



## HEALTH AWARENESS TIPS OF SPIRULINA

Spirulina is known as Nature’s “GREEN SUPER FOOD”, because of the natural nutrition as well as curing properties. Since the identification by the mankind few billions of year back, even today it is in its original form in bluish green tint. It is related to alagis family. Spirulina contains protein fibre, vitamins, minerals and many more valuable nutrients which are precious to maintain the health. Beta Carotene is available in spirulina more than that available in carrot. There are numerous health advantages from spirulina.

- Ø Spirulina is greatly benifitable to the protein deficient people.
- Ø The wonderful nutritions / grain of spirulina is equal to one kg. of assorted nutritious vegetables.
- Ø Spirulina is the highly recommended food for athletes and players, because of its availability to produce abundant energy.
- Ø It helps high blood pressure patients. Spirulina strengthens arteries and enhances the working abilities of them and protects from all high blood pressure related problems.
- Ø Spirulina is a big blessing for people who suffer repeatedly with immunity related diseases as it is a great immunity booster.
- Ø It is a diabetic friendly. Spirulina effect on the pancreas type-2 diabetes will be under control. It has a special nature that will diminish the eating urge in diabetics.
- Ø Spirulina is a great friend of the liver. It protects the liver from all damages related to cirrhosis and hepatitis.
- Ø It is proved in various researches that spirulina protects the growth of cancerous cells multiplication.
- Ø Spirulina has got abilities to reduce bad cholesterol as well as increase the good cholesterol levels in the blood simultaneously.
- Ø It greatly helps the digestion system. Spirulina helps in easily breaking down the food to facilitate easy digestion.
- Ø Spirulina is a toxics enemy. It greatly helps in eliminating the poisonous toxins such as lead and mercury.
- Ø Spirulina is a very good heart friendly. Since it helps in reducing cholesterol levels in the blood. It proves a boon for heart patients.
- Ø In various researches it is proved that spirulina controls the growth of various viruses such as measles, influenza, herpes etc.
- Ø Spirulina rectified the damages occurs in DNA.
- Ø It is an excellent fighter of allergic reactions. So, it is a very good friend for people who are suffering with allergies.
- Ø Spirulina is an excellent tonic, as it works as a booster in fast multiplying the red cells in the blood.
- Ø It is believed that spirulina has got anti virus properties. Spirulina shows its protective influence on HIV Virus.
- Ø Spirulina is a great eye friendly and it helps in maintaining all round health of eyes.
- Ø Since spirulina contains thyroid supporting minerals such as iodine, amino acids, tyrocin, they form as thyroid hormones and effectively controls thyroid problem.

Such multiple benefited spirulina is available in tablets or capsule form every where in affordable price even to the common man. But ladies must use the spirulina only on the doctor’s advice during the period of pregnancy.

### HEALTH AWARENESS TIPS OF ALEOVERA

- Ø There are plenty of natural easily available herbs around us. One of such easily, freely available herb is aloe vera. Aloe vera invaluable curing properties are many.
- Ø Aloe vera is a great stress fighter. It is a big boon for the present working class who are under going lots of stress in every day to day life.
- Ø It is an invaluable beauty aide. Many beauty creams, products main content is aloe vera. Even it can be used in homes in a refined form to enhance one’s face value.
- Ø Aloe vera is a great blessing people who want to live long. It is a very good, natural life enhancer.
- Ø It is a natural health tonic to the body. Aloe vera works as a wonderful general tonic in protecting the overall health of the body.

- Ø Aloe vera is a great pain reliever for those people who are suffering with joint pain, muscular pain as well as arthoroid pain.
- Ø It is an excellent friend of ladies. Aloe vera helps in relieving various problems of ladies during their periods.
- Ø Aloe vera is also psoriasis. In psoriasis patients aloe vera highly helps in reducing irritable itching.
- Ø It is an enemy for diabetics. Aloe vera fight against diabetics and controls sugar levels in diabetics.
- Ø Majority of the people, particularly after middle age suffer with constipation problem. Aloe vera use gives great relief to the patients suffering with regular constipation.
- Ø Aloe vera is a warrior against ulcers. It fights against various ulcers in the body.
- Ø Due to stressful life not only middle aged, now a days even few high school and college students are suffering with blood pressure. Aloe vera helps in controlling blood circulation and keeps high blood pressure under control.
- Ø Aloe vera is a rich store of many vitamins such as A,B,C,E. Folic acid, Calcium, sodium, Potassium, iron, copper, zinc, magnesium, chromium etc., minerals and metals. It fulfills the need of such vitamins and minerals need to the body to keep it healthy.
- Ø Human body needs many amino acids. Appreciable thing is aloe vera contains 7 amino acids out of primarily required and amino acids. Maximum amino acids need is fulfilled by lone Aloe vera itself.
- Ø Aloe vera is a best friend of skin. Not only for young ladies, it is even useful for senior citizen. It helps in avoiding skin wrinkles, protects the skin and keeps it healthy.
- Ø It is a great blessing for over weight and obesity persons. Aloe vera juice helps in controlling body weight from further gain.
- Ø Aloe vera is useful to every one, particularly for the senior citizens. It helps in maintaining the even energy level in the body for longer time.
- Ø Aloe vera juice contains 12 different anti inflammation, contents. By consuming Aloe vera juice patients suffering with joint pains, arthritis gets great relief from their pain.
- Ø Since Aloe vera contains antibacterial and microbial properties it protects from teeth and gums related all problems.
- Ø Aloe vera is a very good protector from mouth ulcers.
- Ø It is a great immune booster. Since Aloe vera contains plenty of anti oxidants, it is an excellent body's immunity booster.
- Ø Aloe vera juice helps in reducing heart burn, in people who suffer from heart burn problem.
- Ø Majority of the population of middle age are suffering with the problem of indigestion. For them Aloe vera is a boon. It helps in curing all digestion related problems and helps in keeping the entire digestion system in perfect condition.
- Ø Alcoholism affects people in many ways. Long term alcohol consumption leads to liver damage called cirrhosis. Aloe vera prevents long term alcoholics from cirrhosis.
- Ø It helps natural detoxification, increases beneficial intestinal flora, soothes and repairs damaged and inflamed tissues.
- Ø Aloe vera increases regeneration of liver cells and repairs liver damage due to hepatitis, chemicals, medication and alcohol.
- Ø It's six antiseptic agents – Cinnamonic acid, lupeol, salicylic acid, Urea nitrogen, phenol and sulphur will strongly promote liver health and efficiency.
- Ø Aloe vera fights against viral infection as it contains antiviral properties.

Warning: Consuming Aloe vera is not advisable by children. Similarly it is not advisable for pregnant ladies as well as breast feeding mothers.

Using Aloe vera raw, juice or various products will definitely help in boosting overall human health.

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