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News

- British Register opens division for Homotoxicology
- DoH publishes Consultation document on herbal and acupuncture statutory regulation
- Advice to avoid sun should be modified, says cancer expert
- New milk boasts high levels of melatonin
- Blood pressure reduced in breast-fed babies – and those measured at home

News Feature

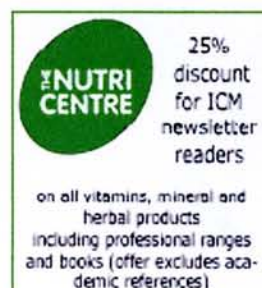
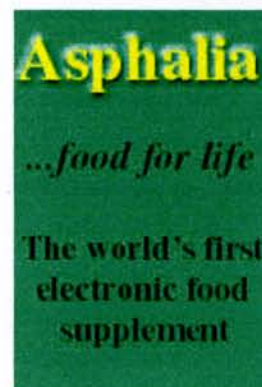
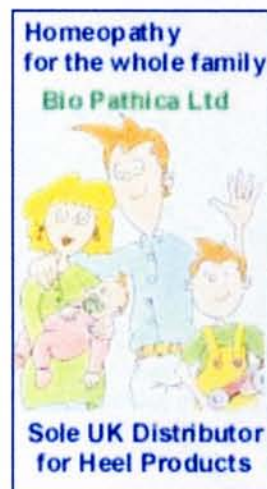
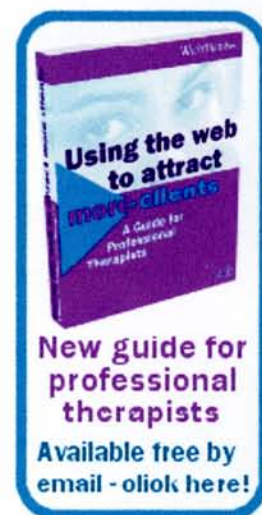
[Public statement by Dr Andrew Wakefield](#)

In view of the ongoing controversy surrounding the 1998 Lancet publication of Dr Andrew Wakefield's findings concerning a possible link between the MMR vaccine and autism in children, and the public retraction of the original conclusions by 13 of the 14 original authors recently published in the Lancet (March 5th), the ICM publishes the following public statement issued recently by Dr Andrew Wakefield.

Public interest

The decision to publish the first two articles in this issue, despite their strong commercial element, particularly in the second, has been made on the basis of the significance of the reported science and research to both practitioners and the public. Normally, this Journal does not publish articles that are focussed on the promotion of a product but in each of these articles the Director and Editor concluded that the benefit of the general information to practitioners working with so many of the conditions mentioned was held to outweigh the normal imprimatur against commercial promotion.

Needless to say, the ICM does not necessarily endorse any of the products mentioned and readers are encouraged to satisfy themselves as to their expectations before purchasing any of the



products.

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Articles

Heralding a new philosophy of cancer: Reassessing Koch's reagents and the potency of melatonin

by Roger Coghill, MA (Cantab.), C Biol MI Biol, MA (Environ. Mgt)

Roger Coghill runs Coghill Bioelectromagnetics Research Laboratories near Pontypool, S Wales (01495 752122), and has been involved in research into the health effects of electromagnetic fields for some 23 years. As well as writing several books on this and related subjects and lecturing nationally and internationally, he leads one of the few independent laboratories in the UK pioneering new approaches to protection from EMF health hazards.

Nuturing the foundation of health

by Simon Ranger, Managing Director, Seagreens



Five years ago, inspired by the nutritional profile of wild Arctic seaweeds, Simon Ranger, who had previously run his own multi-award-winning advertising company, set out "to get a gram of the most nutritious seaweed into the everyday British diet".

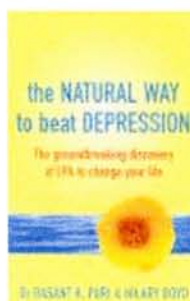
Accordingly, he set up an Anglo-Norwegian joint venture to sell dried granules of organic quality seaweed through shops, supermarkets and manufacturing as a convenient food ingredient. Seagreens® is the result.

