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Women's Health Crisis: GI Problems Common in Women

May 19, 2008, Torrance, CA - The Natural Marketing Institute's (NMI) Health & Wellness Trends Database reports women are 34 percent more likely to suffer from digestive disorders than men. No one is certain whether the difference is related to hormones, stress, diet, or all three.

Preliminary research suggests a strong link between ovarian hormones and increased gastrointestinal problems. The studies show transit time slows significantly during the last two weeks of a woman's monthly cycle and digestive complaints increase significantly right before a period start.¹

Many health care professionals speculate the higher rate of GI problems in women is due to dietary differences. The September 2005, *Journal of the American Dietetic Association*, reported that women had the lowest fiber and highest fat intake. The study also found that constipation affects twice as many women as men.²

A wholesome diet high in fiber, stress management, and *Chlorella pyrenoidosa* can help. A study conducted at the Virginia Commonwealth University, School of Medicine found that taking Sun Chlorella helped improve digestive concerns in more than 90 percent of the study participants.³

Chlorella pyrenoidosa is a fresh water, green alga. It contains a wide range of vitamins and minerals, all essential amino acids, and nucleic acids. Its high fiber content can help women in a number of ways. In addition to helping with occasional constipation, high fiber helps support healthy cholesterol levels, helps with PMS, and supports menstrual regularity.

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For more information about Sun Chlorella USA, visit the 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.

References

¹ Marcelle Pick, OB/GYN NP, "The digestive system and dysbiosis," 10/12/2004.

² Nancy C. Howarth, PhD, Terry T.-K. Huang, PhD, MPH, Susan B. Roberts, PhD, Megan A. McCrory, PhD. Dietary Fiber and Fat Are Associated with Excess Weight in Young and Middle-Aged US Adults. Volume 105, Issue 9, Pages 1365-1372 (September 2005).

³ "Nutritional Supplementation with *Chlorella Pyrenoidosa* for Fibromyalgia Syndrome: A Double-Blind, Placebo Controlled, Crossover Study," Randall E. Merchant, Cynthia A. Andre and Christopher M. Wise, *Journal of Musculoskeletal Pain*, Vol. 9(4) 2001, pp. 37-54.