

Keep Your Eyes on Sun Chlorella

We all know that eating well helps keep our bodies healthy and strong – but does our diet really have an effect on our eyesight? Yes! Nutrition, it turns out, has been shown to have a much greater impact on our eye health than previously thought. In fact, medical studies in the past few years have linked lutein – a naturally occurring carotenoid found abundantly in fruit, vegetables (especially dark green leafy vegetables), certain flowers, and also chlorella – to the prevention of eye and other serious health disorders. And when you make Sun Chlorella part of your daily diet, you're getting an abundance of lutein, naturally.

Lutein: The key to keeping your eyes healthy

Essential for vision, lutein is the predominant pigment in the macular area of the retina (the light-sensitive layer in the back of the eye), where it functions as a powerful antioxidant and as a blocking agent against damaging ultraviolet light. In a way, lutein appears to act as a natural eyeshade or sunblock for the eye. The macula (part of the retina) has a high concentration of yellow pigments, including the carotenoids lutein and zeaxanthin. These pigments absorb and filter out blue light and may play a central role in maintaining eye health. (Smokers take note: Cigarette smoking has been inversely related to macular pigment density, meaning that the more you smoke, the less eye-protecting pigment you have!)

Lutein is therefore very important to eye health, but unfortunately, nutritional studies show that the average person consumes less than 1 mg of lutein per day. And because the human body does not produce or manufacture lutein, the accumulation in the eye is dependent on dietary intake alone. Deficiency of lutein in the macular areas has been implicated as a risk factor for Age-related Macular Degeneration (AMD), an increasingly common disease that is beginning to receive increased attention in the media as more and more seniors develop the disorder. It turns out, lutein may be one of the most important discoveries in the prevention and treatment of AMD.

Preventing Age-Related Macular Degeneration (AMD)

AMD is a progressive degeneration of the macula or central region of the retina resulting in irreversible loss of central vision. You may be surprised to know that AMD is the leading cause of blindness in the United States. And there is no cure. That's why early prevention and treatment is so essential. Unlike other diseases or disorders, there are no prescription medications to cure or treat AMD, nor are there any surgical procedures to restore functional vision after it is damaged by macular degeneration.

So, how can you prevent AMD? Researchers are trying to find ways to prevent or minimize the effects of Age-related Macular Degeneration. Recent studies show high-dose combinations of vitamins C and E, beta-carotene, zinc, and lutein are helpful. One study published by Dr. Johanna Seddon of Harvard University School of Medicine, examined the effects of consuming specific carotenoids and the prevalence of age-related macular degeneration. The study showed the highest correlation of disease prevention was associated with an intake of 6 mg of lutein per day, which led to a 43 percent lower prevalence of AMD.¹

Dr. Max Snodderly of Schepens Eye Institute at Harvard University also concluded that lutein blocks harmful ultraviolet light by absorbing the blue light and inhibiting damaging photo-oxidation. Numerous other studies have also shown a connection between lutein supplementation and protected eye health. And the latest, groundbreaking study, the Veterans Lutein Antioxidant Supplementation Trial, also shows a therapeutic benefit of lutein in all stages of dry macular degeneration.²

How much lutein you need: How to get it!

As we've mentioned, medical studies show dietary supplements containing lutein are helpful in preventing AMD. However, you need to consume appropriate amounts of lutein. Studies range from a recommended 6 mg of lutein a day for prevention of eye disease and maintenance of eye health to 20-40 mg a day for therapeutic use. Be careful of vitamin supplements that claim to provide beneficial amounts of lutein, many really only offer minimal amounts that are not sufficient for protecting your vision. Be sure to read the labels carefully!

As discussed earlier, the human body does not produce its own supply of lutein, so our diet must include supplemental lutein, from whole foods such as fruit, vegetables (especially dark green leafy vegetables), certain flowers, and also chlorella. That's right – in addition to its other numerous nutritional benefits, Sun Chlorella also contains lutein. In fact, just two servings (30 tiny tablets) of Sun Chlorella a day provide you with 8 mg of lutein, which is more than the recommended daily amount of 6 mg for protective eye health.

Sun Chlorella is also very high in beta-carotene. Primarily, beta-carotene is necessary for the growth and repair of body tissue, protection against air pollutants, and reducing susceptibility to germs. And the body uses beta-carotene, the most famous of the carotenes, to create vitamin A, which plays a major role in vision health, bone development, reproductive health, and immune system regulation.³

Sun Chlorella: A special product

What makes Sun Chlorella so superior when compared to other chlorella products? All chlorella, in its natural form, is virtually indigestible to humans. Because of this, chlorella's tough outer cell wall must be pulverized. This can only be achieved with the patented process using the DYNO®-Mill, which was developed under the guidance of Mr. Hideo Nakayama of the Sun Chlorella Corporation. The DYNO®-Mill process completely pulverizes the cell wall. No chemicals are used in this process, thereby maintaining the product's delicate balance and nutritional value. It is only after the DYNO®-Mill process that chlorella can be adequately digested, and its nutrients can be fully utilized by the human body.

Free Sample of Sun Chlorella

You can find chlorella in tablet, granule, or liquid form in most natural health food stores. PLUS, you can try Sun Chlorella absolutely FREE by calling 1-800-829-2828, ext. 2604 or visit www.sunchlorellausa.com.

1 <http://www.meei.harvard.edu/research/labs/epidem.php>

2 <http://www.macular.org/nutrition/>

3 <http://www.cc.nih.gov/ccc/supplements/vita.html>