Classical and Modern Homoeopathic Medicine

In the fourth, final part of his major article on homotoxicology, Professor Michael Kirkman, C.I.Biol, Director of Academic Affairs UKGB International Society of Homotoxicology and ICM Adviser in Homotoxicology, compares classical and modern homoeopathy and assesses the involvement of the Bystander Reaction.

Reviews

The Natural Way to Beat Depression



by Dr Basant Puri and Hilary Boyd, Hodder and Stoughton (Mobius), London, 2004. £10.99, pb. ISBN 0 340 82496 4. *Reviewed by Kate Neil.*

Kate Neil runs the Centre for Nutrition Education in Bracknell, Berks, offering courses to degree level in nutrition, and also edits The Nutrition Practitioner peer-reviewed journal that has recently been re-launched.

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by *Simon Ranger, Managing Director, Seagreens*

Five years ago, inspired by the nutritional profile of wild Arctic seaweeds, Simon Ranger, who had previously run his own multi-award-winning advertising company, set out "to get a gram of the most nutritious seaweed into the everyday British diet". Accordingly, he set up an Anglo-Norwegian joint venture to sell dried granules of organic quality seaweed through shops, supermarkets and manufacturing as a convenient food ingredient. Seagreens® is the result.

Of all the world's seaweeds, the so-called 'brown algæ' have the broadest balance of nutrients. Among these, several 'wrack' species from the ultra cold waters of the Arctic have evolved differently to their cousins in other climes and are widely considered the best. They are distinctly dense and retain literally 'oceans of goodness'.



Pelvetia actually grows on the rocks but is washed by the sea

The ocean is a more or less constant chemical medium and Nature's only complete nutritional resource. There is no natural process to restore to the land the many nutrients, minerals especially, that have been draining into the sea for millions of years (1).





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Seagreens® are composed of several kinds of special Arctic wrack seaweeds

The 'brown' wild Arctic Wrack seaweeds which we harvest among Norway's remote Lofoten Islands contain this entire spectrum of nutrients. Many, like their rich polysaccharide component and whole B vitamin complex, are superior to land foods. They contain all the known micronutrients, while 'in the last 50 years, runner beans have lost 100% of their sodium, watercress 90% its copper, broccoli 75% its calcium; levels of other important minerals including magnesium, iron, phosphorous and potassium have also plummeted (2).



The seaweeds that Seagreens® uses grow wild among the remote Lofoten Islands

We have uniquely obtained certification for our seaweed harvesting, processing and products to European organic and biodynamic food standards. We cut only living, mature plants, which regenerate, and our location enables us to process on the day of harvesting. Kelp in particular, and other seaweeds are widely harvested, especially for the alginate industry, which supplies seaweed extracts for a plethora of industrial applications. For these purposes dredged and decomposing seaweed may be used and excess capacity finds its way relatively cheaply even into pharmaceuticals and the supplements market, for example as kelp tablets for iodine. We therefore distinguish our seaweed ingredients whether in our own or other manufacturers' products by the Seagreens® trademark so that our retail customers, consumers and practitioners are assured of their integrity.

Dental amalgam and detoxification

During the past few years various conventional medical and complementary health practitioners have related interesting stories about their use of our products. These range from a naturopath in the West Country using them to rid his patients of ulcer-causing bacteria, to the founder of the British Society for Mercury Free Dentistry, the late Dr JG Levenson, LDS, RCS(Edin).

Jack Levenson had for some time included kelp as a minor component of a broader protocol for mercury detox, including drugs, antioxidants, nutrients, and chelators (55). Favouring natural chelation and elimination preferably through the bowel, he began using our 'Seagreens Food Capsules' during 2001-2 with encouraging results. Even severe cases responded well and often tolerated Seagreens where adverse reactions to drugs like DMSA and even natural binding agents like the fresh-water algæ chlorella were common. Seagreens also supported his preference for more gradual detoxification for up to two years to avoid the frequent side effects of harsher protocols. This

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was impossible with common kelp seaweed because its very high iodine content prohibited prolonged use at any significant level. Our low iodine capsules of blended wrack seaweeds allow indefinite daily intake.

