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HEALTH+NEWS™

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Featuring Information on Ecklonia Cava

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Ecklonia Cava is Nature's Remedy

What is Ecklonia Cava and Why it Matters to You

People all around the world are looking for a better solution to the challenges that each one of us face everyday.

Ecklonia cava is the name of a specific species of brown algae. The key elements of ecklonia cava are a unique category of polyphenols called phlorotannins.

The unique structure of phlorotannins is derived from the water based algae that provides them with biological activities that can not be found in land based plants.

Around the world, millions of dollars have been spent on the research of ecklonia cava, including in vitro (labratory), in vivo (in human), and clinical studes.

One of the most important discov-

eries is the natural super antioxidant power of ecklonia cava. Ecklonia cava has been found to be up to 100 times more powerful than other antioxidants.

Why does it matter? Antioxidants are one of the most fundamental treatments for a myriad of health problems. When you can help your body put itself back together naturally, you are creating an environment of long term health and stability for your cells to live in.

Ecklonia cava is effective on many different health challenges it has been tested against. When you treat your body by helping it treat itself, you are utilizing the most powerful healing tool ever discovered, your own body.

Studies Show that Ecklonia Cava:



- Is a Super Antioxidant
- Supports Cardiovascular Health
- Improves Brain Function
- Overcomes Fibromyalgia
- Reduces Arthritis
- Relieves Allergies
- Targets Obesity
- Helps Overcome Factors that Can Cause Type II Diabetes
- Reverses Erectile Dysfunction

Ecklonia cava is an ocean based polyphenol that is 40 percent fat soluble and has a very long half-life of up to 12 hours. Compare that to 30 minutes of water soluble, land based polyphenols and you can see why it has a much greater effectiveness.

Being fat soluble, it also has the ability to cross the blood-brain barrier

and help improve and restore brain functions.

Ecklonia cava is extracted from edible algae through food compatible processes to form a natural supplement.

For centuries, people throughout the world have experienced ecklonia cava with no side effects. In fact, throughout many studies, ecklonia cava has been found to be non-toxic at any level, and have no adverse side effects at the dose level of 1-10 mg per kg of body weight.

Everyone needs antioxidants to help restore their body and ecklonia

Personal Experiences with Ecklonia Cava

Asthma Controlled

Arlene Reade * I suffer from mild to moderate asthma. Although I have

never had a severe asthma attacks, I would wake up every morning and cough. I would also contract pneumonia every winter as a result of the

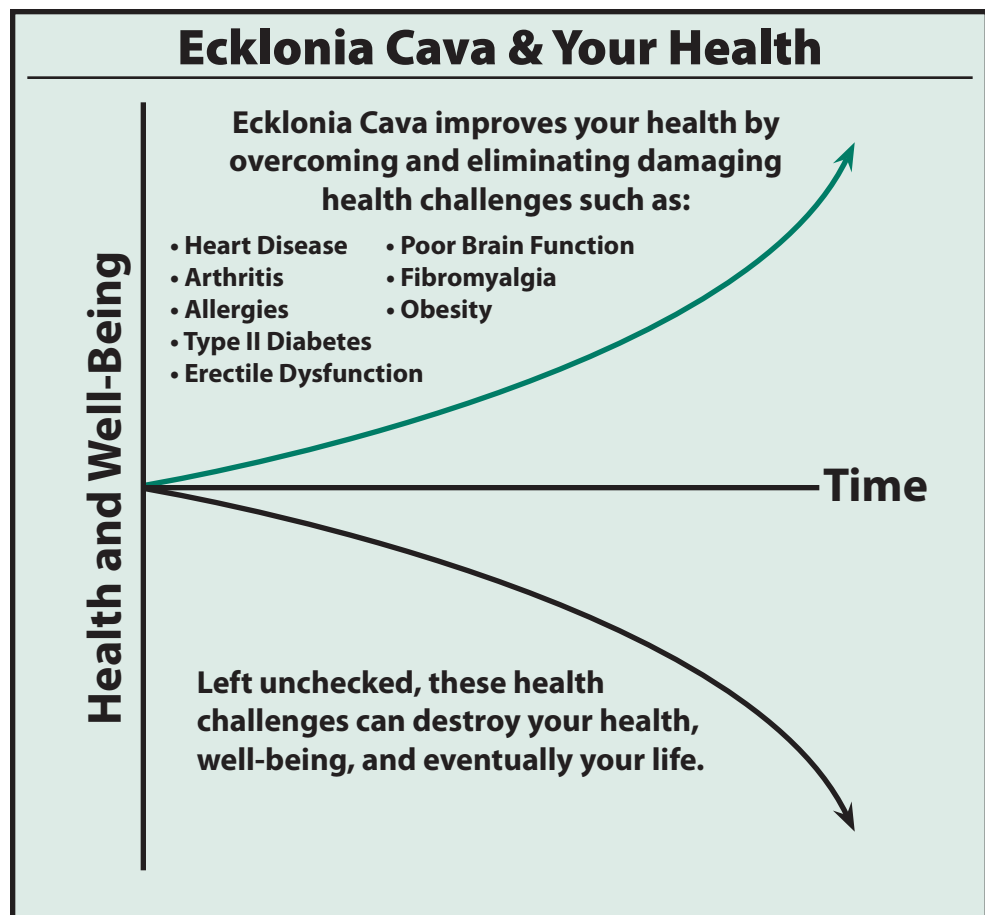
asthma. I used an inhaler every morning and night to control the coughing. About three months ago, I was introduced to ecklonia cava and started taking it every day.

