

## Spirulina and Chlorella

From aluminum in deodorant to mercury in dental fillings, metal toxicity comes at us from every angle these days. The presence of these heavy metals (and others such as arsenic, cadmium and lead) has increased as industrialization and its waste products spread. We can work to avoid these substances as much as possible, but some exposure will still occur at times. Since even small amounts of heavy metals in the body can cause negative side effects like fatigue, headaches, digestive problems and skin conditions, it's important to use natural methods to cleanse your body of these [toxins](#).

### Why Spirulina and Chlorella Are Effective for Heavy Metal Detox

The answer to natural heavy metal detoxification is as simple as a single-celled organism. Spirulina and [chlorella](#) are two separate micro-algae organisms which have existed on earth since the dawn of time. Both were revered as powerful superfoods in many traditional societies, and today are more relevant than ever for achieving overall [health](#) and well-being.

Spirulina has been shown as an effective chelating agent for removing toxins such as [mercury](#), and radioactive substances from the body. It has also been used to remove [cadmium](#) and lead from waste water.

While some detoxifying supplements simply release toxins from cells and tissues, chlorella is particularly adept at binding to toxic metals and ushering them out of the entire system. Chlorella contains [proteins](#) and peptides which are designed to bind to these substances and carry them out of the body. The chlorophyll in chlorella also aids heavy metal detoxification.

### Other Amazing Health Benefits

Just as important as their ability to detox [heavy metals](#), both spirulina and chlorella exhibit strong healing and regenerating capabilities. They are filled with beneficial vitamins, minerals, proteins and fats which work together in a synergistic way to provide energy and vitality.

### Appropriate Dosage

Spirulina and chlorella can be used in very high doses for heavy metal [detox](#). Because they are so effective at binding toxins and purging them from the body, they can actually reduce some of the common [side effects](#) associated with detoxification. A typical dosage of [spirulina](#) or chlorella for heavy metal detox is about 20 - 30 grams per day. They can be used together if desired. You may want to start with as little as 500mg daily and work up as needed to allow your body to adjust. After completing detox, you can taper down to a maintenance dosage of 3 - 6 grams per day.

It's important to find a manufacturer of spirulina or chlorella who takes the proper steps to ensure a clean and digestible product free from fillers and additives. A little [research](#) can reveal which manufacturers are the most reputable.

*For More Information:*

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<http://herbal-properties.suite101.c...>

<http://www.alive.com/3866a6a2.php?s...>

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*Loseva, L.P. and Dardynskaya, I.V. Spirulina- natural sorbent of radionucleides. Research Institute of Radiation Medicine, Minsk, Belarus. 6th Intl Congress of Applied Algology, Czech Republic, Sep. 9, 1993.*