



SIMON RANGER is the founder of Seagreens®, and a pioneer in the production of European food-quality seaweed and effective seaweed supplements. He actively increase awareness about high standards and environmental issues.

Can seaweed help people to lose weight?

Yes, they can! But first locate 'bladderwracks', shallow-water species like *Ascophyllum*, *Fucus* and *Pelvetia*, because their nutritional profile is broad and balanced. Overweight is a symptom of imbalance often with multiple causes. Used daily long term, seaweed addresses causes and symptoms to get you off the cycle of weight loss and weight gain, through several complementary modes of action: balancing diet, cleansing blood, regulating hormones. An Italian study (1999) showed significant reductions in hip and thigh measurements and subcutaneous fat. In 2007, Japanese researchers confirmed a substance in wrack seaweed significantly reduced 10% of body fat in laboratory-fed rodents – mainly around the gut. "Seaweed is highly nutritious, supports digestion, aids detox and helps alkalisise the body... contains over 70 micronutrients your body needs for health and is packed with amino acids... rich in compounds called polysaccharides which cleanse and heal the intestines and help break down food. There are many different types of seaweed and delicious recipes. Try seaweed capsules and condiments made from organic Arctic bladderwrack" - Jackie Young, nutritionist, clinical psychologist, oriental medical practitioner and author in *The Sunday Mirror*, October 2006.