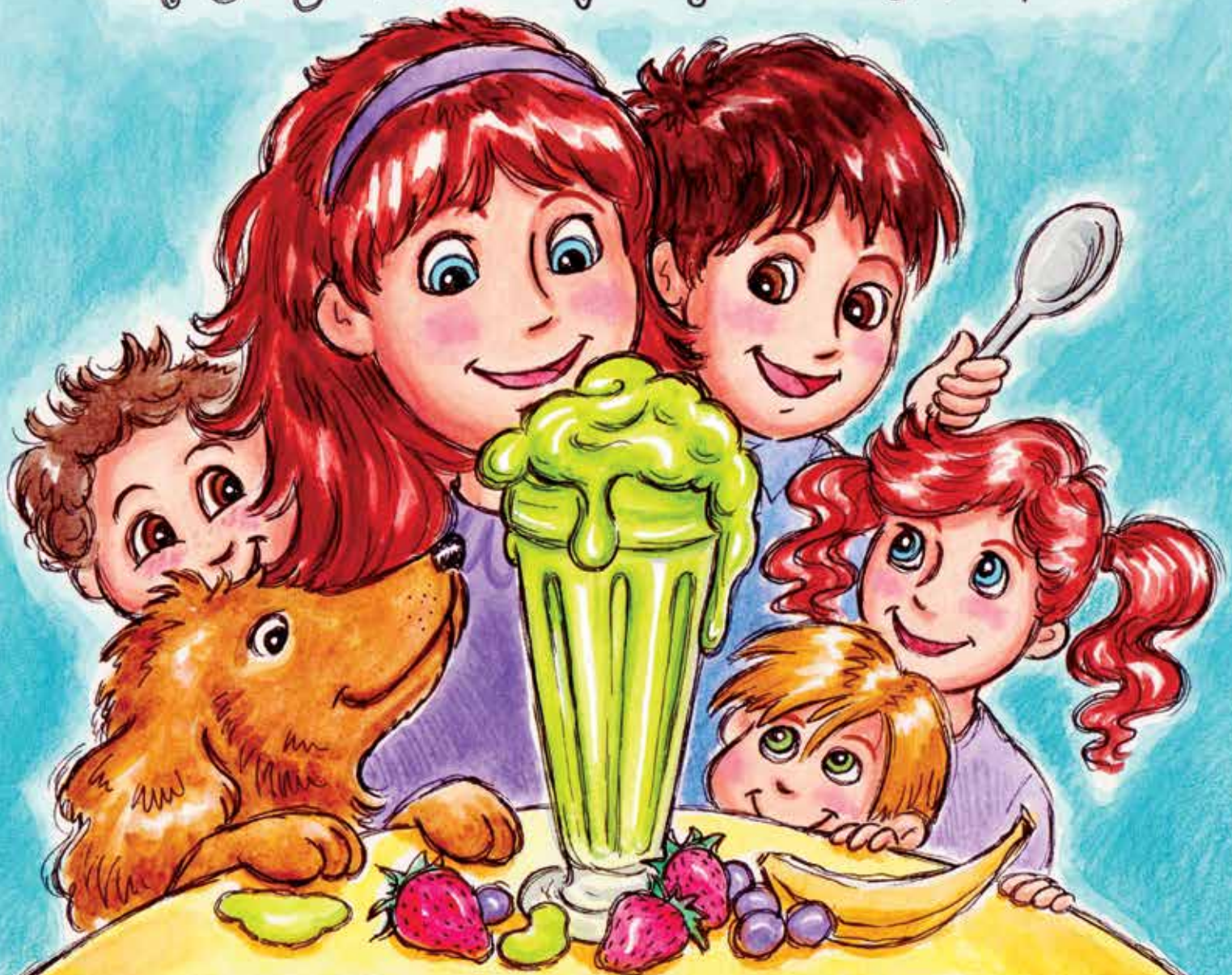


My Big Green Smoothie

The Story of Spirulina - Nature's Superfood!



William Sears, MD

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The Story of Spirulina – Nature's Superfood!

By William Sears, MD
Illustrations by Debbie Maze

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“m-m-m-m

This is the best smoothie ever!”
said Ellen. She was enjoying the big
green smoothie her
mom made her when
Jeff showed up.



What's that?

Why it's just
the best Smoothie
in the whole wide world!
Here, try
some.





Wow! That's really
yummy!
What's in it?

