

What is the Difference Between Chlorella and Spirulina?

The more we learn about nutrition, the more we realize the importance of incorporating small doses of superfoods to our diets to help fend off disease and rid our bodies of daily toxins. Lately there's been a lot of talk about adding in chlorella or spirulina to shakes; the powder form is a staple for most nutrition and raw food enthusiasts. But what really is the difference between the two superfoods? Is one a better choice than the other?

Chlorella is a green, unicellular algae that contains ten times as much chlorophyll than spirulina, making it the perfect addition to any detox diet. It's great for a liver or kidney flush and works to boost the body's immune system naturally. It also has a much higher iron content. Chlorella features a true nucleus, and has a special growth factor that helps repair nerve tissue. It is a common holistic treatment for those with degenerative brain and nerve disorders.

Spirulina, on the other hand, is a blue-green algae that dates back thousands of years before the development of chlorella. The high level of phycocyanin, a phytochemical that has shown to prevent cancer, is what gives it its blue tint. Spirulina is a better source of gamma linoleic acid, a fat essential to maintaining a healthy brain and heart. Also, it contains more protein than chlorella. In fact, spirulina contains about 12 times more protein than beef! It's the perfect addition for anyone adhering to a heavy workout regime or a vegetarian diet.

They are both, essentially, vitamin-packed seaweed that fit perfectly into shakes and smoothies or even sprinkled on top of salads and stirfrys. You can purchase both of them in liquid, tablet, or powder form in a local health food store or online. Make sure to consume them raw, because heating the algae will break down the nutrients.

The best thing for your body to reap all the benefits of these superfoods is, without a doubt, to sneak both of these into your diet as soon as possible. But, if you've got a restricted budget and you have to pick just one, spirulina is the best choice for a long-term health plan. Its protein, healthy fats, and cancer preventing agents give it a definite edge over chlorella. Either way, make sure you buy a pure, quality product – these sensitive microfoods have the capability to absorb toxins just by being exposed to them.