Detoxification with Seagreens is thought to be effected through three principal modes of action:

1. Binding and removal of toxic metals and radiation including barium, cadmium, cobalt, lead, mercury and strontium by special 'seaweed' polysaccharides, amino acids and minerals (3-6);
2. Cleansing of the digestive tract, blood, lymph, and kidneys by the polysaccharides, several pigments including chlorophyll, and the seaweed's antioxidant vitamins and minerals (15);
3. Improved metabolism of carbohydrates, proteins and fats by the special polysaccharides and naturally chelated minerals, trace elements and compounds; and by improved acid-alkaline balance (8).

Seagreens is the ideal core in a group of shorter term nutritional or herbal supplements which may vary for individual patients, including coriander and additional selenium, B vitamins, sulphur and zinc. Additional antioxidants and chelators like humifulvates can also be used. Sadly, Jack Levenson died at the end of last year, but his pioneering work continues under the auspices of the BSMFD.

Autistic spectrum disorders

Partly because its combination makes Seagreens an excellent heavy metals chelator, and because of its potential in the gut and blood for the immune system, interest began to accrue in the past year among practitioners managing patients with Autistic Spectrum Disorders (ASD).

While the path of autism can vary widely in different individuals, presenting a disparate range of symptoms (9), there is every reason to believe - and now some anecdotal evidence - that Seagreens may prove helpful where there is evidence of the following:

- Inability to bind and remove heavy metals
- Deficient amino acids
- Mineral imbalance
- Thyroid disorders, hypothyroid
- Dysfunctional digestion, dysbiosis, acidosis
- Compromised immunity, candida
- Disturbed fatty acid metabolism, electrolyte imbalance
- Dry skin, listless hair, poor circulation
- High levels of free radicals, heavy metals, amino acids and minerals.

Heavy metals, free radicals, amino acids and minerals

Autistic children often have increased levels of cadmium, mercury, aluminium, arsenic, lead and other common toxic metals. At the same time, they may be deficient in some important minerals like zinc and iron yet have unusually high levels of others like copper. They appear to have problems transporting minerals in and out of cells and in binding and removing the toxic metals. They may be unable to produce the appropriate protein metal transporters or metallothionines (MTs), which in turn may be due to difficulties in metabolising amino acids critical in the production of MTs (10). An American study of 503 autistic children

found 99% with metallothionine deficiency (11).

While Seagreens themselves contain all the naturally occurring minerals and trace elements, including traces of the heavy metals, there is nevertheless a net extraction of these elements from the body through a variety of mechanisms. The tiny amount of arsenic in Seagreens (0.0116mg), for example, is in a form not absorbed by the body. Strontium is not the radioactive kind, but the same as is found naturally with calcium in milk.

Marine biologist Sonia Surey-Gent explains: "It may seem strange to be singing the praises of seaweed as a valuable source of minerals, then saying how it can be used to remove metals from the body. This is the paradox of a natural system, working both ways at the same time, removing imbalances, restoring things to the way they should be. Something that no modern wonder drug has ever managed to achieve" (12).

Seagreens also provide a balance of all the amino acids necessary for the production of the metal transporting metallothionines, including cysteine. In the case of the ubiquitous MT hæmoglobin, cysteine accounts for as much as 30% of its structure (10). Cysteine and methionine have additional importance as sulphur-containing amino acids. The body produces most of its requirement for sulphate itself, since relatively little is available from food. Methionine with tyrosine also produces the important neurotransmitters serotonin and norepineprine. But ASD children show impaired sulphation, which means not only that they are deficient in this 'major' mineral, but that they cannot effectively detoxify many naturally occurring phenolic compounds or phenol-containing pharmaceuticals in the liver and intestine - for example catecholamine neurotransmitters, steroids including oestrogens and progesterone, bile acids, and many phenolic drugs (13).

