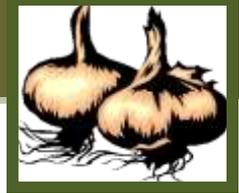


KELP

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DESCRIPTION

Kelp are found growing both in the Pacific and Atlantic ocean but, unlike its cousin bladderwrack--which does have similar therapeutic and nutritional qualities--it grows farther off the shore in deeper and cleaner water.



MINERAL-LADEN CURE-ALL

Kelp contains the complete spectrum of minerals needed by man, as they are contained in the ocean itself. Aside from the fact that sea water as such is a veritable treasure trove of minerals, land minerals are constantly washing into the sea, enriching it still further.



Most plants are tested for mineral content by burning the plant and analyzing the ash.

Dr. Black said that the ash of seaweed may be from ten percent to **as high as fifty percent**; that is to say that if you burn seaweed, **you may have half the volume left as minerals!**

Carrots, in contrast, leave an ash of **one percent as minerals.**

Apples have a mineral ash of **.3 percent**, and **Beets 1.1 percent.**

Even more important than the minerals needed in relatively large amounts, such as calcium, iron, phosphorus, potassium, and so forth, are the trace minerals--**iodine, copper, manganese, boron, zinc**, etc. These minerals appear in minute quantities in food. **Our bodies need only microscopically small amounts of them.** Yet if that tiny amount is not there, we can die from the lack.

One of the most important trace elements in Kelp is **iodine**.

This mineral is essential for the proper functioning of the thyroid which manufactures the hormone thyroxin. If an adequate amount of iodine is not provided in the diet, the thyroid gland is forced to work overtime and becomes enlarged in an effort to make up for the deficiency. *This enlargement is known as goiter.*

In ancient times, the burned ashes of the sea sponge were given to drive out the "evil spirit" which caused the swelling of the neck--but the sponge itself contains iodine, as does Kelp.

Kelp is a much better source of iodine than the much-touted iodized salt, which is chemically isolated sodium chloride to which potassium chloride has been added. Table salt is a drug, according to the Rodale researchers, to which another drug is added. Such a product has no relation to nature, and most of us should not take as much salt as might be needed to supply the needed amount of iodine, anyway. Most of us should take much less salt! **Kelp is the ideal source of iodine.**

To get the daily requirement of 100 micrograms of iodine estimated as the requirement for human beings you would have to eat:

- 10 pounds of fresh vegetables and fruits, or
- 8 pounds of cereals, grains and nuts, or
- 6 pounds of meat, fish, fowl, or
- 2 pounds of eggs, or
- 3 pounds of marine fish, or
- 2 pounds of shellfish. or

Used as a condiment, Kelp could easily supply the amount required.

Kelp as Weight Control Aid

Kelp is credited for a number of interesting cures. In the standard way of herbal thinking, Kelp is mainly used as an anti-fat remedy. With a little common sense in dieting, Kelp alone can reduce fat people to more normal proportions. **The beauty of using the seaweed is that it can only do good, and never harm.**

It does not deplete the energy of the body as some reducing programs do; indeed, it strengthens the vital energy by working in





cooperating with the endocrine glands. It has been found that there is a definite connection between the amount of energy available and our iodine intake. In Kelp, as we mentioned before, we have a perfectly natural source of all the iodine we require.

Obesity is rare among the Polynesians and other races who incorporate seaweeds as a regular part of their daily diet. This plant influences the mucous membranes and lymphatics.

Kelp is a slow, persistent agent, but it

will accomplish the desired weight loss results. It is stimulating to the absorbents and especially influences the fatty globules. Its best action is observed in individuals having a cold, torpid, clammy skin and loose flabby rolls of fat.

It is an agent that gives better results in sick, overweight people than in cases of healthy, fat people. Instead of being simply a weight loss agent, it is more a normalizer, as thin people can put on weight while taking Kelp.

Kelp is said to be a specific remedy for liver congestion.

