

## ARE YOU GETTING ALL THE NUTRIENTS YOU NEED DAILY?

**Two Seagreens® Food Capsules per day will help you fill the nutritional gaps in your diet**

You might be surprised to hear that the nutritional content of our fruit and vegetables has declined quite rapidly over the last 50 years.

The main culprit in this disturbing nutritional trend is soil depletion: modern intensive agricultural methods using a disturbing variety of chemicals are designed to increase yield, render crops pest-resistant and even to ensure that the vegetables all 'look the same' but pay no attention to the nutritional content of the produce.

These chemical-based methods strip the soil, in which the food we eat grows, of increasing amounts of nutrients.

A landmark study at the University of Texas (UT), published in December 2004 in the Journal of the American College of Nutrition studied U.S. Department of Agriculture nutritional data from both 1950 and 1999 for 43 different vegetables and fruits.

The study found worrying declines in the amount of protein, calcium, phosphorus, iron, riboflavin (vitamin B2) and vitamin C in vegetables over the past half century. The study attributed the declining nutritional content to the preponderance of agricultural practices designed to improve commercial traits (size, growth rate, shelf life and pest resistance) rather than nutrition.

Several other studies have made similar findings: A Kushi Institute analysis of nutrient data from 1975 to 1997 found that average calcium levels in 12 fresh vegetables dropped 27 percent; iron levels 37 percent; vitamin A levels 21 percent, and vitamin C levels 30 percent.

A similar study of British nutrient data from 1930 to 1980, published in the British Food Journal, found that in 20 vegetables the average calcium content had declined 19 percent; iron 22 percent; and potassium 14 percent.

**But the amazing vegetable that many people forget about is seaweed!**

Seagreens® are 100% wild seaweed, sustainably harvested, and have a vast nutrient content of vitamins, minerals and trace elements which, as the information above shows, our vegetables are now sadly lacking.

Two capsules a day of Seagreens® Food Capsules will help you fill any nutritional gaps in your diet. It's a simple and highly effective way to provide your body with those "missing" nutrients.

The rich array of trace elements in Seagreens®, nowadays largely missing in our soil, also helps you better absorb the nutrients from your food.

Seagreens® Food Capsules

|                                 |        |
|---------------------------------|--------|
| 60 capsules :: 1 months supply  | £16.95 |
| 180 capsules :: 3 months supply | £47.25 |



**FREE DELIVERY**  
During April 2014, On all orders  
UK only, expires 30th April 2014

**£2 OFF VOUCHER**  
If you've missed the Free Postage offer, use voucher **SPR2014** at the web site checkout, or on the phone, to receive £2 off, valid from 01/05/14 until 30/06/14

## PET PORTRAIT COMPETITION WINNER

In our last newsletter we ran a competition for the best photograph of your pets who enjoy the nutritional boost of Seagreens® Pet Granules with their food.

The winner was Anne Goldstone's beautiful dog, "Elsa". Anne won a framed, hand sketched picture of Elsa by popular animal portrait artist, Rebecca Graham.

Elsa was subsequently chosen to appear on the new packaging for Seagreens® Pet Granules.



Elsa

Just add half a teaspoon to your dog's food, or a quarter of teaspoon to your cat's food to ensure that your pet gets all the vital minerals, vitamins and trace elements it needs to stay in optimum health.

|                         |        |
|-------------------------|--------|
| Seagreens® Pet Granules |        |
| 200g                    | £12.95 |



## MY MENOPAUSE JOURNEY BY ANDREA

Hi I'm Andrea and I'm in my mid-forties, so it came as a bit of a surprise when I realised I was starting on the 'menopause journey'!

This was all new to me, I thought at first that I was just tired after the normal Christmas festivities. But I noticed that the symptoms of short temper, aching body, swollen glands in my throat, neck ache, dry skin exceptionally bad on my hands, along with generally feeling low and lethargic continued, and even got worse! I thought I was too young to be experiencing the menopause but after talking to friends and doing some research for myself I realised that I was experiencing the signs of perimenopause.



