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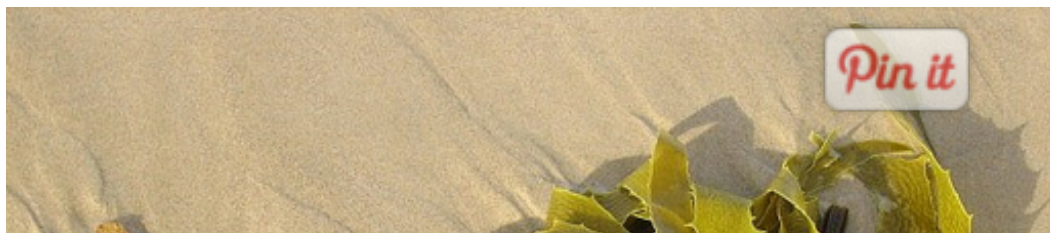
## Benefits of Seaweed for Skin, Hair and Health

*Enjoy the benefits of seaweed by incorporating it into your diet and skin & hair care routine*

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With the buzz around the latest superfoods, it can be difficult to know the difference between something that's truly great for your body, and the latest food fad. However, we've looked at the facts, and we think that seaweed really is an all-natural superfood you must try! There are so many benefits of seaweed that we think it should be on everyone's grocery list! Read on to find out more about the benefits of seaweed.

Photo credit: Flickr / JIGGS IMAGES

## Benefits of Seaweed for Skin





Photo credit: Flickr / mscllooney

It's thought that both eating seaweed and using beauty products that contain




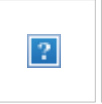
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the ingredient are great for your skin. Not only can seaweed help to reduce redness and inflammation, it's also claimed that this plant has great anti-aging benefits, because it's full of antioxidants in the form of vitamin C. What's more, by applying seaweed to the skin, you can aid in cell regeneration and help reduce discoloration, so get your fix of seaweed for skin that glows! (1)

## Benefits of Seaweed for Hair



Photo credit: Flickr / keira-anne

Seaweed is also great if you want long, strong hair that will last and last! The plant contains omega-3, iron and zinc, all which promote hair growth and help hair to stay strong. Additionally, seaweed contains lots of vitamin A, B, C and E, which help the hair to produce the natural oils that are essential for a healthy scalp. Enjoy a daily dose of seaweed for hair that shines! (2)

## Benefits of Seaweed for Health

Perhaps the best thing about seaweed is that its benefits go more than skin deep! There are so many ways that seaweed is great for your health. Here are four of the top health benefits of eating seaweed. (3)



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1. **It's great for your heart:** Studies have shown that eating seaweed can reduce blood pressure and therefore decrease risk of stroke.
2. **It improves digestion:** Seaweed is very high in fibre, which helps to maintain digestive health and keep everything running smoothly! It is also rich in alginate, which slows digestion and helps food to release its energy more slowly. This means that you feel fuller for longer.
3. **It's high in vitamins:** Seaweed contains lots of vitamins and minerals, and as an added bonus is very low in calories.
4. **It aids in detox:** Eating seaweed can help to eliminate toxins from the body such as cadmium and lead.

With all these great benefits, choose seaweed for health, happiness and a beautiful body!

## About the Author:

*Maryruth has been seeking the keys to environmental justice—both at home and at work—for over a decade. Growing up adjacent to wild spaces, Maryruth developed a healthy respect (and whimsical appreciation) for things non-human, but her practical mind constantly draws her down to earth to ponder tangible solutions to complex eco-problems. With interests that range from green living to green business, sustainable building designs to organic gardening practices, ecosystem restoration to environmental health, Maryruth has been exploring and writing about earth-matters for most of her life. Of special interest is the subject of ecopsychology and the role the natural world plays in the long-term health and well-being of humanity. You*

can learn more about Maryruth's work by [visiting her site](#).

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