If you get up in the morning with a sick liver, you will probably feel depressed and out of sorts. The liver is a great influencer of our moods; conversely, however, a morbid state of mind will congest the liver!

TO BE BRIGHT AND VITAL ONE MUST HAVE AN ACTIVE LIVER.

Kelp is an organ remedy for the liver. It has an affinity for the organ and a direct action upon it. The action of this remedy is to supply the liver with the salts it needs for normal function, and it also has a sweetening and cleansing effect.

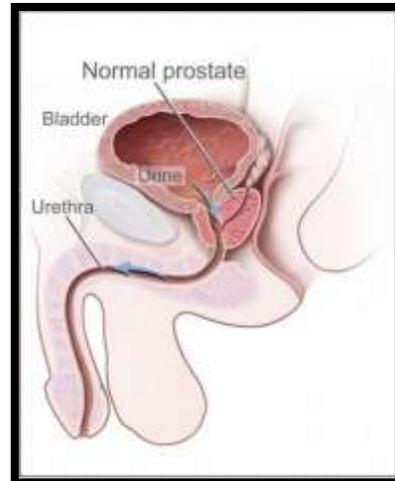
Very obstinate cases of liver congestion have yielded to treatment with Kelp, as long as a good diet was followed.

In connection with the liver, the gall bladder can be cleared from obstructions with Kelp. The highly evolved sodium content of the remedy may play a large part in this action.



Kelp is also recommended to tone the prostate gland.

It improves the nutrition of the organ and the circulation of the blood through the tissues. It is necessary to take the remedy over a period of time to get the results, however. A seventy year old man was saved having a prostate operation through the persistent use of Kelp.



Kelp has been used to help painful testicles and painful menstruation and ovaries. The progress is slow but it is sure, as we are not just treating symptoms but rebuilding the organs.

Kelp, is also of use in the female organs. It will tone up a weak uterus and help produce a healthier baby, as the balanced minerals will be supplied fully with the use of Kelp. Some women who had lost babies in childbirth and others who had not been able to carry babies were helped by the use of Kelp by Dr. Powell's prescription of Kelp to carry healthy babies full term. Especially when toxemia threatens during the last stages of the pregnancy, Kelp, being a carrier of important minerals and a toner and an antiseptic, can help clear up an otherwise dangerous condition.

Kelp has helped in many cases of headaches. Neck pain and congestion comes from various causes, but whatever the case, Dr. Powell found it unusual to locate a case in which Kelp could not be helpful. This also applies in cases of migraine.

Kelp is an arterial cleansing agent and gives tone to the walls of the blood vessels. It is helpful in some cases of arterial tension (high blood pressure). Practitioners believe that it helps to remove deposits from the walls of the arteries and restore their elasticity, thereby lengthening life.

Sufferers from low blood pressure can also have this condition normalized with the use of Kelp. Most nervous disorders result from a deficiency of certain cell salts, so we can correctly term nervous disorders "deficiency diseases". Kelp can considerably help balance the system and correct the problems.



Max Gerson, in his very effective treatment of cancer, found that almost all seriously ill persons were very deficient in potassium. He supplemented his cancer patients' diets with significant amounts of potassium, usually in a liquid concentrate. A cancer patient we know learned that both the seaweeds Kelp and Dulse are the highest in potassium among all foods and herbs.