Well there are
berries and bananas and juice
and Spirulina.



Spiru who?

Spirulina!




What's Spirulina?



Mom says Spirulina is a
"Superfood"!

Will it make me
strong?



A girl with red hair tied back with a purple hair tie, wearing a purple top, is looking at a fluffy brown dog. On a yellow table in front of them is a tall glass filled with a green smoothie, with a few green leaves on the table. The dog is looking up at the girl.

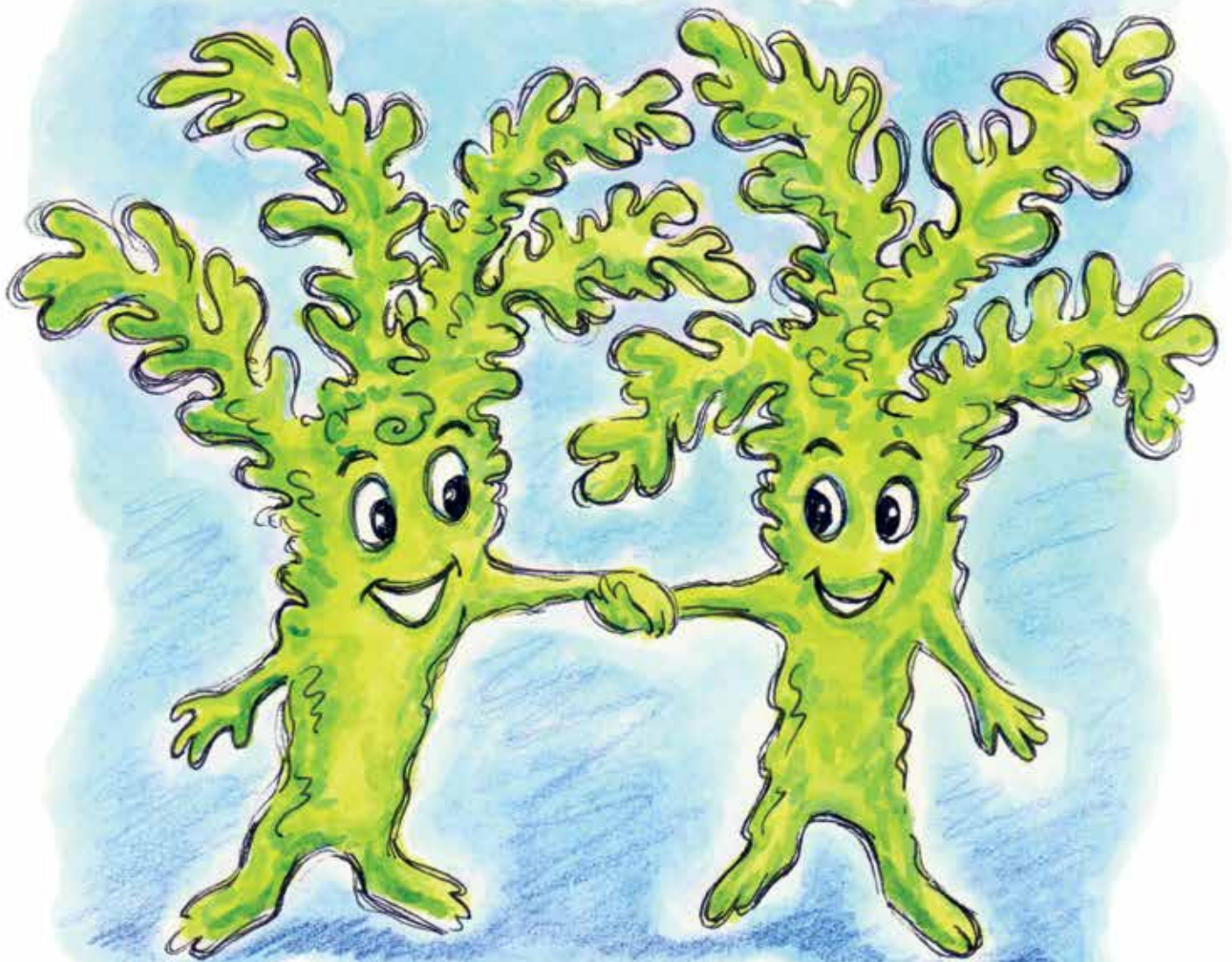
Yes!
It will
give you lots
of energy
and help keep
you healthy.

A young boy with short brown hair and a light blue shirt is looking up with a curious expression.