Children with ASDs exhibit excessive levels of free radical damage. Seagreens contain all the antioxidant vitamins and minerals and their outstanding alginic acid content makes them useful free radical neutralisers.

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Thyroid disorders and hypothyroid

Thyroid disorders, and particularly (underactive) hypo-thyroid, have been found in many children with ASDs. In the experience of Dr Kellman, of the Center for Progressive Medicine in New York, 90% of medical problems of both mother and child result from a lack of proper testing of the thyroid.

"Once damage to the thyroid takes place it affects all the other organs - starting with digestion and absorption. Toxins start accumulating in the system. You can have an array of symptoms: heart disease and its complications, high homocysteine levels, poor circulation, weight gain/loss, no appetite or bingeing, bloating, fluid retention, skin problems, aching joints, low blood pressure, high cholesterol, low libido, hair loss, and sensitivity to cold". So long as it is capable of functioning, the thyroid can be regulated with the necessary nutrients including the mineral iodine, the amino acid tyrosine and if necessary desiccated thyroid concentrate or glandular (9).

Wrack seaweed is the finest natural source of stable, chelated iodine (bound to protein) and all the amino acids. In Seagreens Food Capsules a unique blend of Arctic Wrack varieties ensures an optimum profile without the excessive iodine of other seaweeds like common kelp. This is important since the most significant 'seaweed' health benefits accrue gradually over many months and even years of daily intake, making a higher iodine intake unsustainable and possibly detrimental (14).

Dysfunctional digestion and gut dysbiosis

Dr Campbell-McBride describes the gut wall with its microbial flora as 'the right hand' of the immune system, so that "if the bacterial layer is damaged or worse than that, abnormal, then your immune system is trying to function with its right hand chopped off". All the published literature on ASDs suggests that abnormal bacterial colonization of the gut occurs and a recent joint US-UK study that investigated the flora in 200 American ASD children revealed unusual patterns of overgrowth of *Clostridia* species and *Candida albicans* (13).

Seagreens' remarkable nutritional profile may prove to be a considerable aid to

compromised digestion and metabolism. Their mucilaginous polysaccharides have a healing effect on damaged intestinal villi (15, 16). They combat acidosis particularly from poorly digested carbohydrate and protein, and are by far the most alkalizing of all natural foods: over 75 times more so than apples (8). Their overall contribution is to help the body cleanse, rebalance and regulate and maintain homeostasis.

Japanese scientists have isolated an anti-ulcer substance in seaweed which has antimicrobial activity against a long list of human disease-causing bacteria including *E.coli*, *Pseudomonas aeruginosa*, *Salmonella*, *Staphylococcus*, *Aspergillus*, *Fusarium* and *Shigella* (17). "Any blood type O who suffers from ulcers or wants to prevent them,

should use wrack seaweed because it will make the ulcer-causing bacteria, *H. pylori*, slide off the stomach lining" (18).

The therapeutic use of heparin has produced clinical remission in the majority of patients with inflammatory bowel disorder and special polysaccharides in the wrack seaweeds have been shown to share many of the properties and modes of action of heparin. One of the mechanisms involved is the restoration of the fibroblast growth factor activity that stimulates repair of the epithelium. Another is their mucosal protective properties. Since gastrointestinal inflammation can cause the protective mucosal layer of glycosaminoglycans to alter, these polysaccharides are useful because they can be absorbed across the GI mucosa (19).

Compromised immunity and candida

ASD children may be more susceptible to allergies and poor at eradicating viral, fungal, bacterial and parasitic pathogens, with increases in gram-negative bacteria, parasites and candida.

