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Studies show evidence reduced food intake retards aging

June 30, 2009, Torrance, CA - A Study conducted at the Centre for Education and Research on Ageing found that reduced food intake in lower animals decreased body weight and retarded the aging processes.

Similar results were found in a number of human clinical trials lasting over 2 to 15 years. Healthy subjects who followed a food restricted diet showed significant reductions in body weight, blood cholesterol, blood glucose, and blood pressure.

Growing literature also suggests that there are dietary compounds from herbs, nuts, grains, and foods containing polyphenols that may affect development of age-related illnesses.

This has been backed by a study conducted by the Department of Family, Nutrition, and Exercise Sciences. Researchers concluded that eating fruits and vegetables, whole grains, lean meats, and low-fat dairy, was associated with lower mortality independent of other lifestyle factors.

David Nelson, Ph.D. says, "Getting a solid base of proper nutrition out of your diet is fundamental to being successful in the weight loss endeavor and Sun Chlorella can help."

Superfoods like chlorella, a single cell green alga, have become popular. Their high nutritional and high protein content are ideal for those looking to maintain healthy weight and good health.

Sun Chlorella helps to detoxify and rejuvenate the body. It contains more protein and chlorophyll than any other plant; includes all the essential amino acids; and is high in dietary fiber, nucleic acids, minerals, and vitamins (including the antioxidants vitamin C, vitamin E, beta-carotene and lutein).

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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", Pet Sun Chlorella, Sun Eleuthero, Wakasa Gold, Wakasa Honey, Sun Eleuthero Extract, Sunergize, Sun Chlorella Cream and Sun Eleuthero Tea.

References

“Dietary approaches that delay age-related diseases,” Arthur V Everitt, et al., Centre for Education and Research on Ageing and Anzac Research Institute, University of Sydney, Concord Repatriation General Hospital, Australia.

“Patterns of Recommended Dietary Behaviors Predict Subsequent Risk of Mortality in a Large Cohort of Men and Women in the United States.”, Kant AK, et al., Department of Family, Nutrition, and Exercise Sciences, Queens College of the City University of New York.