



OPTIMUM CHOICES, LLC
Healthy choices for people and pets

Depression, Brain and Bio-Algae Concentrates (BAC)

(Russian research taken from <http://www.themagicisbac.com>)

Peak Brain Function and Emotional Balance ▲

BAC is so effective for brain function that many people experience quick psychological improvement, relieved of depression and anxiety and feeling more motivated, balanced, renewed and present. Psychological improvement leads to naturally strong but calm resolve, the will to eat better, exercise or be active, and to grow and deal with the stress of change, to create, to actualize, to achieve, to be more your true self at full potential.

(<http://www.themagicisbac.com/page35-00.html>)

Gamma linolenic acid (GLA) in BAC stimulates master hormones

Numerous studies have shown GLA deficiency may figure in degenerative diseases and other health problems. Clinical studies show dietary intake of GLA can help arthritis,³ heart disease⁴, obesity⁵, and zinc deficiency.⁶ Alcoholism, manic-depression, aging symptoms and schizophrenia also have been ascribed partially to GLA deficiency.⁷ A source of dietary GLA may help conditions of heart disease, premenstrual stress, obesity, arthritis and alcoholism.⁸ In Spain, the GLA in spirulina and evening primrose oil is prescribed for treatment of various chronic health problems.

(<http://www.themagicisbac.com/page9-01.html>)

BAC for enhancing brain function

Anecdotal results abound from people using Bio-Algae Concentrates about how they feel more focus and clarity of brain functions. People share how their short term memory is better, that they remember telephone numbers, recall their dreams, etc. In orthomolecular medicine there are proven connections between nutrients and brain function and moods, even mental diseases. Several nutrient deficiencies are involved with depression and mental disorders like Autism, ADD/HD.

The mechanism of such dramatic improvements in brain function are very likely due to the presence of several nutrients and phytonutrients that have close affinities with the brain. Many micro and macro minerals, vitamins such as pro-vitamin A and the B complex are required daily for the brain to function optimally. All of us have nutrient deficiencies as some nutrients are not easily obtained from our diets or delivered to the brain due to aging related poor assimilation.

Bio-Algae Concentrates contains all know required nutrients and phytonutrients. As importantly their bioavailability is likely of the highest order as proven in clinical human trials and its beneficial results of usage proven in large clinical and industrial trials with animals and human. Of the many phytonutrients contained in Bio-Algae Concentrates, let us focus on two: GLA and **phycocyanin** (a blue pigment).

Phycocyanin is known to enhance the functioning of the brain and nervous system. Furthermore, the presence of this pigment in plants and foods is extremely rare:

Important to note in the area of prevention, spirulina is richly supplied with the blue pigment phycocyanin, a biliprotein which has been shown to inhibit cancer-colony formation. Predominant blue pigmentation in food is rare. The chemical reality of spirulina's blue color is demonstrated by its effect in the brain. Here phycocyanin helps draw together amino acids for **neurotransmitter formation**, which **increases mental capacity**.

— *Healing With Whole Foods* by Paul Pitchford
(<http://www.themagicisbac.com/page17-00.html>)