

## Womens health

**Seagreens®** seaweed species are a rich source of many micronutrients of particular relevance in women's health including menopause, dysmenorrhea, POS, infertility, endometriosis, breast cancer and iodine insufficiency. For the duration of menopause the body is subject to biological and emotional stress. Oestrogen, metabolised by the liver, is conjugated to functional groups (eg. amino acids, sulphur, methyl groups)/ Digestive bacteria can uncouple and deconjugate it, allowing its re-absorption into the bloodstream. Insufficient soluble dietary fibre may prevent binding and excreting oestrogen.

**Seagreens** helps modulate the gut microbiome and contains unusually high ratios of soluble to insoluble fibre. For example, research (Skibola 2004, Teas 2009) has shown *Fucus vesiculosus* (Bladder wrack) to reduce oestrogenic hormones and boost progesterone levels. Improved balance can assist fertility, and in a few post-menopausal women, very short menstrual cycles were normalised in a few women taking between 0.7 and 1.5g of this seaweed. Seagreens® also provide adequate iodine for thyroid health, governing the endocrine system, hormone production and fertility. Iodine is antiseptic (Sibbald 2010) helping protect breast tissue and mammary glands from bacterial, viral and fungal infection. Iodine has been shown to protect the breast from breast cancer (Cotas, 2021). More than 60% of women in the UK are probably iodine-deficient (Combet 2014). *Seagreens information website link: [Thyroid Iodine Research Combet 2014](#)*.

Seagreens® are highly antioxidant seaweeds which have been shown to reduce inflammation by inhibiting reactive oxygen species, reducing pro-inflammatory NF-kB signalling and by interfering with T-helper cell polarisation (Olsthoorn 2021). Improving inflammatory status is a positive attribute in endometriosis and menopause. Typically, Seagreens® improves and regulates energy and helps clear 'brain fog', alleviate sweating, and raise the threshold of anxiety and emotional sensitivity. Our award-winning obesity research (Paxman 2009) has shown that Seagreens® is highly effective in regulating weight. If this is of interest please ask for more information on 'Weight regulation'.

Thank you for requesting this information. Please ask if I can help in any other way.

Kind regards

Simon Ranger

**Seagreens® Information Service**

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