

Chlorella May Help Reduce Harmful Toxins in Breast Milk

August 24, 2007, Torrance, CA – A landmark study published in the *Journal of Medicinal Food* suggests that **chlorella may indeed help reduce harmful toxins, known as dioxins, in breast milk.**¹ The study, conducted by Japanese researchers, investigated 35 healthy pregnant females and found that of the participants who supplemented their diets with chlorella, there was a significant decrease in the amount of dioxin measured in the participants' breast milk. Additionally, the study found that this same group had an increase in a property found in blood, known as immunoglobulins, believed to be responsible for reducing the risk of infection in nursing infants.

Dioxin is the name generally given to a class of super-toxic chemicals. It potentially may be one of the nastiest, most toxic man-made organic chemicals; its toxicity is second only to radioactive waste.² Studies at the School of Medicine, West Virginia University, demonstrated that chlorella has the potential to help remove poisoning of chlorinated hydrocarbons (a major toxic pollutant found in pesticides and herbicides), dioxin, and PCB's.³ In other studies, chlorella was equally effective in eliminating heavy metals such as mercury, copper, and cadmium.⁴

Immunoglobulins, also known as antibodies, are believed to aid the body's natural defense system in protecting against infection.⁵ Similar to high-density lipoproteins (HDLs) found in cholesterol, a greater concentration of these health assisting proteins are desirable.⁶

Though this article represents only a handful of studies, it is clear that the importance of including superfoods such as a true pulverized chlorella as part of a balanced diet cannot be underestimated. **Readers of this article are encouraged to independently research the many benefits of chlorella.**

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¹ Nakano, S., Takekoshi, H. and Nakano, Masuo: Chlorella (*Chlorella pyrenoidosa*) Supplementation Decreases Dioxin and Increases Immunoglobulin A Concentrations in Breast Milk. *Journal of Medicinal Food* 2007;10: 134 – 142.

² <http://www.cqs.com/edioxin.htm>

³ Pore RS. 1984. Detoxification of chlordecone poisoned rats with chlorella and chlorella derived sporopollenin. *Drug Chem Toxicol* 7(1):57-71.

⁴ Horikoshi, T., A. Nakajima and T. Sakaguchi: Uptake of Uranium by Various Cell Fractions of *Chlorella regularis*. *Radiotopes* 28(8), 485-487, Aug. 1979.

⁵ <http://www.webmd.com/a-to-z-guides/Immunoglobulins>

⁶ <http://en.wikipedia.org/wiki/High%5Fdensity%5Fflipoprotein>