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November 07th 2012: Seaweed Surfs to the Top of Health Food Trends

Not as sexy as pomegranates or as exotic as turmeric or chia seeds, the unassuming seaweed packs more punch than all of these superfoods combined and earns a near perfect 10 from scientists and health experts alike. Sea vegetables are gaining a whole new respect from scientists, nutritionists, and health advocates as a powerfully effective overall, whole food body tonic. Rich in minerals, vitamins, trace elements and bioactive substances, edible sea vegetables are now considered to be one of the healthiest vegetable substances known to man. Overlooked in the western diet, the vegetable of t

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Featured Guest

Guest Image

Scott Kennedy

Scott Kennedy is a sea farmer, a conscious food manufacturer, national health speaker, and the leading sea vegetation advocate in America today. The Founder and President of FarmaSea Inc., Scott is a pioneer in the harvesting of sea vegetation and the production of whole food supplements for adults, children and pets.

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