Seagreens complex sulphated polysaccharides stimulate lymphocyte and interferon production and the immune enhancing T- and B-cells, inhibiting viral pathogenesis. In 2000, researchers showed that the special polysaccharides in seaweed support the body's specific immune response to Herpes Simplex and Herpes Zoster viruses, helping to reduce or prevent the occurrence and severity of outbreaks. There is anecdotal evidence of marked improvement in cases of Epstein Barr and Candida. Two US patents have been filed for clinical efficacy in the treatment of Herpes I & II. A useful inhibitory effect against AIDS virus infection can be expected from the special polysaccharides in wrack seaweed (20), which in Seagreens make up approximately half of the total carbohydrate content of 600mg/g.

"Seaweeds have exceptional value in the treatment of candida overgrowth. They contain selenium and (all the) other minerals necessary for rebuilding immunity; furthermore the rich iodine content is used by enzymes in the body to produce iodine-charged free radicals, which deactivate yeasts. Before the advent of anti-fungal drugs, iodine was the standard medical treatment for yeasts. When candidiasis is complicated with tumours or cancers, then seaweed is of additional benefit. Salt should normally be restricted during candida overgrowth" (7).

Though they come from the ocean, Seagreens are very low in sodium, having only 3.5% against 40% in salt and typically 13-15% in the new 'low-sodium' salts.

Disturbed fatty acid metabolism and electrolyte balance

In ASDs an overproduction of cytokines produced by the cells of the immune system has been observed. Cytokines can behave either as immune system regulators or, if themselves unregulated, they can induce pain, fever, inflammation and metabolic dysfunction (21). The production and bioactivity of cytokines are modulated by various compounds derived from essential fatty acids (EFAs).

While any EFAs in Seagreens alone will not be adequate to help regulate cytokine production, research has shown that their special polysaccharides reduce high blood sugar and triglyceride levels, and activate enzymes involved in the beta-oxidation of fatty acids which had beneficial effects in the prevention and treatment of hyperlipidemia (22). A good quality broad EFA supplement like Efalex (from Efamol Ltd) is an ideal complement to Seagreens.

Arctic wrack was found many years ago to reduce cholesterol in eggs and its comprehensive mineral content to have a balancing effect on blood and cellular plasma. In Japanese research with wrack seaweed the polysaccharides demonstrated an anticoagulant activity similar to the anticoagulant drug heparin. One assumption is that these polysaccharides clear the blood of fatty substances in the same way as heparin. If heparin is injected after a fatty meal, it accelerates the disappearance of visible fats, reducing the level of bad LDL cholesterol and raising that of the good HDL type. Japanese researchers showed wakame to suppress the re-absorption of cholesterol in the liver and intestine, and hijiki (both closely related to Seagreens) to lower serum cholesterol and improve fat metabolism (23).

Skin and circulation

Seagreens consumers of both sexes and all ages report improved skin condition particularly where the skin was previously dry and peeling or there was eczema or inflammation. The verification of such anecdotal evidence is borne out by the long use of wrack seaweed in horses where it is widely known to improve the bloom of coat and the condition of hooves. For similar reasons it has been added to feed for many years by mink farmers. Research on wild wrack (*Fucus* in un-controlled trials, University of Pavia, Italy, 1998/99) showed increased blood flow to the epidermis in over 80% of female trial subjects. Seagreens wrack is rich in fucose, especially the *Fucus* component of Seagreens Food Capsules.

Cancer and cardiovascular...

A research biochemist, writing to me in August last year, said that "its composite ability to address illness states whilst providing a rich nutritional resource and blood/lymphatic fluid detoxification...the nutritional profile and purity of Seagreens is a gift and is exactly what is required" (24). It is our understanding that practitioners and patients have found the Food Capsules a useful adjunct to treatment and particularly helpful in the recovery from chemo- and radiation therapy.

In the fight against cancer, special polysaccharides from the 'brown' seaweeds have been shown to cause the destruction of cancer cells by preventing their adhesion to healthy cells and by interrupting the progress of DNA in cancer cells (25-28). The research has concerned itself with brain tumour (27), breast cancer (29, 30), intestinal cancer (31), leukaemia (32, 33), lung cancer (25, 32, 34-36), and throat cancer (37). By the mid-80s cancer researchers at Harvard School of Public Health concluded that "seaweed has shown consistent anti-tumour activity. In extrapolating these results to the Japanese population, seaweed may be an important factor in explaining the low rates of certain cancers in Japan" (38).

