

ADVERTORIAL

Marine Phytoplankton

by Christine Sheaffer, CN



Christine Sheaffer, CN, licensed nutritionist, businesswoman, and educator in eastern Arizona, has a nationwide practice supporting clients in reaching their health and nutrition goals. Christine is active locally, encouraging adults and children to read food labels and to choose the healing benefits of natural, whole foods for health.

SUPERFOOD FROM THE SEA

Marine phytoplankton are microscopic organisms that form the cornerstone of nutrition for all living creatures. In fact, marine phytoplankton were the original food source sustaining life in the ocean beginning 3.5 billion years ago.

Until recently, we did not have the ability to grow and harvest marine phytoplankton for human use. Now new technology has resulted in an abundant, sustainable source of nutrient-rich marine phytoplankton, grown and harvested in the pristine ocean waters of the Pacific Northwest.

CELLULAR PROTECTION

Why are marine phytoplankton exciting for humans? These microscopic powerhouses provide concentrated raw materials—minerals and other nutritional elements—that are essential for cellular health. Our lives begin at the cellular level, and what happens there directly affects every bodily function. Our cells perform complex, crucial tasks. They take in nutrients, dispose of toxins, and generate energy for every mental and physical need. Cells constantly transmit and receive signals between one another throughout the entire body, along with countless other functions.

The nutrients we receive from our foods are the single most important factor in cellular health, followed by effects of toxins and stress. Cellular health is

severely compromised when we eat overly processed, nutrient-poor foods. Depleted soils and poor growing practices have made it increasingly difficult to obtain adequate nutrition, even from whole, unprocessed foods. When our undernourished cells are damaged or not working properly, the whole body is affected.

The good news is that our cells, and our bodies, are marvelous self-healing organisms. When the body is given the necessary nutritional elements, it will naturally seek to heal and balance itself.

How perfect that we can now turn to the original cellular food source, marine phytoplankton, with their unique blend of phytonutrients that promote proper metabolic functions, and a complete suite of marine trace elements in proportion to those found naturally in human plasma. Laboratory analysis reports a rich combination of trace minerals of the ocean combined with many essential cellular nutrients: amino acids (protein), omega-3 fatty acids, vitamins and enzymes, and other micronutrients. The vital nutrients in marine phytoplankton support cell membrane function, cellular metabolism, detoxification, and energy production. Improvement at the cellular level quickly reaps benefits throughout the body.

RESEARCH FINDINGS

Scientists continue to uncover the

many nutritional benefits of marine phytoplankton in humans. Clinical studies exploring the effects of marine phytoplankton in relationship to obesity and diabetes are taking place, under the direction of Glenn Richardson, PhD, professor and director of Integrative Health at the University of Utah.

I recommend UMAC - CORE Marine Phytoplankton to my clients as the foundational food supplement for their nutrition program. UMAC - CORE Marine Phytoplankton is easily and quickly absorbed and used in the body, and it is the most effective means to deliver intense nutritional support in a short period of time. This product is available in liquid or capsule form. Full analysis at the end of each product run ensures compliance with guidelines for heavy metals, yeast, molds, bacteria, and more. In short, UMAC - CORE Marine Phytoplankton is the superfood of the future, available today. It is the vital first step in a sound nutritional program.

Sources

The Biology of Belief by Bruce Lipton (\$25, 2005) "Quantum Cellular Biology," J. Medical Hypothesis, 2001p

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