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## Eat Light Feel Bright: Microalgae Solutions for Individual and Planetary Health

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By Jeffrey Bruno

Pacific Psychological Care, United States, 2014. Paperback. Book Condition: New. 226 x 150 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Among Earth's most nutrient-dense foods, microalgae are sold worldwide. Understanding microalgae has powerful implications for our health and for our planet. Jeffrey Bruno, Ph.D. has created a comprehensive, well researched book (with over 900 citations). Eat Light Feel Bright is solid evidence-based book, backed by clearly explained scientific studies. He brings to light how these transformational microscopic organisms can help rebuild our health and restore our environment. Eat Light Feel Bright offers more than the most comprehensive and far-reaching research collection on microalgae. This book delivers a transformational journey on human health and nutrition, using microalgae as a way to gain a deeper understanding of the evolutionary basis of nutrition. Part I describes how microalgae helped to change our world and provide foundational nutrients, like amino acids and bioactive light-sensitive pigments. The reader will learn about heat-shock proteins and how blood heme and algae pigments share common qualities. Part II describes 12 areas of microalgae health research from anti-inflammatory and antioxidant effects to safety concerns. Part III highlights the use of microalgae for planetary medicine,...



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