Researchers in America, Canada, France, Germany, Israel, Japan, and Russia have discovered uses for seaweed against cardiovascular problems including blood pressure and hardening of the arteries (39-50). The special polysaccharides, which in Seagreens make up almost half the carbohydrate content (over 50% of total nutrients), have been shown to reduce high blood sugar and triglyceride levels; activate enzymes to reduce hyperlipidemia; inhibit smooth muscle cell proliferation in arteriosclerosis; prevent hypertension; and exhibit a similar anticoagulant action to heparin, inhibiting the generation of thrombin (17, 51, 52). Japanese research significantly reduced blood pressure using wrack seaweed as a hypotensive drink, with no side-effects (53).

...and a low-sodium alternative to salt

Seagreens in granulated form is ideal for use as a culinary ingredient and table condiment. Seagreens has only 3.5% sodium compared to 40% in table salt and the sodium is in balance with all the other mineral salts - potassium, magnesium, calcium, etc - closely resembling their ideal balance in human cells (7).

In 1986 scientists found that when stroke-prone rats were overfed salt, only those also fed seaweed powder avoided strokes - the seaweed was an antidote to excess sodium consumption (54). So-called 'low-sodium' artificial salts like Solo and LoSalt still contain respectively 16% and 13% sodium and have increased potassium (41% and 66%) which, for those with cardiovascular or kidney problems, can be equally dangerous. Some heart/kidney drugs including Ace inhibitors may cause retention of potassium. Ruthmol, though virtually free of sodium, also contains high potassium and lactose, maize starch and ammonium chloride. Unlike salt, which directly impacts our taste buds, Seagreens genuinely enriches other foods by its broad balance of nutrients, particularly its comprehensive range of amino acids and minerals.

"Since most instances of high blood pressure not only involve arterial problems but are also closely related to excesses of the liver, very small amounts of whole salt - ideally in the form of seaweed - can help detoxify the liver, once poor quality and fatty foods are eliminated from the diet and the blood pressure is out of the danger zone" (15).

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Conclusion

We have now come to the point where we need to conduct proper tests and controlled trials that may or may not verify these various pieces of research and the anecdotal evidence we have for the benefits that Seagreens appears to deliver. Even in the pre- and post-operative mercury detoxification in amalgam extraction we have yet to marshal the test results of a significant number of patients. But in a number of these areas it would seem there is worthwhile research to be done.

Consumers want natural options and they want them to be pristine, without incipients and additives and genetic modification. Seagreens fit this demanding profile. If it is desirable that the public should take ever greater responsibility for its own health, then research must broaden its remit to include more products like Seagreens and, although Seagreens began and will remain as pure food products, it would be foolish to ignore these and other potentially therapeutic applications.

Product quality and approvals

Seagreens are produced and processed to the standards of EC Demeter (Biodynamic Agricultural Association) and Organic Regulations 2092/1, and satisfy the requirements of the Soil Association Standards for Organic Farming & Production and Regulation (EEC) No. 2092/1 for Certified Products and the ICM Nutrition Division. Established 1998 Seagreens became the first Certified Organic 'ocean to table' seaweed producer in Europe. Five years later Seagreens remain the only UK certified consumer seaweed products for human food and nutrition. Seagreens are approved by the British Vegan and Vegetarian Societies and the Coeliac Society and recommended by ION and BANT nutritionists, CNM naturopaths, BHMA and NIMH medical herbalists, and NHS doctors and dieticians. In 2002 Seagreens Food Capsules were approved for pre- and post-operative detoxification in mercury amalgam extraction by Dr JG Levenson, President of the British Society for Mercury-Free Dentistry. The vegetable capsules for Seagreens Food Capsule products are Kosher Circle U Certified under the supervision of the Kashruth Division of the Union of Orthodox Jewish Congregations of America.

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