REGENERA
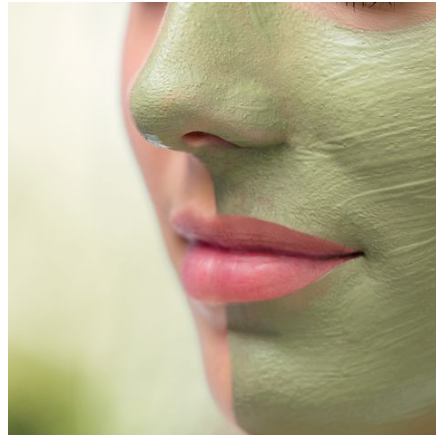### MEDICAL

ELLE

7 Reasons Seaweed Belongs In Your Diet and Beauty Routine

By Katie Davidson | March 25, 2019

Oceans make up about 70 percent of our planet, so it's only natural that holistic hidden treasures live beyond the shore. Seaweed, for instance, absorbs nutrients from the seabed, making the marine vegetable packed with even more nutrients and vitamins than mainland-grown fruits and veggies.

BENEFIT #2

Seaweed supports strong immunity

The underwater wonder contains many immune-boosting minerals and vitamins. "Seaweed is a source of a potent antioxidants, including alginate and fucoxanthin," says Fine. "There is promising research showing potential anti-inflammatory benefits that may relate to reducing the risk of diabetes and obesity."

Thanks to iodine and an amino acid called tyrosine, the "grass" of the sea also benefits the thyroid and may help prevent thyroid disease. Seaweed also contains polyphenols, "which can support anti-cancer processes in the body," adds functional medicine expert Dr. Elroy Vojdani, MD.

Tip: The salty snack is more nutrient-dense than crackers and has fewer carbohydrates, explains dietitian Monica Auslander Moreno, MS, RD. She suggests toasting it with olive or avocado oil (and avoid pairing it with foods that have artificial chemicals or sweeteners).

BENEFIT #4

Seaweed contributes to brain health

Go on, let the seaweed benefits get to your head: Experts, including Vojdani and Montemayor, agree that the omega-3 fatty acids, EPA, and DHA found in seaweed are great cognitive health, which can include improved memory and performance. Some populations also rely on the food for brain development in children.

Tip: Swap your go-to pasta with kelp noodles, which are a gluten-free, fiber-rich alternative low in carbohydrates.

https://www.elle.com/beauty/health-fitness/news/a26568/seaweed-snacks-healthy/