

Contents

<i>Introduction</i>	<i>11</i>
<i>Chapter 1. Why Sea Medicine?.....</i>	<i>13</i>
Why Sea Medicine.....	13
Composition of Seawater.....	14
Background.....	15
Water and Vitality.....	16
Shark Wonder.....	17
And Sparkle.....	18
Shark Fact File.....	20
Seaweed.....	21
<i>Chapter 2. It's All in Your Diet.....</i>	<i>23</i>
The Chemistry.....	25
Yours Essentially, Omega.....	26
Fat Can Be Beneficial.....	26
What is Omega-3?.....	27
Omega Benefits.....	28
Sources.....	29
Uses.....	29
Steps to Omega Balance.....	29
<i>Chapter 3. Arthritis.....</i>	<i>31</i>
The Fundamentals.....	32
Signs and Symptoms.....	32
Arthritis: Fact File.....	33
Incidence of Arthritis.....	34
Impact and Self-Help.....	34
Living with Osteoarthritis.....	35
Living with Rheumatoid Arthritis.....	35
Treatment.....	35

Contents

Chapter 3. Arthritis (cont.)

Lumbago	36
Symptoms.....	37
Warning Signs	37
Bursitis and Tennis Elbow	37
Symptoms.....	38
Cause and Effect	38
Basic Remedies	39
Still's Disease	39
Symptoms.....	39
Ankylosing Spondylitis	40
Warning Signals of AS	40
Help From the Sea.....	41
Shark Cartilage	45
Sea Cucumber	48

Chapter 4. Osteoporosis.....

Symptoms.....	50
Implications.....	50
Osteoporosis-Risk factors.....	51
Diagnosis	52
Prevention	52
Lifestyle Changes	53
Help From the Sea.....	54

Chapter 5. Alcohol Not Good.....

Causes of Alcoholism.....	58
Early Detection Advantageous	59
General Information	61
Harmful Effects of Alcohol.....	62
Brain and Central Nervous System	62

Contents

Chapter 5. Alcohol Not Good (cont.)

Vision	62
Hearing	62
Oral Cavity.....	62
Blood and Heart	63
Lungs.....	63
Muscles	63
Liver and Stomach	63
Alimentary System.....	64
Bone	64
Reproductive System	64
Pregnancy and the Unborn	64
Help From the Sea.....	64

Chapter 6. Heart Disease

Take Heart	69
Control Risk Factors.....	72
Atherosclerosis	71
Beginning and Progression.....	72
Genetics.....	73
Blood [Plasma] Lipoproteins.....	73
Cholesterol	75
How to Lower Cholesterol.....	75
Hyperlipidaemia	76
Types.....	76
Help From the Sea.....	77
Chitosan	77
Fish Oils	79
Safety.....	80

Contents

<i>Chapter 7. Skin Disorders</i>	83
Dermatitis	83
Symptoms.....	85
Diagnosis	85
Common Causes of Dermatitis.....	86
Prevention and Treatment	86
Eczema	87
Signs and Symptoms.....	87
Prevention and Medication.....	88
Diet	89
Alternative Treatment.....	89
Psoriasis	89
Causes	90
Sign and Symptoms	90
Diagnosis	91
Self-Care and Treatment.....	91
Alternative Therapy	91
Help From the Sea.....	92
Safety.....	93
<i>Chapter 8. Cancer</i>	95
Causes	96
Signs and Symptoms.....	96
Progression	97
Prevention	98
Immune Response	99
Detection and Screening.....	99
Tests.....	100
Biopsy and Imaging Tests	100
Laboratory Tests	100
Staging.....	101

Contents

<i>Chapter 8. Cancer (cont.)</i>	
Treatment.....	101
Alternative Treatment.....	102
Help From the Sea.....	102
Fish Oil and Cancer.....	102
Modus Operandi	103
Unity in Diversity.....	104
Clinical Studies	105
Other Uses	105
Marine Sponge.....	106
Shark Effect	107
Deep Sea Shark Liver Oil.....	108
<i>Chapter 9. Common Cold and Influenza.....</i>	<i>112</i>
Symptoms and Diagnosis.....	113
Prevention	114
Treatment.....	114
Influenza.....	116
Symptoms and Diagnosis.....	117
Prevention	118
Viral Disorders.....	118
Treatment.....	120
Help From the Sea.....	121
Safety.....	122
<i>Chapter 10. Mind Matters.....</i>	<i>124</i>
Depression: Moody Blues	125
Major Depression	127
Symptoms.....	128
Help From the Sea.....	130
Mental and Brain Wellness	132

Contents

<i>Chapter 11. Endocrine Disorders.....</i>	<i>134</i>
Hypothyroidism	135
Signs and Symptoms.....	136
Hyperthyroidism	137
Sign and Symptoms	136
Goitre.....	139
Signs and Symptoms.....	140
Help From the Sea.....	140
Safety.....	141
<i>Chapter 12. Radiation Illness.....</i>	<i>142</i>
Damage Caused by Exposure to Radiation.....	142
Symptoms.....	143
Help From the Sea.....	144
<i>Appendix</i>	<i>146</i>
Sea Farming.....	146
<i>References.....</i>	<i>148</i>
Resources.....	153
<i>Glossary of Terms.....</i>	<i>154</i>
<i>Endnotes.....</i>	<i>160</i>
<i>Index.....</i>	<i>162</i>

INTRODUCTION

Those who live by the sea can hardly form a single thought of which the sea would not be part.

— Hermann Broch

This also applies to those that don't live by the sea, because the sea is more than a metaphor — with all its moods and different hues. From the calm before the storm, or storm before the calm!

The sea denotes enormous power — a magnitude so huge that human capability, with all its wondrous scientific advances and technological pride, wilts in comparison.

This is just a literary preamble, so to speak. On the biological front, the sea, especially in the form of its underworld intricacy, is the most amazing and complex structure Mother Nature has ever created — on the living planet. Its treasures are immense and it holds the potential to provide a bountiful medicinal tool-kit to treat a host of diseases and ailments. Naturally. Gently.

Today, we have a medical “Gold Rush” — which is, of course, far from what was depicted by Charlie Chaplin in his movie of the same name — in place. And, the excitement is not happening in the laboratory, but on the sea base. As marine scientists are combing the ocean for micro-organisms and plants that naturally produce chemical compounds, with healing properties, scientists are analysing and synthesising them for potential medicinal use.

It is a gigantic task for sure. Also, with literally billions of undersea life forms yet to be studied, scientists also imply that the sea and ocean could become our new, big frontier for deriving medicines in the 21st century.

THE SEA MEDICINE CHEST

On the more immediate side, however, there is also something which we already know — and, use — in the successful treatment of many illnesses and health conditions. They are some of our most well-known and naturally available life forms from the depths of the sea. You name them — shark cartilage, shark liver oil, cod, or fish oils, mussel, sea cucumber, seaweed, oyster, shrimp, sponge etc.,

They are curative medicines. They are natural. They are available in profusion. Most importantly, they provide through their use a great degree of safety, without the dangerous side-effects of conventional medications.

To begin with, let us see what the sea has to offer and, in the process, review some of the conditions in which we could apply our bounty from the sea. Needless to say, sea cure is risk-free and sure — so much so, you will wonder why you have not tried some of its wholesome miracles yet.

If you have already tried, you'll only expand on your information-base with the latest knowledge available on sea medicines. Of medicines you'd love to store in your home medicine kit. This will serve a dual purpose — one, to help you get to know the basics of a given disorder; and, two, to evaluate how medicinal miracles from the sea could be employed with positive benefits and also safety.
