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Number of Seniors with Malnutrition Expected to Grow

April 1, 2008, Torrance, CA – Approximately 3.7 million older Americans are malnourished and the numbers are expected to increase significantly as the 79 million baby boomers age.

Malnutrition and weight loss cause a progressive decline in health, physical and cognitive function, and increased mortality. Signs, such as a decrease in weight and nutritional level, are often misdiagnosed and subtle.

Seniors are at a disproportionate risk of poor nutrition. Paul Kerschner, Senior Vice President of the National Council on the Aging in Washington, D.C. says it ranges from 15 to 50 percent and is most common among seniors living in institutional settings.

As the body ages it loses body mass and, as a result, causes a decrease in appetite and calorie intake. Problems develop because nutritional requirements stay the same or increase with age. Up to one-third of seniors lose the ability to absorb natural Vitamin B12 from food; Vitamin D and Calcium are critical to keep bones strong; and the body loses its ability to make nucleic acids – RNA and DNA – important for reducing fatigue.

According to Daniel Perry, executive director of the Alliance for Aging Research, the key to preventing malnutrition is identifying the risk before the weight loss. "Once a person loses weight, it is much harder to prevent a decline and eventual loss of independence."

Whole food supplements, like chlorella, a fresh water, green alga, are 100% bioavailable foods that can provide many of the nutrients needed to prevent deficiencies and malnutrition. Chlorella pyrenoidosa contains a wide range of vitamins and minerals (including the B vitamins), all essential amino acids, and nucleic acids.

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For more information about Sun Chlorella USA, visit their website at www.sunchlorellausa.com

Sun Chlorella USA (www.sunchlorellausa.com) is a distributor of Sun Chlorella "A." Other products include Pet Sun Chlorella, Sun Eleuthero, Wakasa Gold, Wakasa Honey, Sun Eleuthero Extract, Sunergize, Sun Chlorella Cream and Sun Eleuthero Tea.