

# LIFEFORCE

## SEAWEED CAPSULES

60 Capsules

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### SEAWEED CAPSULES

LIFEFORCE SEAWEED CAPSULES CONTAIN NORWEGIAN KELP, WHICH IS PARTICULARLY RICH IN IODINE AND OCEAN MINERALS AND TRACE ELEMENTS. IODINE IS ESSENTIAL TO THE THYROID GLAND WHICH STIMULATES METABOLISM, GROWTH AND DEVELOPMENT. SEAWEED (ALSO CALLED KELP) IS CONSIDERED A HERB AND IS BROUGHT TO YOU AS A POWDER CONTAINED IN A VEGETARIAN CAPSULE.

#### WHAT ARE HERBS?

Herbs may be defined as any plants that can be put to culinary or medicinal use, including those we associate with orthodox drugs, such as everyday plants like garlic, sage and rosemary. Interest in herbal medicine throughout the world is increasing. In the West, people often cite the risk of side effects from powerful orthodox drugs as a reason for turning to more gentle plant medicines. The trend towards natural medicine has gained impetus from our growing concern with environmental issues, such as the destruction of the rainforest and the loss of rare species. Botanical drugs have become a part of the daily health routine, much

like vitamins. The increasing criticism of chemical therapy has given way to a more holistic approach to medicine. Traditional health care has as much to do with preventing disease as with curing it. The use of simple herbal remedies encourages us to take responsibility for our own health.

Herbal medicine has been used for centuries, and is still the basis of Chinese medicine. Herbs are natural sources of highly concentrated natural nutrients. They are taken internally and or externally.

Lifeforce uses a range of the finest herbs, to help people address their health in a more holistic manner. Herbs have been successfully used for centuries, to treat both the symptoms and, more importantly, the cause of a variety of ailments.

#### **Why Vegetarian Capsules?**

The capsules that Lifeforce uses are 100% vegetarian and made from vegetable cellulose. The capsules are well suited to various cultural, religious and vegetarian dietary requirements. They contain no preservatives, are free from potential irritants such as starch, sugar, corn, soy, wheat and dairy, do not support bacterial growth and are fast dissolving for maximum bio-availability.

#### **The Facts:**

Kelp is a convenient and safe food supplement, which ensures a proper intake of iodine, ocean minerals and trace minerals.

Kelp is a particular kind of seaweed (Norwegian kelp) that is harvested from the sea with huge hooks. Special cutters mow off the

tops of the kelp, which is then taken to a processing plant to be cleaned, chopped, finely shredded and then dried into powder. No boiling is involved, so most of the original nutrients, ocean minerals and trace elements remain in the final product.

Research has revealed the crucial importance of minerals and trace elements. As constituents of various enzyme systems, minerals are vital factors in health and well-being therefore releasing your body's natural healing power.

#### **Composition:**

This amazing nutritional supplement is rich in vitamins and contains 23 minerals and 50 trace elements. Seaweed contains more vitamins and minerals than any other food. It contains vitamin B2, vitamin B3 (Niacin), Choline, Carotene, Algenic Acid, as well as ocean minerals, which range as follows: Calcium, Chlorine, Copper, Iodine, Iron, Manganese, Magnesium, Phosphorus, Potassium, Sodium, Sulphur and Zinc. It also contains traces of: Aluminium, Barium, Boron, Chromium, Lithium, Nickel, Silver, Silicon, Strontium and Titanium, to mention but a few.

**Seaweed is excellent for Diabetics, as it does not raise blood sugar levels.**

#### **What Seaweed Can Do For You:**

- ✓ Because of its natural iodine content, seaweed has a normalising effect on the thyroid gland.
- ✓ It can assist underweight people with a hyperactive thyroid to gain weight.
- ✓ It can also assist obese people with an underactive thyroid to lose weight.

- ✓ Seaweed is commonly used by physicians to treat obesity, poor digestion, flatulence as well as obstinate constipation as it has a mild laxative effect.
- ✓ It is most commonly used as a fat trapper in slimming diets.
- ✓ Helps maintain the health of the mucous membranes.
- ✓ Seaweed assists in treating Arthritis and Rheumatism by binding metallic toxins in the body and removing them through the stools.
- ✓ Commonly used to cure colds and skin irritations as it boosts the immune system.

#### **Deficiency Symptoms and disease:**

- Enlarged thyroid gland
- Dry skin and hair loss
- Loss of physical and mental vigour

#### **Indications:**

- Assists heartburn
- Weight problems
- Dry skin
- Hair loss
- Physical & mental vigour
- Hypothyroidism / Hyperthyroidism

#### **What is the recommended dosage?**

1 - 2 capsules, 3 times a day, 20 minutes before meals.

#### **Enemies:**

Heat and nicotine

#### **Personal advice:**

Seaweed is a suitable supplement to boost your vitamin and mineral intake. When you are feeling bloated or you are constipated, use for 1-2 weeks to restore balance.

#### **Please take note!**

**If you are sensitive to iodine, it is best to avoid using this product.**

#### **Your requirements are raised by:**

Alcohol, drugs, smoking, vitamin D deficiency, too high fibre intake, excessive diarrhoea, excessive vomiting, pregnancy, breastfeeding, drinking coffee or tea, antacids, prolonged stress, certain metabolic diseases (e.g. Diabetes and Thyroidism), burns, eating disorders and vegetarianism.

#### **Functions of minerals in the body:**

Every second of every day your body relies on ionic minerals and trace minerals to generate and conduct billions of tiny electrical impulses. Without these impulses, not a single muscle would be able to function. Your heart wouldn't beat, your brain wouldn't work and your cells would not be able to use osmosis to balance water pressure and absorb nutrients. Minerals help to regulate many important processes, such as heartbeat, water balance and the functioning of nerves and muscles.

Trace elements, which are also minerals and no less important than bulk minerals, are required in extremely small amounts. Every sickness, disease and ailment can be traced back to a trace element deficiency.

Chromium, Copper, Fluorine, Iodine, Iron, Manganese, Molybdenum, Selenium and Zinc are all trace elements and each forms less than one hundredth of one per cent of the human body. However, these minute amounts should not be misleading, as they are vitally important to your health.

The more we study these elements, the more we learn about the vital roles they play in biological functions.

Copper, Manganese and Zinc are known to form an antioxidant enzyme in the body called SOD (Super Oxide Dismutase). These mineral elements have been scientifically proven to be positively correlated to an extended lifespan. It offers the body protection from peroxides and free radicals, which attack body cells, causing age-related diseases such as Arthritis, Cataracts, Arteriosclerosis and Multiple Sclerosis.

**It is therefore important that we become conscious of our daily mineral intake and not blindly rely on our diet.** Since the same foods can vary greatly in mineral content from one person and area to another, we need to safeguard our health by eating a great variety of mineral-rich foods and taking multi-mineral supplements such as Lifeforce Seaweed Capsules.

Supplementing with Seaweed assists your body to obtain ocean minerals and trace elements in a food state. It promotes radiant health and contributes to longevity. You will enjoy optimal health and, in the process, become disease free. You will be taking the necessary steps to living a healthier and longer life.

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### **MEDHOL CC trading as REFORM DISTRIBUTORS**

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