After taking ecklonia cava every day, I began waking up in the mornings without any lung congestion. I stopped using the inhaler and have not had to use it since. I have also enjoyed the first winter in many years where I haven't felt any of the symptoms of my annual bout of pneumonia. In fact, I feel very healthy. Instead of feeling drowsy and sluggish in the afternoon, I feel more alert and energetic.

I have even noticed that the symptoms related to carpal tunnel syndrome and 20 years of typing at a desk are completely gone. I used to wake up every morning with numb hands and feel pain in my wrists, but now my hands and wrists feel fine.

Ecklonia cava is the only thing that I did differently to control my asthma symptoms. While I can't say definitively that ecklonia cava is what made

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Personal Experiences

"Ecklonia cava has saved me from having to get my knee surgically replaced."

~ Charles Geldart

"I have noticed that if I take ecklonia cava regularly, I don't experience any back pain."

~ Glen Mowrey

"Ecklonia cava was returning my muscles to their original strength."

~ John Julien

the difference, I feel it has helped control my asthma. Ecklonia cava has also brought the additional benefits of giving me more energy and controlling my carpal tunnel pain.

Knee Problems Better

Charles Geldart * For several years, I had experienced problems with one of my knees. I could barely walk and was in constant pain. I would wake up in the middle of the night in great pain.

Although I had already had knee surgery a few times, I began to think I needed a knee replacement. I had been consulting my doctor about this for some time, and was preparing for this reality. I ran into a friend and he noticed that I was limping, so I told him I was waiting for surgery. He told me about ecklonia cava. I told him I'd try anything.

I took some powder home and made a paste. Twice a day, I rubbed it onto my knee, which had swelled to about the size of a football. After about three weeks, the swelling disappeared, and today I am able to walk normally without having surgery.

My knee still locks when I sit down for a long time without getting up, but ecklonia cava has saved me from having to get my knee surgically replaced. I no longer experience any pain associated with my former knee problems, but instead enjoy the full use of my healthy knee. I am 54 years old and I swear by ecklonia cava.

I told my knee doctor about ecklonia cava and told him that I no longer needed the surgery since my knee had healed. He said he had heard that ecklonia cava was on the market and that it was being researched, but admitted that he knew very little about it. However, he said that if it worked for me, I should continue to use it.

I sent some ecklonia cava to my sister who just had both knees replaced. She had been experiencing a great deal of pain as a result of the surgery. But since she

started taking the ecklonia cava, she has noticed the swelling going down and hasn't felt as much pain.

Hand Tremors Gone

Gail Buck * I have suffered from tremors in my hands. They used to be so shaky that it was difficult to even drink from a cup.

