

Kelp (Laminaria, Macrocytis, Nerocystis)

Common Name: Bladderwrack.

Description: Kelp is the name given to multiple pieces of seaweed. The entire herb is used medicinally.

Properties: Kelp contains the vitamin B12. According to the author of Prescriptions for Herbal Healing (2002), "Herbalists rely on kelp's active ingredient, sodium alginate, to treat heavy-metal toxins such as barium and cadmium, and to prevent the body from absorbing strontium-90, a radioactive substance created in nuclear power plants." Kelp also has protein, fatty acids, sodium, potassium salts, fiber and other beneficial ingredients in it.

Uses: This herb can be used to treat fibrocystic breasts, cancer, cellulite and constipation.

Doses: Kelp can be eaten by itself and can be found in foods originating in the region of Asia. Kelp should only be consumed once a week.

Warnings: Do not eat kelp if you currently have the condition known as hyperthyroidism or if you are pregnant, nursing or have heart problems.