

QUICK REFERENCE SHEET

DULSE

Palmaria palmata



Part Utilized:
Whole Plant



PROPERTIES:

Tonic, Nutritive

SYSTEMS AFFECTED:

Cardiovascular, Digestive, Eyes, Endocrine/
Glandular, Brain and Nervous System

POSSIBLE USES:

brain function, fatigue, vision issues,
constipation, diarrhea, thyroid health, nutrition

INGREDIENT IN:

AP, ESS, EW, KNA, MIN, TY

GENERAL INFORMATION:

Dulse and Kelp are very similar. I have begun using Dulse instead of Kelp because it can be bought in a much less processed form than Kelp.

Dulse is a powerhouse of minerals and nutrients. It contains iron, iodine, potassium, magnesium, and calcium—to name just a few minerals—as well as high levels of vitamin A. Each of these minerals is important to bone density, joint function, tissue health, and cellular integrity. The potassium found in Dulse is well known as a vasodilator, strengthening the veins and preventing vein damage. Potassium also lowers blood pressure and protects against heart disease and stroke. Potassium, and Dulse, help increase blood flow to the brain and to the capillaries.

The vitamin A in Dulse acts as an antioxidant, preventing free radicals from destroying delicate tissues such as those found in the eye. Vitamin A can slow the development of cataracts and keep eyesight sharp and focused. Vitamin C, also found in high concentration in Dulse, has an amazingly long list of benefits, all of which can also be attributed to Dulse.

Dulse also contains some very interesting polyunsaturated fatty acids which are important for heart health and for the functioning of the brain and nervous system. Adding these fats can help regulate digestive processes, eliminating the swings from constipation to diarrhea and back again.

After all this and more, the most outstanding quality of Dulse is the effect that its iodine and iron content have on the thyroid gland. Iodine is a major nutrient, found in Dulse and Dandelion, and a few other herbs. Iron prevents and reverses anemia and is found in a variety of herbs, although Dulse is right up there with the best of them.