



# **Seaweed: Nature's Secret to Balancing Your Metabolism, Fighting Disease, and Revitalizing Body and Soul**

*Valerie Gennari Cooksley*

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What if there was a magic potion to help cure disease and lengthen life? And make you feel and look better in the process? Believe it or not, there is—and the place to find it is in the sea. Seaweed is eaten for its powerful nutritional benefits, used as a poultice for its healing properties, and soaked in for its ability to relax and moisturize even the most overworked bodies. This Fountain of Youth—whether fresh, dried, or in capsule form—is available more widely than ever before, and now readers everywhere can learn about its extraordinary qualities.

In this unique and comprehensive guide, Valerie Cooksley, R.N., explains in clear prose how to use seaweed, and why it works—in its medicinal, nutritional, and cosmetic applications. In addition, she offers fascinating information about humankind's relationship with the sea and its mysterious underwater plants. *Seaweed* features recipes for delicious meals (including many for the seaweed-wary); do-it-yourself spa treatments and topical treatments for specific ills; advice on finding, storing, and using seaweed; and much more. It's a book for anyone interested in living a healthier life.

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