

FOR IMMEDIATE RELEASE

**RESEARCH SUGGESTS THAT *CHLORELLA PYRENOIDOSA*
MAY HELP TO IMPROVE SYMPTOMS AND THE QUALITY OF LIFE FOR
THOSE WHO SUFFER
FROM FIBROMYALGIA SYNDROME
FEATURED IN PHYTOTHERAPY RESEARCH, MAY 1999**

Fibromyalgia Syndrome is a common, chronic, and if untreated, often disabling musculoskeletal disorder of unknown aetiology associated with disordered deep sleep, affecting an estimated 2-4% of the general population, primarily affecting women between the ages of 25 and 45. The major complaint of patients is that they ache all over, but often times a considerable amount of other symptoms may be present, particularly fatigue, morning stiffness, sleep disturbance, paresthesias and headaches.

Chlorella pyrenoidosa is a unicellular green alga that grows in fresh water mineral pools. The principal component, *Chlorella*, is packed with nature's most nutrient dense food, is 50-60% protein, has the highest level of natural chlorophyll of any known plant and is rich in nucleic acids (RNA/DNA). It contains over 20 different vitamins and minerals plus all the essential amino acids. A key component derived from the nucleus of the plant called the *Chlorella Growth Factor* (CGF) stimulates the immune system, promotes growth to maintain the tissues and revitalizes the body at the cellular level. It also provides fiber, anti-oxidants, beta-carotene, Vitamin B-12, and polysaccharides (beta-glucan).

Fibromyalgia is a common, chronic and often disabling musculoskeletal condition. This disorder is associated with a disturbance in deep sleep, fatigue, and painful joints and muscles. The objective of the study was to determine if adding nutritional supplements derived from the unicellular green alga, *Chlorella pyrenoidosa*, produced any improvements in the clinical and functional status in patients with moderately severe symptoms of fibromyalgia syndrome. Each day for two months, participants consumed two commercially available *Chlorella*-based products, 10 g of "Sun *Chlorella*" tablets and 100 ml of liquid "Wakasa Gold." Evaluations were performed on

days 0, 30, and 60 of the diet therapy. The average TPI (tender point index) for the group, which at onset was 32, decreased to a mean of 25 after two months. This decrease represented a 22% decrease in pain intensity. The result of this pilot study suggest that dietary chlorella supplementation may help to relieve the symptoms of fibromyalgia in some patients and that a larger, more comprehensive double-blind, placebo-controlled clinical trial in these patients is warranted.

Even though the results of Dr. Merchant's study indicate that *Chlorella* may be beneficial in helping to improve the overall symptoms of fibromyalgia, it is extremely important that anyone suffering from fibromyalgia not take it upon themselves to substitute or stop any form of their own prescribed medication, without the supervision and consultation of their doctor.

For decades, scientists and nutritionists have known about the marvelous nutritional value of chlorella. But for many years, one seemingly insurmountable problem remained; the outer cell wall of the *Chlorella* was very thick and impenetrable, making it virtually indigestible. All previous attempts to break down the cell wall with heat and chemicals negatively affected its nutritional content.

But then, in 1981, Sun Chlorella Corp. of Japan scored a significant nutritional breakthrough. It developed its patented process by using the Dyno[®]-Mill.

The Dyno[®]-Mill process is able to pulverize the thick outer wall of the chlorella cell without heat or chemicals. Finally, the cell wall could be broken down without damaging chlorella's delicate enzymes, allowing the body to absorb and utilize all of chlorella's maximum nutritional benefits. For this particular reason, Dr. Merchant chose a *Chlorella* product that is pulverized by the Dyno[®]-Mill process for his studies conducted with patients who suffer from chronic health concerns.

However, do not assume that *Chlorella* is beneficial only to those who are burdened with a chronic health concern. Everyone can benefit from *Chlorella* because of its capacity to fortify the body's own natural defenses with its detoxifying abilities and enhancement of immunological functions.

According to Dr. Randall Merchant, "*Chlorella*" is clearly a Superfood that should be a part of everyone's diet"!

Chlorella has been more thoroughly researched than perhaps any other food in history, with

thousands of research papers and clinical studies documenting its effectiveness.

These studies suggest that *chlorella* can help your body's immune system better fight off invaders. They also demonstrate that *chlorella* can detoxify your body far better than any vitamin, mineral or herb.

You can find *chlorella* in tablet, liquid or granule form over the counter in most natural food stores.

For a free sample of Sun Chlorella, please call (800) 829-2828 ext. 2455