

Spirulina

## Description

To Jesus:

You can use this as an aide to your own research and share with your doctor.

You can use drugs.com or other trusted health websites to look up the latest information on prescription & herbal drugs possible side & interaction effects.

Spirulina

Spirulina is an algae that fish eat that gives them their EPA & DHA omega 3 fatty acids so prized in fish oil. In the December 2009 issue of the Harvard Mental Health Letter, after a review of many years of research Harvard psychiatrists concluded that fish oil was at least twice as effective as any prescription antipsychotic in preventing & stopping

emergent schizophrenic episodes.

The reason Harvard psychiatrists came to this conclusion is because the omega3 fatty acids in fish oil, EPA & DHA, have shown repeatedly in the last 50 years to prevent & stop emerging schizophrenia far better than the newer or older antipsychotics and without their often extreme side effects. The main other effect of EPA & DHA fatty acids is an increase in mood and ability to concentrate & reduction in mania, which improves the quality of life of the people taking it far beyond just the prevention of schizophrenic episodes.

Some researchers have found low EPA/DHA in autopsies of people with schizophrenia. Perhaps it is an inability to retain enough EPA & DHA for many people genetically predisposed to schizophrenia that contributes to the disease itself. People who enter studies & start taking EPA & DHA usually continue taking it after the study is done.

Spirulina, like the fish oil it is always in, needs to be taken with a vegetable for the enzymes to help break it down & for it to be fully effective.

sciencedirect.com/science/article/pii/S0920996400000839  
link.springer.com/article/10.1007/BF02637070  
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Supplementation with Omega-3 Fatty Acids in Psychiatric Disorders:  
A Review of Literature  
Data

Paola Bozzatello, Elena Brignolo, Elisa De Grandi, and Silvio Bellino

Hsu M.-C., Huang Y.-S., Ouyang W.-C. Beneficial effects of omega-3 fatty acid supplementation in schizophrenia: Possible mechanisms. Lipids Health Dis. 2020;19:159. doi: 10.1186/s12944-020-01337-0. – [DOI](#) – [PMC](#) – [PubMed](#)

Marano G, Traversi G, Nannarelli C, Mazza S, Mazza M. Omega-3 fatty acids and schizophrenia: evidences and recommendations. Clin Ter. 2013;164(6):e529-37. doi: 10.7417/CT.2013.1651. PMID: 24424237.

Spirulina- more than 4x as effective as placebo

At seven year followup to earlier research comparing EPA & DHA fatty acids to placebo found  
that those who had briefly taken EPA & DHA fatty acids seven years

ago when they were experiencing early symptoms of schizophrenia had progressed to schizophrenia at 300% lower rate of those who had gotten a placebo. The EPA & DHA fatty acids were more than 400% better at preventing emerging schizophrenia, even after taking them for only a brief duration.  
Nature Communications, DOI:10.1038/ncomms8934

If you want to get the EPA & DHA omega3 fatty acids that are great for the brain that are in some kinds of fish oil without the off taste or worry about pesticides, mercury or radiation (in the Pacific), you can get EPA & DHA from where fish get them- from taking the algae called spirulina. At ovega.com is a good explanation of how EPA & DHA omega 3 fatty acids in fish come from eating the algae spirulina. Ovega.com is the company inspected by the FDA that supplies 99% of the baby formulas with EPA & DHA for supplementation. I use and trust NOW Foods and Source Naturals. For spirulina Ovega.com is also reputable and they grow it in stainless steel vats for purity.

## Spirulina and vegetables

When I took spirulina I only got the full concentration & mood

boosting effects when I ate it with a meal with a vegetable (of any color). I got no benefit from eating it with a legume & grain. It might have something to do with the enzymes needed to break it down. Only 1/4 teaspoon two to three times a day with a meal with a vegetable is needed to significantly improve mood and concentration, but as people with schizophrenia may need more and as there are little or no negative side effects people can experiment on their own.

Here's a great study showing EPA & DHA omega3 fatty acids improves mood:

[lef.org/magazine/mag2007/oct2007\\_report\\_depression\\_01.htm](http://lef.org/magazine/mag2007/oct2007_report_depression_01.htm)

[nutraingredients-usa.com/Research/EPA-stands-alone-as-a-depression-fighter](http://nutraingredients-usa.com/Research/EPA-stands-alone-as-a-depression-fighter)

improves concentration & reduces ADHD:

[ncbi.nlm.nih.gov/pmc/articles/PMC1971271/](http://ncbi.nlm.nih.gov/pmc/articles/PMC1971271/)

[articles.mercola.com/sites/articles/archive/2013/08/19/omega-3-fat-dha.aspx](http://articles.mercola.com/sites/articles/archive/2013/08/19/omega-3-fat-dha.aspx)

lowered violence in prisoners:

[psychologytoday.com/blog/evolutionary-psychiatry/201105/diet-and-violence](http://psychologytoday.com/blog/evolutionary-psychiatry/201105/diet-and-violence)

reduced bipolar symptoms of depression and mania and increased mood:

[psycheducation.org/depression/meds/Omega-3.htm](http://psycheducation.org/depression/meds/Omega-3.htm)

[mclean.harvard.edu/pdf/news/mitn/satevnpost.stoll0605.pdf](https://mclean.harvard.edu/pdf/news/mitn/satevnpost.stoll0605.pdf)  
[ncbi.nlm.nih.gov/pubmed/18072818](https://ncbi.nlm.nih.gov/pubmed/18072818)

## Flaxseed oil as a spirulina substitute

For people who can't take spirulina, flaxseed oil has the most ALA, the third omega3 fatty acid.

Because of the sensitivity of the polyunsaturated fats it needs to be uncooked, expeller pressed, unrefined and organic may be best. The body can make some DHA & EPA from ALA,

especially if vitamin B100s, zinc, magnesium, and vitamin C are taken as well. Spirulina worked for me, & when I discovered my food sensitivities I started taking ALA & vitB100s, zinc, magnesium & natural or lecithin liposomal vitamin C together.

[whfoods.com/genpage.php?tname=george&dbid=76](https://whfoods.com/genpage.php?tname=george&dbid=76)

[tackleacne.com/omega-3-fatty-acids.html](https://tackleacne.com/omega-3-fatty-acids.html)

### Category

1. Uncategorized

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