



GROUND CHUNK SEA MOSS

for Pain, Joints & Cartilage

2-Day Supply Sea Moss Gel Recipe (Grain-Sized Chunks)

- Makes about 1.5 to 2 cups of gel
- Enough for 2 days if taking 2 tablespoons twice daily

Ingredients:

- **¼ cup** ground/grain-sized dried sea moss (≈ 15–20 grams)
- **1½ to 2 cups** filtered water

Instructions:

1. Simmer:

- Place in a pot with **1½ to 2 cups** filtered water
- Simmer **gently** (don't boil hard) for **12–15 minutes**, stirring occasionally
- Once it looks soft and gelatinous, **let cool slightly**

2. Blend:

- Pour everything (moss + liquid) into a blender
- Blend until smooth and creamy
- Adjust water if too thick

3. Store:

- Pour into a glass jar with a lid
- Keep in the **fridge up to 7 days**
- Use **2 tablespoons twice daily** for best support
- If the gel is too thick, add warm water a tablespoon at a time and blend again
- For longer storage, freeze in ice cube trays and use 2 cubes per dose



SEA MOSS GEL BENEFITS

1. Rich in Collagen-Supporting Nutrients

- Contains **proline, glycine, and lysine** — amino acids essential for **collagen** production essential for cartilage regeneration over time
 - Collagen is a key building block of **cartilage, tendons, ligaments, and joint fluid**
 - Helps **rebuild connective tissue** and reduce degeneration over time
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2. Excellent Source of Joint-Friendly Minerals

Sea moss provides over **90 trace minerals**, including:

Mineral	Benefit
Calcium	Strengthens bones and cartilage matrix
Magnesium	Relieves muscle tension and nerve pain
Sulfur	Natural anti-inflammatory; aids detox
Silica	Supports joint flexibility and cartilage strength
Potassium	Reduces cramping and supports recovery
Zinc	Helps tissue repair and immune balance

3. Natural Anti-inflammatory Support

- Contains **fucoidan** and **laminarin**, compounds shown to reduce systemic inflammation
 - Helps relieve **joint swelling, stiffness, and muscle soreness**
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4. Nervous System Nourishment

- Sea moss supports **nerve health**, which can improve the body's **pain signaling and recovery**
 - Potassium and magnesium calm nerve irritation that contributes to chronic pain
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5. Gentle Detox + Gut Support

- Supports **lymphatic drainage** and cleanses excess mucus (which may build up around joints)
- Promotes a healthier gut environment, reducing **inflammatory responses** from candida or leaky gut