serves as anti-oxidant to kill/neutralize reactive oxygen species that is preventive against heart diseases and also minimize the risk of stroke in elderly patients.

#### **Calcium:**

Calcium is required for healthy bones, teeth and other parts of the body. Red marine algae contain sufficient amounts of Calcium that is enough to cover almost 13% of recommended daily

intake (per cup of red marine algae). Excessive consumption of Calcium is not recommended and moderate consumption of algae does not interfere with the normal calcium homeostasis of the body.

### **Magnesium:**

Magnesium is one of the most important minerals that is richly concentrated in red marine algae and one serving of algae serves to furnish 55% of the daily requirements of the body. Most importantly, magnesium is responsible for calcium homeostasis for the maintenance of healthy bones.

### **Iron:**

Red marine algae is traditionally a plant but it is a great source of animal nutrition to those who don't consume animal proteins for religious reasons or personal preferences. Iron is another essential component of algae and serves to satisfy 180% of the daily requirement of Iron (a cup full of dried marine algae). Individuals who are severely anemic can use dried marine algae to replenish iron stores and improve hemoglobin levels

### **Essential amino-acids:**

There are approximately 20 amino-acids that human body cannot produce and therefore these amino-acids should be obtained from diet. If you are a pure-vegan, you may have a hard-time in getting all the essential amino-acids from vegan diet alone, but thanks to red marine algae that contains all essential proteins and amino-acids in correct proportion. One ounce of dried red marine algae can supply up to 16 grams of high quality amino-acids, which approximately suffice 35 to 40% of recommended daily protein



requirements. Along with essential amino-acids, red marine algae also contain sufficient amounts of fats and carbohydrates and omega-3 fatty acids that are required for healthy heart functioning and circulatory health.

### **Iodine:**

Iodine is one of the most essential minerals that is responsible for the synthesis of thyroid hormone for maintenance of normal metabolic activities. Iodine deficiency can occur in a number of situations (after thyroid surgery, radiation therapy of chest, low dietary intake, soil deficient in iodine and a number of other issues).

### **Red Algae as healthy foods**

There are many reasons why this “Plant of the Sea” has been used in Asian cuisine since prehistoric times. Seaweed is one of the healthiest foods on the planet, it is packed with vitamins, minerals and antioxidants. If you can believe it, there are over 10,000 different types of seaweeds on our planet....wow are waters are packed with wonderful, vegan healthy weeds!!!! Even though there are thousands of seaweeds, not all are edible. The most edible form of seaweed is algae, yep that stuff you thought only fish eat! The most popular kinds of algae are red, brown, green and blue-green. Most of the highly nutritious sea vegetables we consume are made from one of these kinds of algae. **Nori** and **Dulse** are made from red algae, **Kombu** or **Kelp** and **Arame** are made from brown algae, **Chlorella** and **Sea Lettuce** are made from green algae and **Spirulina** is made from blue green algae. There are also a couple of other sea vegetables that are edible such as Wakame

which is a green sea vegetable and Hijiki which is a brown sea vegetable. Each one of these seaweeds have their own individual nutritional perks, which is why you should be incorporating them all into your lifestyle!

Red algae has been used for thousands of years as a source of food and for treating medical conditions. It is high in vitamins, minerals and antioxidants that are easily utilized by your body. The main benefits of red algae is its ability to promote healthy circulation in your body, regulate your blood sugar levels and lower bad cholesterol levels since it is high in dietary fiber. It is also a rich source of calcium and magnesium so it contributes to bone health and since it is loaded with antioxidants it helps boost your immune system and nourishes your skin.

Red algae is easy to incorporate into your lifestyle by enjoying vegan sushi rolls or some miso soup, since sushi is made with Nori sheets it is one of the easiest ways to get the benefits of red algae. Here are a couple of interesting facts about Nori, it is the Japanese name for “edible seaweed” and is almost 50 percent protein, the highest of any seaweed. Nori also has high levels of B12, which is important for all us green monsters who are plant-based! Dulse is another form of red algae that is found in Canada, Ireland and Eastern Europe, it is used in soups, salads and stir fried dishes. It also used in raw vegan Caesar Salad dressing to give it a salty taste! There are also Nori crackers and snacks for healthy snacking pleasure.

Red marine algae are seen as part of Asian dishes and it is especially grown in Japan for commercial, nutritional and medicinal reasons, where it is also dried to be consumed as a snack. The dietary sources of red marine algae contain right blend of nutrients and minerals in the acceptable doses required by the body. A lot of people are really concerned about the intake of red marine algae because of the misconceptions like: Over-consumption of minerals Toxicities Red marine algae are obtained from depths of oceans and serve a variety of functions within human body that includes production of secondary metabolites that aid in detoxification, metabolism and circulation processes. A lot of experts are in process of devising new medications and pharmacological agents by using active metabolites of red marine algae but being a follower of holistic health, natural forms of red marine algae are recommended to consume in soups, snacks and main course meals to add flavor, color and nourishment to meals.

