

DETROIT NATIVE SUN

Liquid Chlorophyll: A secret weapon for health and vitality

By Ma'at Seba

SUN COLUMNIST



Liquid chlorophyll, often referred to as "plant blood," is widely known and is currently getting widespread attention for its myriad health benefits. Known for its rich green color as well as its resemblance

to hemoglobin in human blood. Chlorophyll has been celebrated historically not only for its nutritional value but also for its medicinal properties, including experimental use in blood transfusions. Today, it continues to be an excellent sought-after supplement for detoxification, energy enhancement, and overall wellness.

Chlorophyll is the natural pigment that gives plants and algae their vibrant green color. It's green color plays a critical role in photosynthesis which allows plants to absorb energy from sunlight and convert it into chemical energy. Chemically, chlorophyll is very similar to human hemoglobin—the molecule that carries oxygen in our blood. The key difference is that chlorophyll contains magnesium and hemoglobin contains iron. This structural similarity is one of the reasons that chlorophyll has been explored for various therapeutic applications.

Liquid chlorophyll is typically derived from green plants like alfalfa, mulberry leaves, spinach, and wheatgrass. However, the supplement form most commonly found in stores is chlorophyllin, a semi-synthetic, water-soluble derivative that is more stable and easier for the body to absorb. Chlorophyll is also available in powder form as well as in capsules.

The use of chlorophyll for medicinal purposes dates back to ancient civilizations, where green plants were used for wound healing, digestive aid, and detoxification. However, scientific exploration into chlorophyll's therapeutic potential has gained momentum in the early 20th century.

An interesting fact about chlorophyll's history is its experimental use in blood transfusions. During World War II, due to a shortage of blood supplies, researchers explored alternatives that could support oxygen transport in the body. Given chlorophyll's structural similarity to hemoglobin, scientists like Dr. Hans Fischer and later, Dr. Arthur Patek, experimented with chlorophyll extracts to boost red blood cell production and improve oxygenation.

While chlorophyll itself wasn't used to replace blood, studies showed that it could stimulate the bone marrow to increase red blood cell counts, enhance wound healing, and improve tissue oxygenation. Though these early trials were promising, advancements in blood storage and transfusion technologies rendered chlorophyll an adjunct rather than a substitute for blood transfusions.

Health Benefits of Liquid Chlorophyll

Today, liquid chlorophyll is revered as a potent superfood supplement, with a wide range of health benefits such as:

- **Powerful Detoxifier** - Chlorophyll binds to heavy metals and toxins in the body, aiding in their elimination. It also supports liver function, enhancing the body's natural detoxification processes. Its alkalizing effect helps neutralize excess acidity in the body, promoting pH balance.
- **Natural Deodorant** - Chlorophyll has been used internally as a deodorizer for body odor, bad breath, and even for managing odors associated with wounds. It neutralizes odor-causing compounds and supports gut health, where many toxins originate. Hunters use chlorophyll-based product to eliminate their body odor so that the animals that they are hunting

will not smell them thus alarming them of their position.

- **Boosts Red Blood Cell Production** - Because of its similarity to hemoglobin, liquid chlorophyll has been shown to aid in increasing red blood cell counts. It facilitates better oxygen delivery throughout the body, which can improve energy levels and endurance.

- **Supports Wound Healing** - Chlorophyll also has antimicrobial and anti-inflammatory properties, making it effective in promoting faster wound healing. It reduces bacterial growth in injuries and soothes irritated tissues.

- **Rich in Antioxidants** - Liquid chlorophyll is a potent source of antioxidants that help combat oxidative stress and protect cells from damage caused by free radicals. This antioxidant activity supports overall immune function and may contribute to anti-aging effects.

- **Digestive Health and Gut Cleansing** - Chlorophyll is excellent for healthy digestion by promoting beneficial gut flora and aiding in the removal of harmful bacteria and toxins from the digestive tract. If enough of it is consumed it can have a mild laxative effect, helping to keep the bowels regular.

- **Anti-Cancer Potential** - Studies suggest that chlorophyll may help block the carcinogenic effects of certain toxins and may reduce the risk of some cancers by preventing the absorption of harmful substances in the gut.

How to use Liquid Chlorophyll

Liquid chlorophyll is available in various forms, including drops, concentrates, and ready-to-drink beverages. Here's are suggestions on how to consume it:

- **Diluted in Water** - The most common method is to add 1-3 teaspoons of liquid chlorophyll to a glass (8-12 oz) of water. It's best consumed on an empty stomach in the morning to maximize absorption and kickstart detoxification processes. More can be consumed but it can have a laxative effect, which might be beneficial for those with constipation issues.

- **Chlorophyll Shots** - For a more concentrated dose, some people prefer taking a small "shot" of undiluted liquid chlorophyll, followed by water. This method delivers a quick nutrient boost.

- **Smoothies and Juices** - For those who are not fond of the taste of chlorophyll one of the most commonly used methods is to add liquid chlorophyll to your smoothies or fresh juices. This method masks its somewhat earthy taste.

- **Capsules and Tablets** - For those sensitive to the taste, chlorophyll supplements are also available in capsule or tablet form. However, liquid chlorophyll is often preferred for its quicker absorption.

- **Topical Application** - Although less common, chlorophyll-infused creams and ointments are available for wound healing and skin soothing purposes.

- **Recommended Dosage and Precautions** - Most health practitioners recommend starting with 50-100 mg per day of chlorophyll and gradually increasing based on your body's response. While liquid chlorophyll is generally considered safe, excessive intake may cause side effects like mild gastrointestinal discomfort or green-tinted stools. Individuals with allergies to green plants or those on blood thinner medications should consult with a healthcare provider before starting supplementation. Chlorophyll will stain your clothes or surfaces so use caution while pouring it.

