

5 Important Benefits Of Spirulina

Spirulina Platensis is a blue-green algae that can grow not only in salty water, but in fresh one as well. Due to the fact that it provides such a generous amount of vitamins, amino acids and proteins, it has remarkable effects for one's health and beauty and it is regarded to be one of the most complete foods. Therefore, it is one healthy option that anyone should take into account.

Without further ado, here are the main 5 benefits of spirulina:

1. It contains three times more proteins than meat.

Spirulina comes with about 60% proteins, which makes it an incredible ally for athletes, bodybuilders and anyone interested in having a protein-rich diet.

One tablespoon of spirulina powder contains about 4 grams of excellent quality protein. This means you can get your necessary intake without ingesting big amounts of chicken breasts, beans or protein powders.

2. It is beneficial for the skin.

Everyone wants to have a glowing and youthful complexion. Women spend lots of money on various lotions to achieve that, yet sometimes it is not enough. Aging is a huge problem and it is important to fight it not only through face creams, but with nutritious foods too.

Spirulina has a rejuvenating effect on one's skin due to the high content of vitamin E and antioxidants. It promotes skin elasticity and it slows down wrinkle formation.

As the skin cells can regenerate faster, time doesn't ravage one's looks that easily. This helps to preserve a fresh appearance and it has an important anti-aging value.

3. It can stop the development of cancer cells.

Spirulina contains a compound called phycocyanin, which can only be encountered in blue-green algae. Labeled 'nature's magic elixir', phycocyanin is a powerful antioxidant that boosts the immune system and can even prevent the evolution of cancer cells.

Apart from that, it has anti-inflammatory and hepatoprotective properties. It reduces significantly the inflammatory response and it protects the liver, particularly during detoxification.

4. Spirulina keeps the brain healthy.

It prevents serious conditions such as Alzheimer's or Parkinson disease. The algae actively contributes to stimulate two enzymes that can neutralize free radicals. This makes the brain more resistant to the devastating effects of time.

5. It lowers the cholesterol levels in a natural way.

Many people are forced to take strong pills to keep their cholesterol under control. Spirulina has the power to reduce it without side effects.

It tackles the triglycerides as well so spirulina supplementation is a great idea if you need lipid-lowering effects. Atherosclerosis can be prevented due to the compounds that prevent the formation of fatty deposits within the arteries. So cardiovascular diseases can be kept at bay.