

## Spirulina The Latest And Greatest Superfood Defined

Spirulina is the latest and most touted superfood. It has been featured on numerous TV shows from the travel channel to Good Morning America. Spirulina is a form of bluegreen algae and happens to be the most nutritious food pound for pound known to man.

Spirulina is actually an ancient food and is 100% natural and highly nutritious algae. Recent research shows that it has great benefits for aging, cancer fighting and immune resistance. Scientists have recently discovered that this superfood has the ability to strengthen the immune system and fight problems associated with the aging process. According to Australian researchers:

Scientific studies occurring throughout the world indicate that spirulina, a blue-green algae that has been living on the planet since long before mankind, may be the best of these disease-preventing, anti-aging foods.

Spirulina was originally discovered in lakes and ponds in Africa. This spirulina was then cultured and after much research has been used in indigenous and remote areas to increase nutrition and reduce diseases like scurvy. People in indigenous and remote countries tend to have diets lacking in nutrition and substance. When treated with just a spoonful of spirulina per day it was found that nutrition and health levels greatly increased. Spirulina is now a major constituent of food and health programs all over the world.

Spirulina has been proven to boost immune systems, bolster energy and greatly reduce the risks of many different cancers and infections. According to Australian researcher Anton Moore:

As we age and our bodies change and become less efficient at getting us the nutrition we need. It becomes more important to use highly nutritious superfoods like spinach, to achieve a well balanced diet and better health. Lately, it has become quite obvious that spirulina is the key or superior superfood and should be made a main part of every diet for optimum health and to ward off disease and sickness.

Spirulina is a complete food and boasts the highest amount of protein content of any food, many times higher than soy beans, at 60 plus percent. It is also packed with vitamins, beta carotene, more antioxidants and phytonutrients than green tea (research is currently being conducted on this by the National Cancer Institute), and is basically the best food and or supplement, pound for pound, available today.

So there you have it, a complete rundown on why spirulina is the latest leader of the superfoods and for the best in health it should be added as a daily staple to your diet.

Source: <http://www.articlecircle.com>

### About the Author

David Maillie is a chemist with over 12 years experience in biochemical research, clynical analysis and skin care. For more information on TCA peels for in home use and other great anti-aging products and ideas please visit <http://www.bestskinpeel.com>