Chlorophyll is an excellent gift from Mother Nature and is safe to use for general health, internal cleansing, flushing toxins from the body while at the same time giving your body a nutrient rich boost of vitality.

For more information, contact: Optimum Natural Distributors - 307 Industrial Pk. Dr., Belleville, MI. 48111, (800) 680-2429 Ext.1

By Melody Thompson
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Over the weekend my son went swimming with my daughter, she while there she sent me this picture of him in the pool.



She informed me that the discoloration of his neck was an early sign of diabetes and that I should immediately take him to the doctor to have this checked. I was terrified and started a plan to first make a doctor's appointment, then to change his diet as well as incorporate more activity into his schedule. After that, I wanted to learn all that I could about this disease. This month we want to share some information about childhood diabetes. First thing is that its common. There are more than 200,000 US cases per year, diabetes can't be cured, however treatment may help. It requires a medical diagnosis and is chronic. It can last for years or be lifelong and typically appears in adolescence. Symptoms include

- Increased thirst and frequent urination. As excess sugar builds up in your child's bloodstream, fluid is pulled from the tissues. This may leave your child thirsty. As

Protecting kids' mental health this school year

(StatePoint) From schoolwork and homework to friendships and extracurriculars to potentially dealing with difficult situations like bullying, there is a lot for kids to navigate during the school year.

Fortunately, efforts are being made to provide tools that help protect kids' mental health—and parents and teachers can be proactive about getting involved.

Preventing Bullying

Bullying is a direct cause of mental health issues and can be one of the major stressors kids face both at school and after hours due to the rise in cyberbullying. It's important that children treat each other with compassion, as unkind words and actions can have devastating effects on the long-term wellbeing of classmates.

Celebrating 10 years, Pilot Pen's "Erase Bullying for Good" initiative helps students, parents and teachers understand and stop bullying. Sales from Pilot's FriXion Clicker erasable gel pens support STOMP Out Bullying, the nation's leading nonprofit dedicated to this issue. In fact, Pilot's contributions to anti-bullying organizations between 2015-2025 will equal over \$650,000, helping fund a variety of initiatives that are making communities a safer place for students.

The campaign recommends these tips to help erase bullying before it starts at your child's school:

- Advocate for the adoption of bullying prevention programs. This might include special teacher and faculty training, peer mentoring and "Bullying Boxes," where students file anonymous reports of bullying.
- Institute wellness rooms, which are safe spaces where students experiencing distress can retreat and relax.
- Ensure your school actively celebrates both diversity and differences, and that all students are respected and valued. Establish programs that teach empathy, tolerance, kindness, acceptance and conflict resolution.

a result, your child may drink — and urinate — more than usual.

- **Extreme hunger.** Without enough insulin to move sugar into your child's cells, your child's muscles and organs become energy-depleted. This triggers intense hunger.
- **Weight loss.** Despite eating more than usual to relieve hunger, your child may lose weight — sometimes rapidly. Without the energy sugar supplies, muscle tissues and fat stores simply shrink. Unexplained weight loss is often the first sign to be noticed.
- **Fatigue.** If your child's cells are deprived of sugar, he or she may become tired and lethargic.
- **Irritability or unusual behavior.** Children with undiagnosed type 1 diabetes may suddenly seem moody or irritable.
- **Blurred vision.** If your child's blood sugar is too high, fluid may be pulled from the lenses of your child's eyes. This may affect your child's ability to focus clearly.
- **Yeast infection.** Girls with type 1 diabetes may have a genital yeast infection, and babies can develop diaper rash caused by yeast.

Type 1 diabetes in children is a condition in which your child's pancreas no longer produces the insulin your child needs to survive, and you'll need to replace the missing insulin. Other treatment aims at maintaining normal blood sugar levels through regular monitoring, insulin therapy, diet, and exercise.

We here at "For Veggies Sake" encourage you to stay alert to your child's diet and encourage activity that will increase daily exercise.

For more information, ideas or questions contact us at forveggiesake@yahoo.com.

- Ask your school to establish internet use guidelines to educate students and help stop after-hours cyberbullying.

- Teach kids about the difference between being a bystander - someone who watches bullying happen - and being an upstander - someone who intervenes when bullying is taking place. Encourage them to be an upstander when it feels safe to do so and to report bullying when they witness it.

If you're experiencing bullying, or if you have a friend, child or student who is, lean on resources designed to help. Pilot's "Erase Bullying for Good" campaign and STOMP Out Bullying provide tools to help you react effectively to bullying when it happens and learn what to do next. To access these resources, visit powertotheopen.com/erase-bullying.

Navigating Emotions

It's easy for students to get overwhelmed by the demands of their classes. Be sure that kids have the time and space outside of schoolwork to have fun, cultivate friendships and practice self-care.

Encourage hobbies like exercise, meditation, team sports and outlets for their creative expression like journaling, drawing and music. These activities can help kids build self-confidence and manage relationships; skills they need to be resilient in the face of stressful situations.

Parents can help by establishing open lines of communication and equipping kids with tools that can encourage them to express themselves more freely and help eliminate some homework-related frustration. FriXion erasable pens made with thermosensitive ink technology write smoothly and erase cleanly, giving students the power to write, erase and rewrite anything from term papers to poetry, without tedious rewrites and with less stress.

Cultivating kindness and compassion in communities and giving kids the tools they need to build their self-confidence helps protect students' mental health and helps ensure everyone has a safe, healthy and successful school year.