The doctors suspected it might be early signs of Parkinson's disease, but they never ran any tests. My handwriting had become very jerky as a result of these tremors.

I started taking ecklonia cava three

months ago. The first thing I noticed was that my handwriting became much more legible. The jerky problems are gone and my handwriting is much smoother and easier to read. I know this was a neurological change. My hands are much more stable and I am able to perform daily functions that had become so difficult.

per week. However, this illness and treatment made me lose my energy and vitality. I became very lethargic and often felt depressed. I never felt like leaving my home to go out with friends, but preferred to stay home and watch television all day.

Muscle Problems Gone

John Julien * Last year, I had a severe inflammation in my colon, which was had on my body, and underwent a difficult treatment for it.

As a result of the treatment and medications, my body became very weak and I lost all of my energy and interest in life. Prior to this, I had been very active and strong.

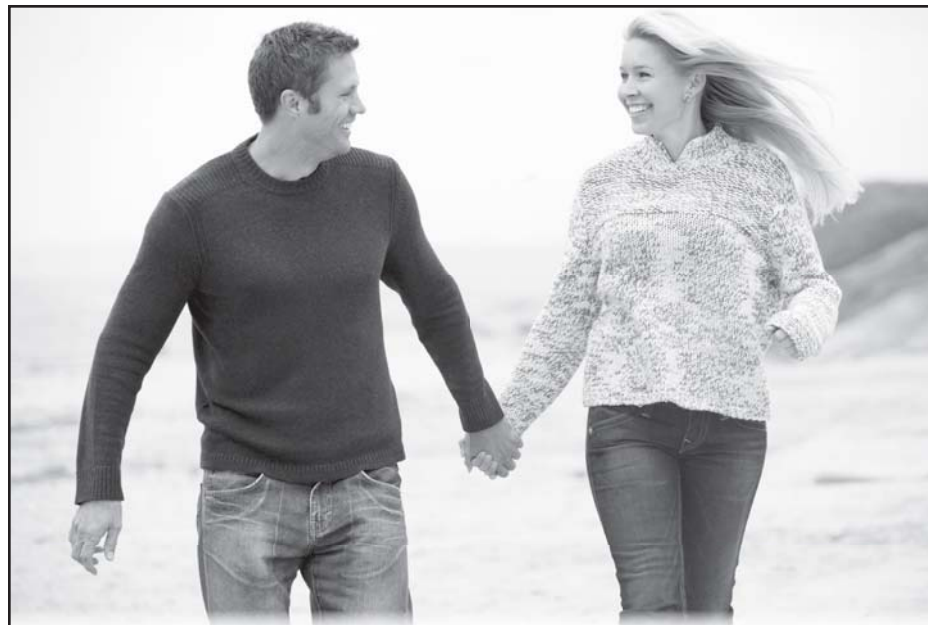
I enjoyed going out with friends and participating in a variety of activities. I was an avid hunter and went hunting at least three times

Last month, I heard about ecklonia cava from a friend, so I did some research. The more I read about it, the more excited I became. After careful research, I decided to give it a try.

As soon as I received the ecklonia cava, I took my first dose and immediately felt a surge of energy in my body. Some people may think that I am exaggerating, but I literally felt immediately energized and boosted in mind and body.

Even though I was very healthy and active before this illness, I cannot remember ever feeling so light, happy, and energetic. I returned to work and began calling all my friends and making plans to go out again. After taking ecklonia cava for one week, I wanted to do everything. I was ready to resume all my former activities and attack life with a new energy and vitality.

My muscles, which had become very slack and lethargic over the past year, regained their original shape and hardness in just the first month that I have been taking ecklonia cava. Ecklonia cava was returning



Ecklonia Cava helps restore your health and brings a youthful feeling back to your life.

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my muscles to their original strength. Even my friends and family noticed and began asking me if I had started lifting weights.

After I started taking the ecklonia cava, I felt that the muscles in my body getting harder. I am not exaggerating. I felt the effects from the first day. My body responded immediately to ecklonia cava.

Diabetes Normalized

Louis LeBlanc * I am a 60-year-old beet farmer who, in my younger days, would easily put in 10 to 12 hour days of hard work without any problems. But after suffering two heart attacks, my energy was completely washed out.

