Superfood Spirulina

Spirulina is a microscopic blue-green algae that is nature’s richest whole food source of complete protein. It is highly recommended by nutritionists for its almost complete absorbability. Low in sodium and cholesterol, spirulina contains 18 of the known 22 amino acids, including all eight essential amino acids. It also contains vitamin E, vitamins B1, B2, B3, B5 and B6, plus 14 minerals including iron, selenium, copper, manganese and zinc. All these vitamins and minerals are bonded to the amino acids, making them far easier for the body to assimilate.

MicrOrganics Hawaiian Spirulina is grown without herbicides or pesticides and is 100% natural. Six tablets will give you the minimum daily dose of 3g. Or take Spirulina powder – a heaped teaspoon a day is ideal.

Further Information
Available in powder and tablet form from independent health food stores, or by calling Tel: 020-8840 9442; www.microrganics.co.uk

Fish Oil Benefits for Dyslexia and ADHD

Omega-3 fish oil may be beneficial for children and possibly adults suffering from dyslexia and attention deficit hyperactivity disorder (ADHD) suggests new research by psychologists. The results of the joint Oxford and Durham Universities study show that three months’ supplemental fish oil capsules can help the reading, spelling, attention and concentration of children with dyspraxia, a developmental coordination disorder.

Professor Stein from the University of Oxford, is the founder of the Dyslexia Research Trust and the main researcher behind these recent developments. His brother, Rick Stein, is a renowned fish chef and the two of them have been campaigning for a wider use of fish oil. The Dyslexia Research Trust has also recently started a new randomized controlled trials looking at the effects of omega-3 for adults with dyslexia.

Further Information
Please contact PSYPAG conference Press Officer Julie Freeborn on Tel: 07887 534330.