Super Kelp

A blend of three sea plants — food from the sea for the thyroid, the glands, and the whole body's mineral needs.

This Herbal Combination



Atlantic Kelp — the backbone of the blend and one of the richest natural sources of iodine and trace minerals, the raw material the thyroid needs to make its hormone.



Irish Moss — a mineral-rich sea plant full of soothing, nourishing vegetable jelly, bringing its own mix of ocean minerals to the blend.



Dulse — a red sea plant among the highest of all foods and herbs in potassium, rounding out the blend's mineral content.

From Dara's Practice

When puberty hit, it knocked me out. I couldn't get enough sleep. Around the fifth grade a pediatrician found a low-functioning thyroid and prescribed a pill she said I'd need for the rest of my life. Missing even one day brought back the brain fog and the urge to sleep the day away.

Years later, as a single parent and full-time student, a trusted friend suggested kelp for natural energy. I began taking four or five kelp pills a couple of times a day and right away had more energy, without the crash that always followed caffeine. A little over a year later, I had heart palpitations one morning after my usual thyroid pill; the emergency room doctor checked my blood and found my thyroid working in the normal range. I was twenty-five, and I never took another thyroid pill. Kelp has been part of my daily food ever since.

A Mineral-Laden Food

Even more important than the minerals the body needs in larger amounts, such as calcium, iron, phosphorus and potassium, are the trace minerals: iodine, copper, manganese, boron, zinc and others. The body needs only microscopic amounts of them, yet if that tiny amount is missing, we cannot live. Kelp is one of the richest sources of these, and above all of iodine.

To get the estimated daily requirement of 100 micrograms of iodine from ordinary food, you would have to eat about 10 pounds of fresh fruits and vegetables, 8 pounds of cereals, grains and nuts, 6 pounds of meat,

fish or fowl, or 2 pounds of eggs. Used as a condiment, Kelp easily supplies the amount required, and it is a far better source than iodized salt, which most of us should be using much less of anyway.

The Thyroid and Goiter

The thyroid needs iodine to make its hormone, thyroxin. Without enough, it is forced to work overtime and can enlarge in an effort to make up the shortfall; this enlargement is a goiter. The Greeks ate sea plants for goiter, and in ancient times the burned ashes of the sea sponge, which also contain iodine, were given for the swelling of the neck. It wasn't until 1849 that Chatin established the connection between iodine deficiency and goiter.

The thyroid touches nearly everything in the body. It regulates metabolism and body fat, vitalizes every cell, increases the power and rate of the heart, controls coagulation time, increases urea and fluid secretion, stimulates and brightens the mind, controls intestinal activity, aids the pancreas, helps harmonize the adrenals, has a regulating influence on the ovaries and testes, works with the parathyroid to regulate the mineral salts (especially calcium), and works with the pituitary to influence metabolism as a whole.

More Than the Thyroid

Weight balance: Kelp has long been used as a slow, persistent aid to weight loss. It doesn't drain the body's energy the way many reducing programs do; it strengthens vital energy by working with the endocrine glands. It acts more as a normalizer than a fat burner, and thin people can put on weight while taking it. Its best action is seen in people with cold, clammy skin and loose, flabby rolls of fat.

The liver and gallbladder: Kelp has an affinity for the liver, supplying the salts it needs and helping clear congestion; even very obstinate cases of liver congestion have yielded to it when a good diet was followed. The liver is a great influencer of mood, and a bright, vital person has an active liver. Kelp has also been used to help clear the gallbladder of obstructions.

Headaches: Dr. Powell found it unusual to meet a case of headache or neck pain and congestion, migraine included, in which Kelp could not be helpful.

Blood vessels: Kelp is an arterial cleansing agent that tones the walls of the blood vessels, and it is used to help normalize both high and low blood pressure.

The nerves: Many nervous disorders come from a deficiency of certain cell salts, and Kelp helps balance the system. Dr. Guyon Richards, a great proponent of Kelp, advised small doses of "this humble weed from the sea" for nerve sufferers.

Vitamin B12: Kelp is a good source of B12, which is often hard to get for those who eat no animal foods.

Potassium

Kelp and Dulse are among the highest of all foods and herbs in potassium, and seriously ill people are very often deficient in it. It can take many months, even a year or two, for a depleted body to rebalance its potassium. The need for potassium rises sharply with illness and stress, and during menstruation and pregnancy, and steady Kelp in the diet helps the body stand those strains. One simple way to take it: a brew of Kelp, apple cider vinegar and honey, a potent, if somewhat unpleasant tasting, source of potassium and trace minerals.

Historical Uses

Kelp has been used historically for the thyroid and goiter; for weight loss and weight gain; severe headaches; malnutrition; nervous conditions and nervous tension; digestive troubles, constipation and a toxic colon; the liver, gallbladder and kidneys; a sluggish pancreas; cold, torpid or clammy skin; excess stomach acid; the prostate; arterial cleansing and high blood pressure; arthritis and rheumatism; colds and coughs; female troubles; and for smooth skin, strong nails and shiny hair. Kelp is a food, and even the most avid opponents of herbs have found no toxicity in it.

Related Sea Plants

Bladderwrack (Fucus vesiculosus) shares the common name of kelp and has similar nutritional qualities. It grows on submerged rocks along both coasts of North America and in northern Europe, and is easy to recognize by the paired air bladders along its olive-brown, leathery fronds. Its cousins Knobbed Wrack and Black Wrack contain the same constituents; in Norway Black Wrack was long fed to cattle as "cow-weed."

Suggested Use

Dr. Christopher's suggestion: 5 capsules three times a day.

What I do: 10 capsules in the morning, and another 5 later in the day when I remember.

Kelp is a food, so it can also be used freely as a seasoning, sprinkled on meals in place of salt.

This information is provided for educational purposes as part of traditional herbal practice and is not intended to diagnose, treat, cure, or prevent any disease. Always consult a qualified healthcare provider regarding any health condition.

For more on this formula, see my blog post "Kelp: Food from the Sea for the Thyroid" at www.daradietz.me.