Andrea

I didn't want to take any medication so I looked into what my body might need to support it through this journey. A lot of the information I found pointed to Iodine and how important it is for the thyroid which produces the thyroid hormones.

I knew that the best form of iodine was seaweed and that brought me to the Oceans of Goodness website as it was full of easy to digest information, just what I needed!

I purchased the [Seagreens® Mineral Bath and Food Capsules](#).

I'd read that the best way to absorb iodine was through the skin, so I thought I'd start with the seaweed bath. So on a quiet day in the house, when I had no intension of going into work, I ran a bath and soaked for 40 minutes submerging my hair too so that I got the full effects from head to toe! I wasn't expecting too much as I thought 'what can I bath do for you', but 2 hours after the bath I felt so energised and relaxed I even went into work to finish off some jobs that I'd been putting off for ages, I felt that good.

I'd left the bath (seaweed sachets and all) for my partner to get into when he got back from work, it's good to share the wonders of seaweed!

I hadn't washed the seaweed out of my hair as I wanted to ensure I was getting every last bit of goodness from the seaweed bath. I was a bit conscious that my hair might smell of the sea but as I wasn't seeing any clients that day so I thought it would be OK.

The next day after washing my hair I was happy with how it felt, my hair had its shine back (I thought that would never return), and my skin was soft. And in myself I felt great, I hadn't felt like that for ages.

I noticed too that a few hours after the bath the gland lumps in my throat had calmed down, which was amazing as they had been constantly aching for over seven weeks. Now they have disappeared altogether. I can't really say when they went as I just noticed one day that they had gone!

"A few hours after the bath the gland lumps in my throat had calmed down."

This must be due also to the Food Capsules which I started taking the day after the seaweed bath.

One of my worst symptoms of perimenopause was the itchy hands, the doctor had said it was Contact Dermatitis. I found that the seaweed bath sachet, which I'd put in a pair of tights to make sure I wasn't bathing in seaweed bits, was the only thing that gave relief from the itching when I rubbed my hands on it. Then I progressed to scooping the seaweed out and using it as a scrub until the seaweed in my hands started drying. I'd leave it on without washing if off and the relief lasted an hour or so. I could even do this in the middle of the night and fall asleep straight away. After 2 weeks the itching on my hands had gone. All of this even after the bags had been used for two baths.

An added bonus is that I've noticed I'm not as hungry! I start the day juicing a selection of vegetables and put 2 Food Capsules in my juice, I'm not snacking anymore and not feeling hungry until at least 2pm. Friends have even said I look slimmer which is a great compliment.

My daughter Tilly said last month 'Mum you seem a lot happier', then she thought for a minute and said 'you don't seem sad any more. I think those menstrual pills are working'!!!! That's all I need as proof that my 18 year old daughter has seen the difference in me!

Andrea x



Seagreens® Mineral Bath

6 bags

£21.50

## NATURAL, BALANCED NUTRITION FOR THYROID, ENERGY AND METABOLISM

Seagreens® is involved in cutting edge research on iodine deficiency using seaweed, a natural and sustainable food

Seagreens seaweed is known to be one of the most balanced and complete of foods and a good source of natural iodine, that, as per approved EU Health Claims, contributes to:

- Normal production of thyroid hormones and normal thyroid function;
- Normal energy-yielding metabolism;
- Normal functioning of the nervous system;
- Maintenance of normal skin;
- Normal growth of children;
- Normal cognitive function.

“All Seagreens products are rich in natural iodine, an essential mineral for normal thyroid function.”

Seagreens® is organic, dried and milled seaweed produced to distinct Human Food Seaweed™ standards (patents pending), ensuring consistently superior nutritional and physical quality.

Each Seagreens® product enables the convenient addition of this superior food to the diet, with the aim of at least 1 gram of the best quality seaweed being available in the daily diet.

