

# Sea Vegetables!

- **Sea Vegetables aren't really plants.**

They are technically algae & there are thousands of different varieties.

- **Arame**

A mild & sweet, lacy & wiry sea vegetable.

- **Dulse**

A chewy & soft, purple seaweed.

- **Hijiki**

A strong-flavored sea vegetable that looks like wiry, black pasta.

- **Kelp**

Varies from light-brown to dark-green in color.

- **Kombu**

Very dark, popular for soup flavoring.

- **Nori**

Purple-black variety, turns green when toasted, served as flat sheets.

- **Wakame**

Sold in strips or sheets, like Nori. Often used to flavor soups.

- **Health Benefits**

There are many. Their folic acid helps protect blood-vessels.

- **Heavy-Metal Detoxifier**

Great source of nutrients due to their absorptive abilities.

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**A**s we eagerly await the emergence of our newly planted gardens, I invite you to explore the bountiful, mineral-rich, ocean-grounding water plants known as sea vegetables. Easy to find year-round at most grocery stores, the most common sea vegetables are nori, kombu, dulse and arame. They are harvested, dried and packaged and last for years on your pantry shelf.

This extremely powerful wild food contains all the mineral nutrients of the ocean. It actually sponges up toxic heavy metals, radiation, dioxins, pesticides like DDT and many other poisons, to absorb and deactivate them through their bioactive phytochemicals. They lock onto the toxic waste, draw out the poisons, and only leave behind over 50 nutrient-packed, supercharged, ocean-grounding nutrients. These

whole-food, mineral-rich nutrients are ultra-bioavailable and easily digested, assimilated, and utilized by every cell and system in our bodies.

Eating these sea vegetables is like going into the ocean for a swim or walking along the salty, sandy beach. Known as walking oceans of water, the grounding, balancing nature of the ocean creates electrolytes for stress assistance. People find it amazing for its ability to balance hormones and the whole endocrine system, address toxic heavy-metal induced illness, or symptoms, such as Alzheimer's, ADHD, epilepsy, or brain fog and memory loss along with balance issues—particularly emotionally unstable or hypersensitive people. These sea vegetables also have an excellent source of iodine to protect the thyroid, as well as being beneficial to your immune system, bones, tendons, ligaments, connective tissue, teeth and hair.

Didn't grow up by the ocean? Tastes and smells funny? The benefits are well getting used to their unique taste and texture. Besides, a little bit goes a long way to feed ourselves and rid us of disease caused by deficiencies. A small, one-inch piece of kombu, put in a crock pot of beans will help them to soften. A quarter-sized piece of crumbled dulse mixes well in soups, while a pinch of arame adds nutrition to a stew.

In his #1 *New York Times* bestseller, *Life-Changing Foods*, Medical Medium Anthony William gives us the spiritual lesson behind sea vegetables. "So often in life, we absorb the worries, fears and other stressful emotions of those around us. Left unchecked, these poisonous feelings can eat away at us and interfere with our well-being. Sea vegetables teach us the miraculous art of taking something that is energetically toxic and processing it in a way that disarms it and releases it back into the ether so it can't harm anyone else."

Still wary of eating "seaweed?" Here is William's delicious recipe for *Nori Rolls with Creamy Avocado Dipping Sauce*. These beautiful rolls are fun to make and have endless possibilities. Don't be afraid to get into the kitchen and start rolling your own. Fill them with the veggies listed, or come up with your own options. Just make sure to roll tightly, and they'll turn out great. Alongside the creamy avocado dipping sauce, they make the perfect vegan lunch, snack, or dinner.



## Nori Rolls with Creamy Avocado Dipping Sauce

Makes 2-4 servings

### FOR NORI ROLLS:

- 2 carrots
- 1 zucchini
- 1/2 jicama, peeled
- 1/2 bunch scallions, ends trimmed
- 1/4 cup dulse pieces
- 4 nori sheets

### FOR SAUCE:

- 1 avocado
- 1 lime, juiced
- 1/4 cup cilantro
- 1/4 jalapeño
- 1/2 medjool date
- 1/2 cup water

Slice the carrots, zucchini and jicama into thin strips or match sticks, using a julienne peeler, spiralizer, or knife. Assemble the rolls by layering the vegetables and dulse across the bottom of each nori sheet. Maintaining firm tension, roll up the nori sheet. Dip 1 finger in water and run it across the edge of the nori sheet to help the rolls stick together. Slice into bite-sized sections if desired.

Blend all the sauce ingredients until smooth, dip and enjoy.

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