

# Seaweed: Nature's Rx for Stress and Beautiful Skin

by Amanda Williams Trageser

For many of us, stress is a part of daily life. And if not managed properly, that stress can cause many different health problems, including poor complexions.

Health professionals vary on the approach taken to manage our stress. Some of the therapies used are: exercise, time management, breathing techniques, and learning to just say "No." Others include differing types of body treatments, massage, and nutritional supplements.

However, it can be overwhelming to keep track of all the latest health information, especially since conflicting news seems to emerge every week. Eat this; don't drink that; take this vitamin; don't use that product.

Here are a few benefits of adding seaweed to your diet and beauty regimen.

Seaweed is.....

**BALANCING** - Merely a concentration of sea water, seaweed is one of nature's most perfectly balanced organisms. It suffers from no deficiencies. When we ingest or use topical seaweed preparations we are getting all of the wonderful, well-balanced nutrients found in sea water. The concentration of vitamins, minerals, trace elements, amino acids, and phyto hormones found in seaweed enable it to be rebalancing, regenerating, oxygenating, nourishing, detoxifying, mineralizing, hydrating, and purifying. Adding seaweed to our diet and skin care products will result in firmer, more balanced and mineralized skin, better internal hydration, and a reduction of impurities throughout our body.

**DETOXIFYING** - Seaweed is a type of algae extremely high in antioxidants; this makes it a powerful free-radical scavenger. This, combined with the fact that seaweed's molecular structure is very similar to that of our own human plasma, makes it absorb better into the body; making it a superior detoxifying agent and cancer fighter.

**THERAPEUTIC** - Seaweed can be used to provide the benefits of thalassotherapy (bathing in sea water to aid in healing the body and recovering from disease or injury). This type of therapy dates back to Greek and Roman times, and was popularized in France during the 19th century. The therapeutic benefits of ingesting and using seaweed products are as follows: improved metabolism and circulation, reduction of swelling, relief from aches and pains, expulsion of fats and toxins, relief from stress, and improved quality of sleep.

Incorporating seaweed into our daily wellness routines will result in a healthier and more relaxed lifestyle, as well as, a more beautiful complexion. But be sure to select only the highest quality seaweed and seaweed based products to insure you are getting all of the vital nutrients possible.

At ASpa, we use the Repechage line of products, treatments, and nutritional supplements. We chose the Repechage line for good reason. This seaweed based line is world renowned for its restorative benefits and reliable results. Repechage seaweed is deep-sea seaweed harvested primarily off of the Brittany coast of France where harvesting has been under strict regulation since 1852. The company also uses a patented method to process the seaweed called Cryoboyage, or cold micro bursting, to preserve the vital nutrients. This is in contrast to many other manufacturers of seaweed-based products who use a heat method of drying the plants, yielding a byproduct deficient in vital nutrients.

*Amanda Williams Trageser is the Owner/Esthetician of ASpa Aesthetics & Wellness. To learn more, ask your healthcare professional, or visit us at ASpa Aesthetics & Wellness. ASpa is located within the family practice of Dr. Katherine Ke in Sewickley.*

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