All Seagreens® products are rich in natural iodine, an essential mineral for normal thyroid function. Despite this, iodine deficiency is epidemic in developing countries, parts of Europe and the United States. In the UK, 76% of school aged girls and 66% of adult women are iodine deficient.

Research has demonstrated that Japanese women who consume a traditional high-seaweed diet have a low incidence of benign and malignant breast disease.

On the contrary, Japanese women who consume a Western diet low in seaweed or who emigrate to the USA lose this protective advantage and gain the same risk for fibrocystic breast disease and breast cancer as their Western counterparts. Japan also has a low incidence of iodine-deficiency goitre and autoimmune thyroiditis.

Seagreens® and partners continue to lead UK research on seaweed for human food, and specifically iodine supplementation, with a recent research project with Napiers Remedies and Glasgow University on the use of Seagreens® as a supplement compared to iodised salt.

“In the UK, 76% of school aged girls and 66% of adult women are iodine deficient.”

A publication of the results of this research is in preparation, which indicates a clear difference of how the body utilizes the naturally bound iodine in Seagreens® compared with artificial forms of iodine.

Each capsule of Seagreens® Iodine+ Capsules contains Seagreens® Ascophyllum, rich in natural iodine, providing around 350pg iodine, plus all the essential micronutrients needed for iodine metabolism - easily absorbed, stable, colloidal. As most iodine is from dairy and meat, this is ideal in vegan, vegetarian and intolerance diets.

In addition to capsules, Seagreens® Culinary Ingredient is the classic ready-milled grains of Ascophyllum used in cooking and baking, or sprinkled on almost any raw or cooked food; it broadens the nutritional profile, combines well with other foods and brings out their natural flavours.

Seagreens® Iodine+ Capsules and Seagreens® Food Capsules have similar amounts of Iodine per daily dose.

Seagreens® Iodine+ Capsules are a single seaweed (Ascophyllum nodosum), whereas Seagreens® Food Capsules are a blend of three seaweeds (Ascophyllum nodosum, Pelvetia canaliculata, and Fucus spiralis).



Seagreens® Iodine+ Capsules  
60 capsules :: 2 months supply £14.95

## SPRING AND SUMMER RECIPES WITH SEAGREENS CULINARY INGREDIENT

By award-winning chef and food photographer Robin Stewart

### Seagreens Falafel



© Robin Stewart - www.realfoodphotography.co

Makes 5 small falafel

#### Ingredients

- ½ tsp Seagreens® Culinary Ingredient
- 1 tin chickpeas
- 2 cloves chopped garlic
- 1 tsp ground coriander
- ½ tsp ground cumin
- ¼ tsp sea salt
- ½ fresh green chilli, seeds removed
- 3 tbsp finely chopped onion
- 1 tbsp tahini

#### Method

Drain the chickpeas and put into a food processor, add all the other ingredients except the Seagreens.

Pulse briefly until evenly blended – you are aiming for a coarse mix, not a paste. If the mix is too dry to stick together add a little cold water – but not much.

Mix in the Seagreens.

Shape into small patties and shallow fry in a heavy or non-stick pan until golden and crisp.

Serve immediately with good bread, Greek yogurt and lemon.

### Heirloom tomato salad with Seagreens vinaigrette



© Robin Stewart - www.realfoodphotography.co

Makes 4 servings of vinaigrette

#### Ingredients

- 1 tsp Seagreens® Culinary Ingredient
- Zest and juice of half a lemon
- 3tbsp extra virgin olive oil
- 1 tbsp water
- 1 tsp golden granulated or light muscovado sugar
- Pinch sea salt and freshly milled black pepper

#### Method

Whisk all the ingredients together and rest for 10 minutes. This lets the Seagreens partially hydrate and soften.

Combine a selection of tomatoes with avocado, thinly sliced red onion and salad leaves.

Dress and serve.

Seagreens® Culinary Ingredient

200g £14.75