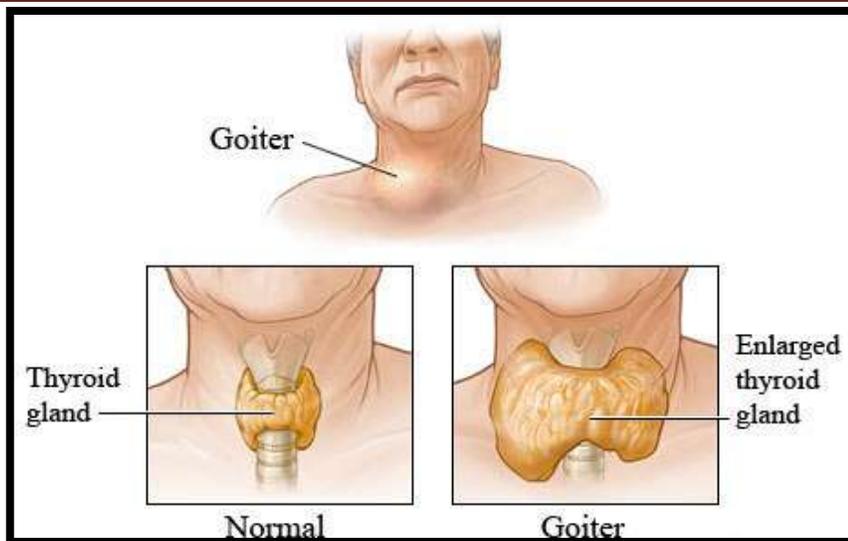
He mixed a brew of **Kelp, Apple Cider Vinegar and Honey** and took a large amount of it in his daily cancer regime, which also utilized raw juices, fruits and vegetables, and herbs.

He found that this was a potent--albeit somewhat unpleasant tasting! --source of potassium and other trace minerals.

Gerson also employed iodine in his cancer treatment and Kelp is high in this element. *We cannot, of course, claim that Kelp is a cancer cure.* But it is a powerful source of necessary elements for healing. Gerson found that the seriously ill person might take many months, even a year or two, to balance his potassium level. If the blood samples show a great deal of potassium in the blood, this is misleading, for the body is not assimilating the mineral and it is passing out of the system. If the levels are low, this might actually be a good thing, as the potassium is being absorbed in the body and not being eliminated. At any rate, there seems to be a correlation between illness, stress and potassium levels; **during menstruation and pregnancy, for example, the need for potassium skyrockets.** If a person is taking an adequate amount of Kelp in his diet, this amount of potassium might help him stand the strains of the stresses or illnesses he might have.

Goiter

We have mentioned the iodine in Kelp as being necessary to treat thyroid gland trouble, but we might explain the function a bit more. The Greeks ate sea plants to cure goiter, but it was not until 1849 that Chatin established a connection between iodine deficiency and goiter. Later, iodine was discovered in the thyroid and it was found that in people suffering from goiter there was an iodine deficiency. Goiter has been produced in animals by feeding



them on foods lacking in iodine, and females fed on iodine-free foods have produced offspring with goiters. By administering iodine, the animals were cured.

Too much iodine may produce over activity of the thyroid which leads to mental excitement and emotionalism, so small doses of iodine products are best.

However, Kelp is not known to have produced hyperthyroidism, which may be due to the fact that the **iodine in Kelp is only a part of a highly organized arrangement of salts.**

The thyroid performs many vital functions in the body.

- It secretes thyroxin,
- Controls and regulates metabolism,
- Vitalizes every cell of the body
- Enables the cells to respond to sympathetic stimulation,
- Assists in the control of tissue differentiation,
- Increases the power and rate of heart function,
- Controls coagulation time,
- Increases urea and fluid secretion,
- Stimulates and brightens the mind,
- Controls and regulates body fat,
- Controls intestinal activity,
- Aids the function of the pancreas,
- Helps to harmonize the activity of the suprarenal glands,
- Has a regulating influence on the ovaries and testicles,
- Works in cooperation with the parathyroid, thereby regulating the action of mineral salts in the system, especially of calcium,
- Acts in conjunction with the pituitary gland, thereby exerting a profound influence on metabolism in general.



A large order! This gland influences nearly the entire body.

Hypo-function of the thyroid produces lassitude of mind and body, cretinism in children, slow growth in children, delayed maturity, obesity, female troubles, dry skin, dry lusterless hair and kidney disorders.

Hyper-function of the gland produces a completely opposite picture: over sensitivity, mental alertness, emotionalism and over activity.

People who find they suffer from any of these ailments related to the thyroid get relief from Kelp, which supplies iodine and other trace minerals which will balance the thyroid and the entire system.



