



It's a New Year; it's a "New You," Choose a Healthy New Diet with Sun Chlorella

Sun Chlorella: A Fundamental Part of any Athlete's Training Regimen

Torrance, CA, January 18, 2011 - We all know, a healthy diet is fundamental to building a healthy body. But we also know that a healthy diet is a choice. According to Sun Chlorella's founder, Hideo Nakayama, "Health is not a "gift" but something each person is responsible for through his or her own daily effort." And no one knows better the rigors of maintaining daily healthful living than an athlete. Whether that's a professional athlete or an aspiring one, athletes must maintain their physical prowess in order to perform at their peak levels. With its key vitamins and antioxidants and 18 essential amino acids, Sun Chlorella is an important supplement that serves to energize and reinvigorate the body- and a little more energy is vital to an athlete. Therefore, Sun Chlorella USA, the world-renowned leader in Chlorella products, should be an essential part of any health conscious athlete's nutritional program.



Stacey Nemour, Professional Martial Artist.

www.staceynemour.com

We checked in with professional martial arts expert, Stacey Nemour, who has been taking Sun Chlorella a little over a year. Nemour, who will be featured in the March/April issue of "Kung Fu" magazine, states, "Before I started taking Sun Chlorella I had a sluggish digestive system, so one of the immediate benefits of taking Sun Chlorella was that it started moving things along. It cleared out all the toxins in my body and took off three and a half inches off my waist!"

With its key vitamins and antioxidants and 18 essential amino acids, Sun Chlorella helps not only remove potentially toxic metals from the body, but also boosts the immune system and helps aid in more efficient digestion. Sun Chlorella helps boost the body's ability to absorb minerals and with all the processed foods on the market a breakfast, lunch and dinner doesn't always equal a completely nutritious meal. "I definitely feel like we don't get enough nutrients in our foods these days,"



Stacey Nemour, practicing her martial arts moves

continues Nemour, "And as an athlete I burn a lot of calories and therefore require more nutrition. Sun Chlorella helps me better absorb the nutrients in the food that I eat."

Because Nemour jumps in the air for a living, keeping as fit and trim as possible is of primary concern. "I was never overweight but I feel lighter and better since taking Sun Chlorella and I have way more energy." Feeling better and having more energy is a concern for everyone, not just athletes.

Chlorella, with its powerful combination of nutrients works naturally with the body to nurture health from the inside out. Sun Chlorella, which is considered to be "nature's perfect superfood," is quickly becoming one of the most powerful healing foods on the planet.

"My immune system has completely improved. I rarely get sick and if I do," confides Nemour, "a cold passes through me very quickly. I've also noticed that now when I perform my martial arts I recover faster and I sleep better. I really believe this product has helped keep me at peak levels of conditioning."

Nemour takes the Sun Chlorella tablets as she finds them to be most effective in keeping up with her active lifestyle. But the product is also available in granules-great for smoothies and shakes, which are traditionally a big part of an athlete's diet. A Sun Chlorella product for every athlete's particular health regimen makes it easy to incorporate into a new healthful lifestyle.

And don't forget, Sun Chlorella contains high quality proteins and a wide variety of vitamins and minerals in their natural state. Proteins are a low calorie food that helps satisfy, nourish the body and provide the body with energy. Nemour is a vegetarian and believes the added protein truly helps. Sun Chlorella, with its capacity for photosynthesis has ten times more chlorophyll than that of other plants, produces a large amount of protein, and ounce-for-ounce, chlorella has more protein than steak or soy. Sun Chlorella is nature's most complete superfood because it has the widest range of nutrients available from any single food source. So whether you're a professional athlete, an aspiring one or just gearing up to workout, ring in the New Year with a "New You" by using Sun Chlorella to improve your training, improve your immune system and improve your overall health. For more information on Sun Chlorella, please visit www.sunchlorellausa.com

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Sun Chlorella Tablets



Sun Chlorella Granules