



Keeping Your New Year's Resolutions Bright with Sun Chlorella

*Chlorella Identified as the Premier,
Most Nourishing and Cleansing Superfood for 2011*

Torrance, CA, December 22, 2010 - It happens every year like clockwork; December 31st turns into the dawn of a New Year. And while the holidays are fun and festive with food and drink, for a lot of folks those extra calories translate to weight gain and overindulgence. So each year we gather our resolve, coming up with a list of resolutions, hoping to adhere to them. What are the biggest resolutions on everyone's list? Losing Weight, getting in shape, the promise to live a more healthy life. For many that means going to the gym regularly, taking a fitness class every now and then and eating right. Turning to the [superfood](#) called chlorella, which is already popular in Japan, may just be the answer. Chlorella, the antioxidant rich superfood is comprised of the highest and purest protein in its natural form. Regular consumption of Sun Chlorella with its amazing synergistic properties can help prevent craving for sweets, sugars, and bad carbohydrates. The New Year is here and it's time to make good on all those resolutions. Sun Chlorella USA, the world-renowned leader in Chlorella products, should be an essential part of any health conscious individual's weight loss program.

According to Mark Drucker, M.D. at the Center for Advanced Medicine in Encinitas, California, "When you get (into) 20% over your ideal body weight, it can be a real health problem. People are getting too much sugar, too many carbohydrates, and too much of the wrong fats."

Overeating occurs when the body is looking for a nutrient base that it is not receiving. Sun Chlorella is a great choice for weight management because it contains high quality proteins, as well as 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.

Chlorella is a whole food from a lineage of pure green algae that has existed naturally on earth for thousands of years. As Mother Earth's own



Superfood, the powerful combination of nutrients works naturally with your body to nurture your 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. 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, helps aid in more efficient digestion, and most importantly energizes and reinvigorates the body.



Let's face it; the average person has a lot going on between job and family responsibility. So it's natural that it may be hard to keep the momentum of those New Year's resolutions. But what if there was something healthy that would keep energy going throughout the day? And what if it were something that didn't pack on those extra calories? Lack of energy and even chronic fatigue are all too common in today's society. Caffeine and sugar stop working over time, causing crashes, and providing the body with a lot of calories with very little nutrients. Sun Chlorella contains a full range of powerful nutrients to release the energy the body needs, and keep it coming throughout the day. Imagine a day without craving for sugar; imagine a thinner, healthier person. Imagine a healthier world.

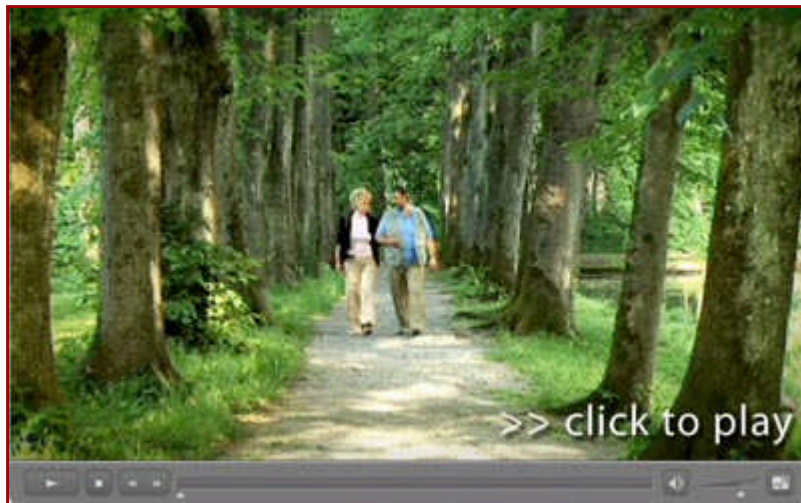
Sun Chlorella is Nature's most complete Superfood because it has the widest range of nutrients available from any single food source. Complete nutrition helps to optimize metabolism and reduce cravings for unhealthy foods thereby helping maintain normal body weight. For natural weight loss, add one daily serving of Sun Chlorella to a healthy diet.

A key component used in all of Sun Chlorella's products is [Chlorella Growth Factor \(CGF\)](#) - a nucleotide-peptide complex of substances produced by chlorella during the intense photosynthesis process that enables chlorella to grow so rapidly. In fact, it actually gives the chlorella cell the ability to quadruple itself every 20 to 24 hours. This natural CGF may help to enhance the body's natural defense system activity, help to remove the multitude of impurities in the body, and renew cellular strength and integrity.

When toxins are in the body, its ability to detoxify itself becomes more difficult - hence more difficult to lose weight. Sun Chlorella's tough outer-rich cell binds with harmful substances pushing them out through the digestive track. Once the detoxification occurs, toxins from other body tissues more readily migrate into the intestines stimulating the body's natural ability to detoxify itself. This in turn leads to better digestion, which of course leads to restored energy levels and overall well-being.

Metabolic syndrome, a combination of medical disorders that increase the risk of developing cardiovascular disease and diabetes, affects one in five people, and prevalence increases with age. Some studies estimate the prevalence in the USA to be up to 25% of the population! Sun Chlorella binds to and absorbs these heavy metal and toxins substances in the gastrointestinal tract and acts as an ion exchange resin, escorting the toxins right out of the body.

Finally, after years of research on the effects of chlorella, it's come to light that it is one of the most essential supplements in the positive progression and maintenance of overall health and well-being.



Sun Chlorella has manufactured their products in such a way as to make it easy for people to incorporate the nutrient rich superfood into their diets. One of the most unique ways of doing so is adding the Sun Chlorella granules into the daily intake of food and drinks. The granules are filled with vital nutrients and may be used in foods such as pasta sauces and soups, or even sprinkled on salads. The granules are perfect for those folks on the go as they can easily be included into any beverage, be that a smoothie, tea, or even a cocktail. In addition to the granules are the Sun Chlorella tablets that contain high concentrations of vitamins, minerals, dietary fiber, nucleic acids, amino acids, enzymes, and protein. In fact, one serving of Sun Chlorella is equivalent to one serving of fresh green vegetables (without the pesticides)! Regular consumption of Sun Chlorella is not only beneficial to overall health but more importantly it is easy to incorporate into any diet.

Sun Chlorella is the only chlorella on the market to achieve 95%-99% pulverized cell wall, allowing for maximum digestibility of its exceptional nutrients as well as its purifying cell wall. Other methods prevent the body from fully utilizing the nutritious cell wall. Sun Chlorella's patented DYNO®-Mill pulverization process has been recognized as the industry leader, exclusive to Sun Chlorella.

So enjoy this holiday season, and relax, knowing that come the first of the Year, with a little help from Sun Chlorella, those traditionally difficult resolutions will be met. For more information on Sun Chlorella, please visit www.sunchlorellausa.com.

To obtain images, more information, or schedule an interview with a member of Sun Chlorella USA's medical advisory board, please contact:

Erika Maya

Ballantines PR

erika@ballantinespr.com

Off: +1.310.454.3080

Fax: +1.310.943.1978

www.ballantinespr.com

