

540 Million Year Old Algae Popular With Healthiest Women In The World

The World Health Organization (WHO) reports that people who live in Japan can expect to remain in good health longer than anybody else in the world. Japanese women, revered for both their ethereal beauty and health, live to be an average of around 82.5 years old. Why this is the case has been the focus of studies regarding their diet and lifestyle.

In the Land of the Rising Sun, lifestyle and diet play a significant role in their overall health. Like the French, the Japanese get a lot of incidental exercise; they take the stairs rather than the elevator, and walk or bicycle instead of jumping into their cars.

The Japanese also consume a healthy, low fat diet consisting mainly of fish, vegetables, rice, soy, noodles, tea, and fruit. Portion size is small and they only eat until they're 80% full – a concept known as “hara hachi bunme.”

Another major dietary difference is the popular use of Chlorella; a green algae that's been around for 540 million years, it's been the #1 whole food supplement in Japan for the past three decades.

Supplementation with Chlorella has a number of women-specific benefits that may play an important role in their overall good health. A study published in the *Journal of Medicinal Food* suggests that chlorella may help reduce the harmful toxins (dioxin) in breast milk. Chlorella binds to toxins and helps eliminate them from the body.

In other studies, Chlorella was equally effective in eliminating heavy metals, including mercury, copper, and cadmium, which can interfere with the absorption of important minerals, such as calcium.

Its high fiber content can also help women as fiber helps support healthy cholesterol levels, helps with PMS, and supports menstrual regularity.