When I went out to put in a day's work, I had to stop after just 15 minutes to take a rest. Not too much longer after that, I'd have to go back to the house to take a nap for an hour. I was also diagnosed with Type II Diabetes.

My blood-sugar readings were up to an A1C level of 14, and even with three different medications, I could never get it under control. I couldn't eat any sugar without feeling the effects and was afraid that I'd have to go on insulin soon.

About two months ago, I began taking the ecklonia cava. I have since been able to cut out two of my diabetes medications and get my blood sugar levels down to a more healthy A1C level of 9 or 10. I am even able to eat more sugar without feeling any of the side effects, even though I know I am not supposed to eat much sugar anyway. I am hopeful that I will soon be able to cut out all of my diabetes medication completely.

What's more, I have much more energy. While I am not as strong as I was before my heart attacks, I have been able to work harder and do more farming since I started taking the ecklonia cava.

I am 60 years old and I know I'm slowing down, but I am happy to be able to work from morning to noon and sometimes even a couple hours after and still feel pretty good. I finally feel that I am at working at 100 percent of my ability and have all my old energy back.

I haven't changed anything in my routine except to add the ecklonia cava. It is the only thing I can see as helping me beat my diabetes and get my old energy back.

I was even able to cut out some of my medications. Ecklonia cava is much better than these expensive medicines. It's like getting your health back naturally and for a lot less money.

Arthritis Deposits Almost Gone

Sandra Lui * I have been employed at an airplane manufacturing plant for many years. I have been doing repetitive tasks, lifting heavy objects, and using big torque wrenches and other large tools to assemble the landing gears and other parts of large jet planes.

As a result, my rheumatoid arthritis has been active for 22 years and I have huge calcium deposits on both of my hands. I have been taking natural sup-



Healthy aging can keep you strong, young, and vibrant.

plements for over 20 years to manage the rheumatoid arthritis pain, but I couldn't find a solution for the calcium deposits which are so large that every doctor I have spoken to has said they are too big to try to remove.

When I read about ecklonia cava, I decided to try it to see if it might help reduce the deposits. After only one month, I have noticed a huge difference in my left hand. I am right-handed, so the deposits in my left hand are smaller and less severe. Ecklonia cava has reduced the size of the calcium deposits by about two-thirds in less than one month. I haven't noticed any changes on my right hand.

My daughter and I went to Las Vegas during last month and between hauling luggage and carrying things back and forth to the hotel, my right hand was irritated every day. It wasn't able to rest and heal like my left hand. Now that I am home, I am taking a little more of the ecklonia cava. I hope to see improvement on my right hand in a couple of weeks.

Another benefit I have noticed is that I am able to endure this region's winter weather without any pain or stiffness. Normally, at this time of year, my knees didn't want to bend and they felt very stiff. I have noticed that I am not having nearly as much trouble. It is definitely cold here. The highs have been in the teens, and I still haven't noticed any problems with my joints.

I feel ecklonia cava is taking over where other natural supplements leave off. Other natural supplements keep me pretty healthy and the ecklonia cava fixes what they don't. I believe that after a couple months of using the ecklonia cava, I'll be able to get rid of the inflammation in my body and stop taking the other medications I am currently on.

Blood Pressure Better

Wanda Carter, RN * I originally started taking the ecklonia cava to lower my blood pressure.

Heart problems run in my family, and when my blood pressure was at 180 over 102, I was concerned that there were things going on in my body that I couldn't see. I worried that my arteries were clogging and that other things might be there that would lead to the same problems I had already seen in my family.

I can't visually see what the ecklonia cava is doing for my arteries, but I do feel much better. After taking ecklonia cava for a month and a half, my blood pressure has gone down to 158 over 90. I have a lot more energy and my mood has improved.

As a nurse working night shifts, I have had a hard time sleeping. If I have something on my mind or I am busy with a project, I can easily go two days with very little sleep. In the past, when I would finally get to bed, I would rarely sleep soundly. Since I have started taking the ecklonia cava, I sleep very soundly. It has been a very nice change for me.

