



## ***GROUND CHUNK SEA MOSS***

***for Spinal Pain, Joints & Cartilage regeneration***

### **2-Day Supply Sea Moss Gel Recipe (About 1.5-2 cups)**

**Ingredients:** ¼ cup ground/grain-sized dried sea moss and 1½ to 2 cups filtered water

**Instructions:** 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. Pour everything (moss + liquid) into a blender, Blend until smooth and creamy. Adjust water if too thick. Pour into a glass jar with a lid, Keep in the fridge for up to 7 days. For longer storage, freeze in ice cube trays and use 2 cubes per dose

**\*You can add gel to various fruit smoothies to mask taste and still get all the benefits. \***

### **Sea Moss gel Benefits**

Sea Moss Gel has several benefits. Rich in Collagen-Supporting Nutrients like 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. It also Helps rebuild connective tissue and reduce degeneration over time. Sea Moss gel is a natural anti-inflammatory support. It Contains fucoidan and laminarin, compounds shown to reduce systemic inflammation aiding in relieving joint swelling, stiffness, and muscle soreness. Excellent Source of Joint-Friendly Minerals providing over 90 trace minerals, including:

- Calcium to strengthen bones and cartilage matrix
- Magnesium aids in relief of muscle tension and nerve pain.
- Sulfur as a natural Anti inflammatory and aid to detox
- Silica, aiding in support of joint and spinal flexibility and cartilage strength
- Potassium to reduce cramping and support recovery
- Zinc aiding in tissue repair

It also supports Nervous System Nourishment, improving the body's pain signaling and recovery. The Potassium and magnesium calm nerve irritation that contributes to chronic pain. It also provides a gentle detox and gut support by supporting lymphatic drainage and cleanses excess mucus (which may build up around joints) and promoting a healthier gut environment, reducing inflammatory responses from candida or leaky gut.

**\*Sea Moss Gel is good to take during the detox cleansing process to aid in mineral replenishment, mucus binding and gut healing, mild laxative effect (*If you already have loose stools from the cleanse, sea moss could make it a bit looser*), and Immune system support.**

**\*Because sea moss is soothing and slightly demulcent, it can slow absorption of your capsule herbs if taken at the exact same time. Wait at least 1-2 hours after taking any herbal supplements before taking sea moss gel.**