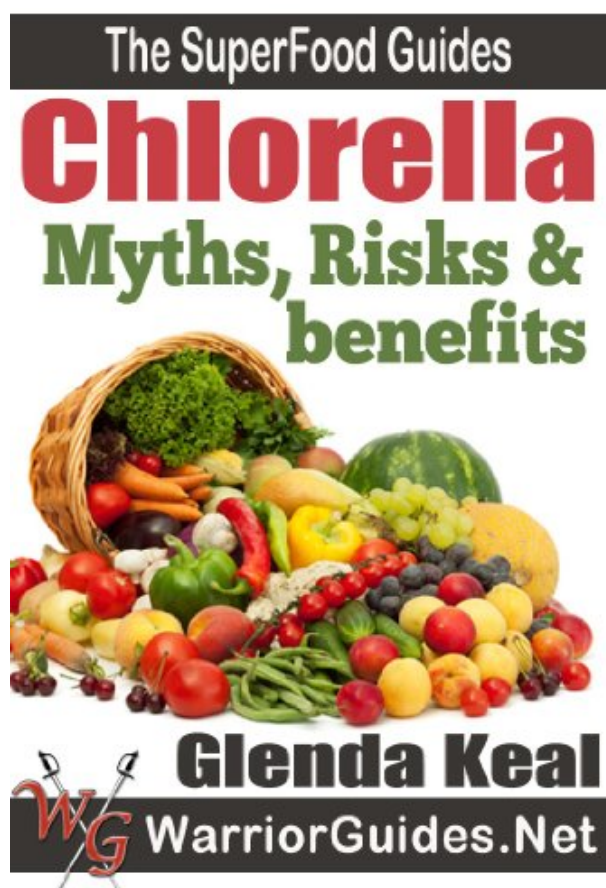


**CHLORELLA: MYTHS, RISKS AND
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Chlorella is an ancient super-food that is prized for its ability to prevent cancer, assist in supporting liver and eye health, slow aging, support accurate DNA replication and support or cure a myriad of other conditions.

It is also highly valued for its nutritional profile. It contains all of the essential amino acids, a significant range of vitamins including Vitamin B12, a wealth of phyto-chemicals and Chlorella Growth Factor. These are just some of the benefits of Chlorella.

Because it has many and varied health benefits it appears that some mythology that has developed around it.

Chlorella vulgaris is held up as one of the most powerful foods on the planet but there are other things that you need to know. There are a variety of chlorella supplements on the market and some are better than others. Some supplements might even compromise your health.

This is what you will find covered in this book

- Chlorella nutrition including vitamins with special emphasis on vitamin B12
- How you should approach vitamin B12 if you are vegan
- How Chlorella benefits your health and wellness
- If a Chlorella detox is an effective detoxification method
- Whether you really need to consume broken cell wall chlorella
- Chlorella Growth Factor and its anti aging properties
- Disease states for which Chlorella benefits are claimed
- How well the research supports the claims
- Chlorella side effects and things that you need to be aware about

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Most helpful customer reviews

3 of 3 people found the following review helpful.

A (Finally) Balanced Perspective On Chlorella

By Nicole Fahey

If you're one who likes to take advantage of what nature has to offer, and prefers to get optimal nutrition out of food intake, rather than supplementing, you've probably done a lot of googling/researching about super foods, and the like. (And have been told a whole lot of rubbish a long the way.) I found this book particularly helpful because it didn't try to sell me some miracle solution... Instead it gave me facts and enough

information for me to make my own informed choices. Highly recommend to anyone that seeks maximum benefit from their diet!

1 of 1 people found the following review helpful.

The 2.5 Billion Year SuperFood!

By StevieV

This is the book to have if you are considering taking or are already taking Chlorella for your health. I specifically wanted to get this book because I'm already taking Chlorella and wanted to go beyond the advertising and hype to get down to the nitty-gritty facts. This book transcends the myths with peer reviewed scientific journals that are not long drawn out boring reads, but get to the points that are substantiated by pages of scientific references at the end of the book. Look I already knew that Chlorella is a super food with high protein ingredients and cancer fighting abilities, but I wanted more. Chlorella - Myths, Risks & benefits fills in the gaps in giving you the total picture, both pros and cons. Listen if you're planning to invest in Chlorella or are already taking it like me then you owe it to yourself to get this book, that goes beyond the curtain into the operating manual of this 2.5 billion year super food that will give you the knowledge and benefits in taking your health to the next level.

1 of 1 people found the following review helpful.

A book that gives the facts in a straightforward way

By MariaG

This is an excellent book if you want the facts on Chlorella, both the good as well as the potentially worrisome.

Don't expect a really entertaining style: yes, it is well written, but the style is a bit dry, maybe because the author merely wants to state the facts as clearly as possible. Yet a book on a topic like Chlorella could hardly be very entertaining, could it?

What it DOES give is an incredible amount of scientific information on the possible benefits, as well as on possible risks, of including Chlorella in your diet.

I bought this book believing that Chlorella might be a sort of "wonder food", and yes, from what the book says, it perhaps can be a marvelous addition to your diet. Nonetheless, the author points out that in some people, it could do more harm than good.

All in all, I think that anyone considering purchasing Chlorella should read - and even study - this book first. No doubt: it deserves five stars, due to the wealth of information provided!

See all 28 customer reviews...

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