I love ecklonia cava and am excited about the changes I have seen since I started taking it. I am enjoying my healthier blood pressure, my increased energy, and my deep sleep!

"About two months ago, I began taking the ecklonia cava. I have since been able to cut out two of my diabetes medications and get my blood sugar levels down to a more healthy A1C level of 9 or 10."

~ Louis LeBlanc

"Ecklonia cava has reduced the size of the calcium deposits by about two-thirds in less than one month."

~ Sandra Lui

"I am enjoying my healthier blood pressure, my increased energy, and my deep sleep!"

~ Wanda Carter

How Ecklonia Cava Can Help You

Improves Brain Function

Ecklonia cava is fat soluble and has the ability to cross the blood-brain barrier. In an animal study, ecklonia cava increased memory related neurotransmitter activity in the brain by 140 percent.

Another study showed that ecklonia cava prevented sleepiness in bus drivers and in high school students for the duration of daytime activities.

An EEG study on brain waves of healthy middle age people showed an increase of alpha-waves, which are indicators of relaxation.

Reduces Arthritis

Ecklonia cava has natural anti-inflammatory properties. In laboratory studies, it has been shown to be at least as effective as prescription COX inhibitors, without the side effects.

Ecklonia cava has also been shown to reduce nerve pain by 40 percent in just four weeks.

Overcomes Fibromyalgia

Scientists conducted a two month, double blind study of recognized fibromyalgia patients.

Ecklonia cava patients:

- Fell asleep 47 minutes faster.
- Increased total nighttime sleep by 96 minutes
- Improved depth of sleep by 80 percent.
- Boosted energy levels by 70 percent.
- Gave 2.25 more good days per week.
- Decrease pain by 30 percent.
- Improved overall condition by 40 percent.

Relieves Allergies

In a study on mice, ecklonia cava was shown to reduce airway mucus plugging and considerably reduce the allergic reaction in inflammation.

There were also no side effects of drowsiness or dizziness that are common in pharmaceutical drugs.

Type II Diabetes

In a recent mouse study, ecklonia cava has been shown to reverse fat deposition in liver and pancreas cells, and significantly inhibit inflammation in the pancreas.

A recent study at the Joslin School of Diabetes at Harvard, showed that excessive fat deposition in the mouse pancreas for turning on the inflammation pathway, resulting in full-blown Type II Diabetes and insulin insensitivity in the mice.

Targets Obesity

DGAT inhibition is a recognized target for the treatment of obesity. The key enzyme DGAT is involved in triglyceride levels, fat storage, intestinal fat absorption, and energy metabolism in muscles.

In mouse studies where DGAT was inhibited, significant obesity resistance was shown.

Super Antioxidant

The molecular structure of ecklonia cava is remarkable. Ecklonia cava has up to eight interconnected rings, where most other flavonoids have up to three interconnected rings.

Because of the molecular structure, ecklonia cava has a free-radical scavenging ability of 10 to 100 times more powerful than other polyphenols and is considerably stronger than green tea catechins.

Supports Cardiovascular Health

Ecklonia cava has been shown to improve coronary artery disease by inhibiting the oxidation of LDL (bad) cholesterol, scrubbing the plaque off the endothelial lining, and preventing vascular inflammation by preventing oxidation which directly effects the body's inflammatory response.

Ecklonia cava has also shown in various trials and studies to lower cholesterol and reduce high blood pressure.

Reverses Erectile Dysfunction

Ecklonia cava can rejuvenate damaged endothelial cells to restore production of the chemical nitric oxide (NO) that keeps the arterial walls relaxed and dilated.

With no side effects, ecklonia cava dramatically outperformed prescription ED treatments by 322 percent.

What is Ecklonia Cava

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cava has been shown to be one of the most powerful antioxidants available today.

With the tremendous amount of scientific research that has been conducted on ecklonia cava, it has been proven to be a tremendous help to many and promises help to almost everyone.

References

You may go to the HEALTH NEWS website at: healthnewsweb.com/downloads/references-vol-18-no-2.pdf to download a list of the references that lists the studies available on ecklonia cava.

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