

Marine Phytoplankton

Profound Life-Giving Properties of Marine Phytoplankton

Dr. Jerry Tennant, MD, from the Tennant Institute of Integrative Medicine, explains that the micronutrients and electrolytes in marine phytoplankton are exactly what human cell membranes need to carry out their metabolism. Not surprisingly, the composition of human plasma, or fluid surrounding cell membranes, is similar to that of sea water. For three billion years Marine Phytoplankton has supported virtually all living creatures in the Ocean. It contains a unique combination of life sustaining nutrients including; Omega 3 essential fatty acids (EPA and DHA), protein, chlorophyll, vitamins, minerals and trace elements. Overdependence on land-based food sources often lead to deficiencies in micronutrients and trace elements. Marine phytoplankton promotes and maintains optimum health by boosting and supporting all systems within the body. When the body is missing critical components, it is unable to maintain the balance of these systems, and result in malfunctions (disease). Scientific research indicates that Marine Phytoplankton may be the most important food on Planet Earth. It is nature's gift to assist us on our journey to optimal health and wellness through balanced nutrition.

Spirulina (marine algae) is freely available in any health food stores or medical stores.