The late Dr. Guyon Richards, a great proponent of Kelp, discussed “reversed polarity” in the automatic nervous system, saying that when such a condition exists it is hell for the sufferer. For such a condition he advised Kelp. When neurasthenics and other nerve sufferers are miserable, they are advised to take small doses of “this humble weed from the sea”.

Jeanne Rose seems to sum it up: “Kelp, used internally, cleanses the body through the external openings such as the sweat glands, seems to have beneficial effects on the reproductive organs, and gives tone to the walls of the blood vessels. It is used for goiter, for smooth skin, sturdy fingernails, and shiny hair, and as a diuretic in obesity. **It seems to restore the healthy functioning of the body...**I have used it extensively and in small doses it seems to work; however, when I used it like salt, in larger quantities, it caused me to break an incredible amount of Kelp-smelling wind”

HISTORICAL USES

Used for the thyroid, for weight loss and gain, severe headaches, malnutrition, nervous conditions, dyspepsia, digestive problems, constipation, for a toxic colon, for liver, gall bladder, kidney and meninges, for a sluggish pancreas, for cold, torpid or clammy skin, for liver congestion, for gall bladder obstructions, for toxemia in pregnancy, for excess stomach acidity, as an antacid, to tone the kidney, for the prostate, for arterial cleansing, high blood pressure, nervous tension, arthritis and rheumatism, for colds, cough, cancer, goiter, female troubles, dry skin, and for strong nails and shiny hair.

CHEMICAL COMPOSITION

As we have mentioned, Kelp has an extremely high mineral content. It is also a rich source of Vitamin B-12, which is often difficult for the pure vegetarian to obtain. Two or three ounces of the seaweed daily might be sufficient to provide the daily requirement for someone who eats no foods of animal origin.

Even the most avid opponents of herbs can find no toxicity in the chemicals contained in Kelp. It can be used with utmost safety and confidence!

RELATED PLANTS

Fucus vesiculosus or bladderwrack, does have similar therapeutic and nutritional qualities and sometimes shares the common name of kelp. It is found on submerged rocks on both coasts of North America and in Europe north of the Mediterranean, where it drifts in from time to time through the Strait of Gibraltar. The perennial frond or thallus is coarse, light yellow or brownish-green in color, erect, and from two to three feet in height. It attaches itself to the rocks by branched, root-like, discoid, woody extremities developed from the base of the stalk. The frond is almost fan-shaped, narrow and strap shaped at the base, the rest flat and leaf-like in form, wavy, many times divided into two, with erect divisions having a very strong, broad, compressed midrib running to the apex. The margin is entire, the texture tough and leathery, mainly olive brown in color, the younger portion is more yellow. Air vesicles developed in the substance of the frond, usually in pairs, one on either side of the midrib and often one at the fork of the divisions, broadly oval or spherical, attaining when

fully grown half an inch in diameter, are the characteristic of this species which have suggested both the English and Latin names. The fructification is contained in small globose conceptacles with a firm wall lined with numerous jointed hairs and sunk in the surface of large ovoid-oblong or narrower, pointed or blunt, swollen receptacles, filled with a transparent mucus. These attain an inch in length and are situated at the ends of the divisions of the fronts.

Fucus nodosus, the Knobbed Wrack, has a narrower thallus, without a midrib and single vesicles.

F. serratus, the Black Wrack, has a veined and serrate front, without vesicles. Both contain the same constituents as Kelp.

F. serratus has much been used in Norway as cattle feed, being there called cow-weed. Linnaeus stated that in Gothland the inhabitants boiled it with water, mixed with a little coarse meal or flour, and fed their hogs with it, for which reason they called the plant "Swine-tang". In Sweden the poor people covered their cottages with it and sometimes used it for fuel.

F. amylaceus, or Ceylon Moss, abounding in starch and vegetable jelly, is used like Irish Moss.

F. Helminthocorton, or Corsican Moss, is regarded in Europe as an anthelmintic and febrifuge.