INTEGRATING
WESTERN MEDICINE,
NUTRITION AND
EASTERN TRADITIONS



5620 WILBUR AVE., SUITE 220 TARZANA, CALIFORNIA 91356 PHONE: 818.345.2828 FAX: 818.345.2848

MICHAEL HIRT, M.D., A.P.C.

DIPLOMATE AMERICAN BOARD OF INTERNAL MEDICINE

DIPLOMATE AMERICAN BOARD OF NUTRITION

Chlorella pyrenoidosa

WHAT IT IS:

Chlorella pyrenoidosa is a single-celled seaweed used in detoxification

WHY YOU NEED IT:

- Supports the body during intense detoxification and chelation therapy
- Important for patients with toxic mold exposure and biotoxin illness
- Provides highly nutritious protein, fats, vitamins and minerals
- Nature's oldest superfood, capable of independently sustaining human life as a food source
- Targets patients wanting immune boosting, anti-cancer support
- Good for patients looking for strong anti-virals
- Supports normal bowel bacterial flora
- Great source of fiber
- Increases cellular glutathione, the body's most important anti-oxidant and detoxifier
- Alkalinizes the body
- Targets patients with Insulin Resistance by activating PPAR (an enzyme important in fighting high blood sugar, prostate cancer, and breast cancer)

HOW IT HELPS:

Chlorella is the plant world's version of a superhero because it contains more nutrients, vitamins, minerals, protein, carbohydrates, fats, and chlorophyll per ounce than any other competitor. It is a one-cell wonder and should be part of any detoxification and health rebuilding nutritional program.

Chlorella's thick cell walls act like a green sponge, capable of binding many times their weight in environmental toxins and heavy metals. This is important during active detoxification so as to avoid the re-toxification that can cause devastating side effects. Re-toxification occurs when the body mobilizes toxins from the tissues only to have those very toxins re-enter the body because there was nothing available to bind to the "free-floating" toxin and carry it out in the body's waste.

To effectively detox, you must mobilize toxins, securely bind them, and then safely escort them out of the body via the intestinal waste, urine, breath, or sweat. Your good health only moves forward when you not only stir up the toxins but also then permanently remove them.

There are decades of clinical research and experience with Chlorella as a relentlessly effective toxin binder, including securely binding to toxic metals, molds, pesticides, environmental chemicals, and biotoxins.

As a general nutritional supplement, Chlorella's value is unparalleled as it alone can sustain human life as a food source while simultaneously helping to cleanse it. In times of war and famine, Japanese villagers were able to survive solely by harvesting and eating Chlorella for months at a time. Even today, Chlorella is Japan's number one nutritional supplement.

As with all nutritional supplements, Chlorella comes in many qualities and varieties. My family and I take Chlorella pyrenoidosa by BioPure, and this is the brand we carry in our Natural Pharmacy. A supplement this important must be grown, processed and packaged correctly to deliver on the remarkable promises that Chlorella has to offer. BioPure meets this standard and is the only Chlorella supplement I endorse.

When it comes to Chlorella, the question is not whether you should be taking this supplement, but rather how much.

Usual dosage: During active detoxification, take 10 to 20 tablets twice daily before meals. If you are receiving chelation therapy, take 10 to 20 tablets approximately 30-60 minutes before your chelation treatment. This timing and dosage helps to support and protect the kidneys during detoxification. As a general supplement, take five (5) to 10 tablets twice daily with meals.