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Contact: Nathan Effron  
Phone: (310) 891-0600 ext. 2604  
Email: [neffron@sunchlorellausa.com](mailto:neffron@sunchlorellausa.com)

## **JAPANESE DIET MAY BE RESPONSIBLE FOR LONGEST LIVING CULTURE**

**October 30, 2007, Torrance, CA** - Japanese culture has long been the allure of both historians and tourists, perhaps because of its unique and ubiquitous nature. Japan is known as a fusion of the old and the new or more specifically, the ancient and the modern. Arguably the most technologically advanced society, one cannot help but pause when looking deeper within the core of Japanese culture to discover the numerous traditional undertones which permeate the culture.

The average lifespan of Japanese people is believed to be around 82.51 years for women and 76.25 years (for those born in 1996) for men. So, what is it that the Japanese do differently from the rest of the world to make it possible for them to live so much longer? Many Japanese attribute their long lives due to moderation in eating and drinking.<sup>i</sup> The oldest man in the world, for example, Tomoji Tanabe, attributes his long life to a life absent of smoking or drinking. He also keeps a diary which he reviews daily to keep his mind active.<sup>ii</sup>

It's interesting to note that most Japanese people do not take prescription medications, but instead opt for taking natural products, such as Sun Chlorella. Apart from the 20 different vitamins and minerals, chlorophyll, fiber and lutein that are contained in Sun Chlorella, it also contains CGF (Chlorella Growth Factor), a strong concentration of nucleic acids, which helps to both nourish and revitalize the body.

Estimations suggest that chlorella pyrenoidosa has been around for about 540 million years. In addition to having the highest chlorophyll content, chlorella also has the highest nucleic acid content of any known food. Finally, chlorella pyrenoidosa also has more protein, ounce per ounce, than beef or chicken. Michael Rosenbaum, an integrative medical doctor in Corte Madera, California, says "I have never found anything that can approach the nutritional content and the nutritional effectiveness of Sun Chlorella."

Sun Chlorella is so renowned in Japan that it is akin to the popularity of Vitamin C in America. This begs the question, is Sun Chlorella one of the reasons why Japanese people are living longer than any other culture on earth? Naturally, the answer is not that simple, but one cannot help but wonder.

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Sun Chlorella USA ([www.sunchlorellausa.com](http://www.sunchlorellausa.com)) is a distributor of Sun Chlorella A. Other products include Sun Eleuthero, Wakasa Gold, Wakasa Honey, Sun Eleuthero Extract, Sunergize, Sun Chlorella Cream, Sun Eleuthero Tea and Pet Sun Chlorella.

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<sup>i</sup> <http://www.efmoody.com/longterm/lifespan.html>

<sup>ii</sup> <http://www.worldhealth.net/p/oldest-man-in-the-world-turns-112.html>