

E3Live Canada Describes E3 AFA as the Ultimate Superfood

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E3Live Canada has recently explained in a blog post that E3AFA (Aphanizomenon flos-aquae) can be regarded as the ultimate superfood and that those who desire to enhance their health and vitality may want to include it in their diet. The E3AFA is rich in nutrients and has been observed to have various health benefits, such as improved mental clarity, higher energy levels, and better immunity. It has also been commended by distinguished health authorities and has been gaining in popularity.

E3AFA is a kind of blue-green algae that is typically found in the extreme southern and northern regions of the world. It has extremely high amounts of chlorophyll and phycocyanin, which have been observed to have beneficial effects on overall health. It should be noted that people have been consuming blue green algae thousands of years ago and E3AFA comes from the algae that grows in Klamath Lake. Because of the concentrated levels of nutrients like chlorophyll, vitamins and minerals, fatty acids, and amino acids, E3AFA may be highly beneficial for hair growth, skin, and overall health. And its various health benefits have all been clinically proven and well documented.

E3AFA also contains a large amount of carotenoids, which are anti-inflammatory compounds and these may help protect against inflammation and the damage caused by free radicals. Thus, it may prove to be helpful in fighting inflammation caused by injury or arthritis. A potential mechanism for this is that it boosts the activity of macrophages, which are the white blood cells that serve as the body?s first line of defense against pathogens, such as viruses, bacteria, fungi, and parasites. And its ability to reduce inflammation due to arthritis is believed to be due to the capability of phycocyanin to obstruct prostaglandin production, which is responsible for triggering inflammation and joint pain. Phycocyanin has also been found to be helpful in decreasing the symptoms of asthma, bronchitis, hay fever, and more.

E3AFA has also been proven to be highly effective in regulating metabolic syndrome, which is characterized by belly fat, high cholesterol and blood pressure levels, and insulin resistance. It may also improve cardiovascular health because it may help in preventing a number of factors that are related to heart disease, such as a decrease in fibrinogen levels, better blood flow, and reduced blood pressure.

E3AFA may also result in a stronger immune system because of its large amounts of antioxidants and amino acids that may help in combating free radicals, which contribute to the aging process. This may also help in making the immune system stronger in fighting off usual illnesses like the cold and flu. In addition, it contains polysaccharides that boost the body?s ability to fight infection. It may also help boost natural immunity by helping the antibody-producing cells in the body.

Its large amounts of zinc, B vitamins, iron, and copper may also help in maintaining healthy brain activity and fighting symptoms of anxiety and depression. Other possible health benefits include: enhanced mood and energy levels; faster weight loss; better skin because of its proteins and amino acids that may help in the repair of damaged skin and increased production of collagen and elastin; and enhanced digestive health.

It should be noted, however, that E3AFA should be taken with some caution because consuming too much may result in side effects like burning and vomiting. And it is always advisable to consult with the doctor when taking a new supplement.

Established in 1991, E3Live Canada offers natural organic health products and points out that they are committed to ensuring they only provide the best quality products. They are extremely critical and selective regarding the harvesting, filtering, testing, and manufacturing of all their products. They even exceed the quality and safety standards set for harvesting processes. And lastly, they always comply with stringent Good Manufacturing Practices (GMPs) to ensure that their products remain certified as organic and kosher.

Michael Saiber, who serves as President, founded E3Live after discovering the raw living foods lifestyle. Tamera Campbell, the CEO and owner of E3Live, is a frequent lecturer about the body?s elimination systems

and detoxification.

https://www.youtube.com/playlist?list=PLR15_cslAaM57ZgbsHU37FjjqW7sOrqjU

People who would like to know more about E3AFA and other organic living foods available through E3Live Canada can visit their website or contact them by email.

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For more information about E3Live Canada, contact the company here:E3Live Canadahelp@e3livecanada.ca

E3Live Canada

E3Live have been offering natural organic health products since 1991. We provide 100% safe and edible E3Live blue-green algae (AFA) products containing more than 65 vitamins, minerals, amino acids and essential fatty acids.

Website: https://e3livecanada.ca/

Email: help@e3livecanada.ca