**Where
does
Spirulina
come from?**

Ellen told Jeff the story
of Spirulina...

"A long, long time ago when
the world was very young, there
lived two friends named

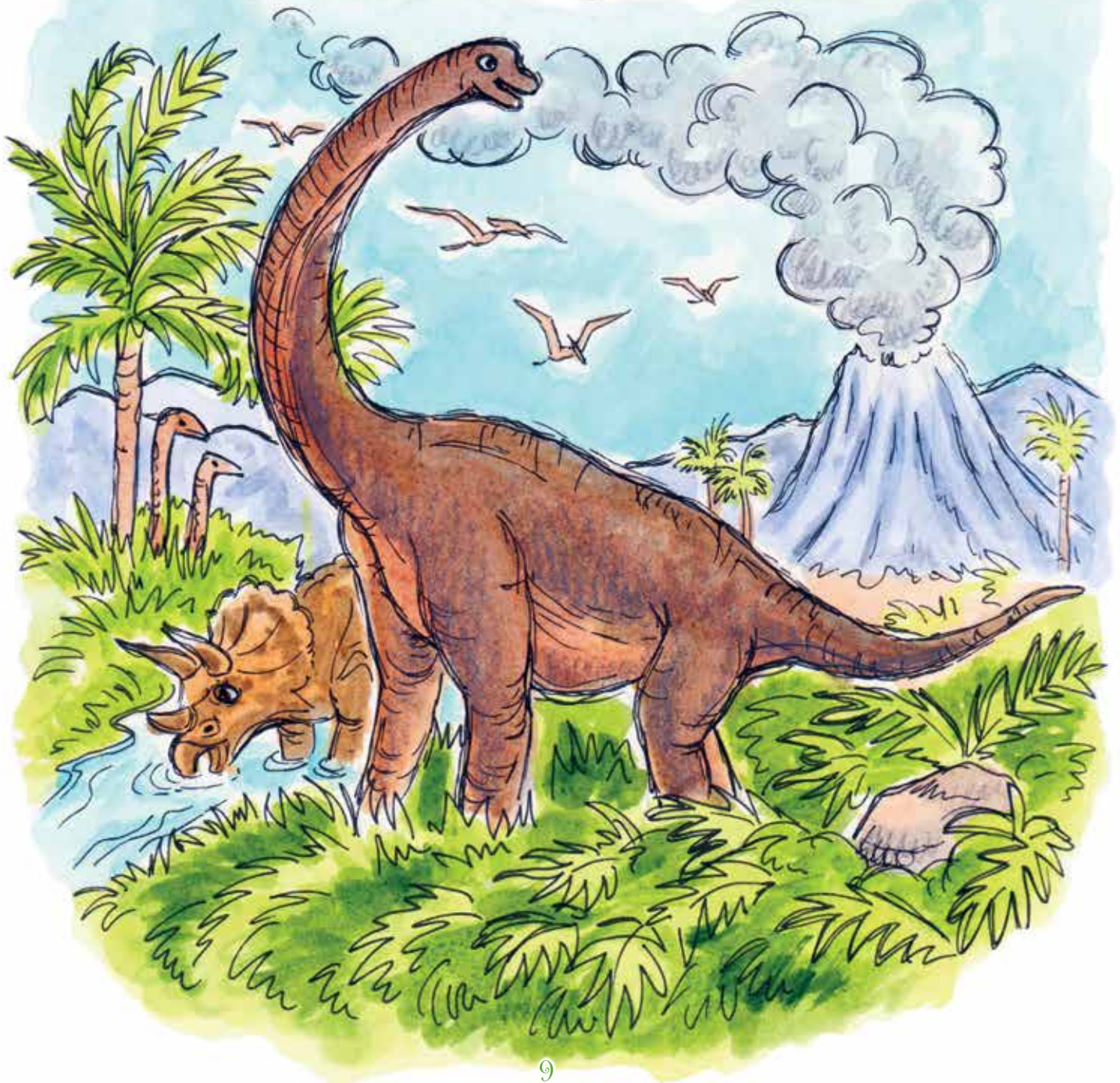


Spiru and Lina

They lived in lakes
and were part of a big
family of blue-green algae
called Spirulina.



Algae were among the first plants to appear on our planet so they've been around a very long time!



It wasn't long before people discovered how delicious and nutritious spirulina is and made it part of their diets. The Aztecs used to collect spirulina from their

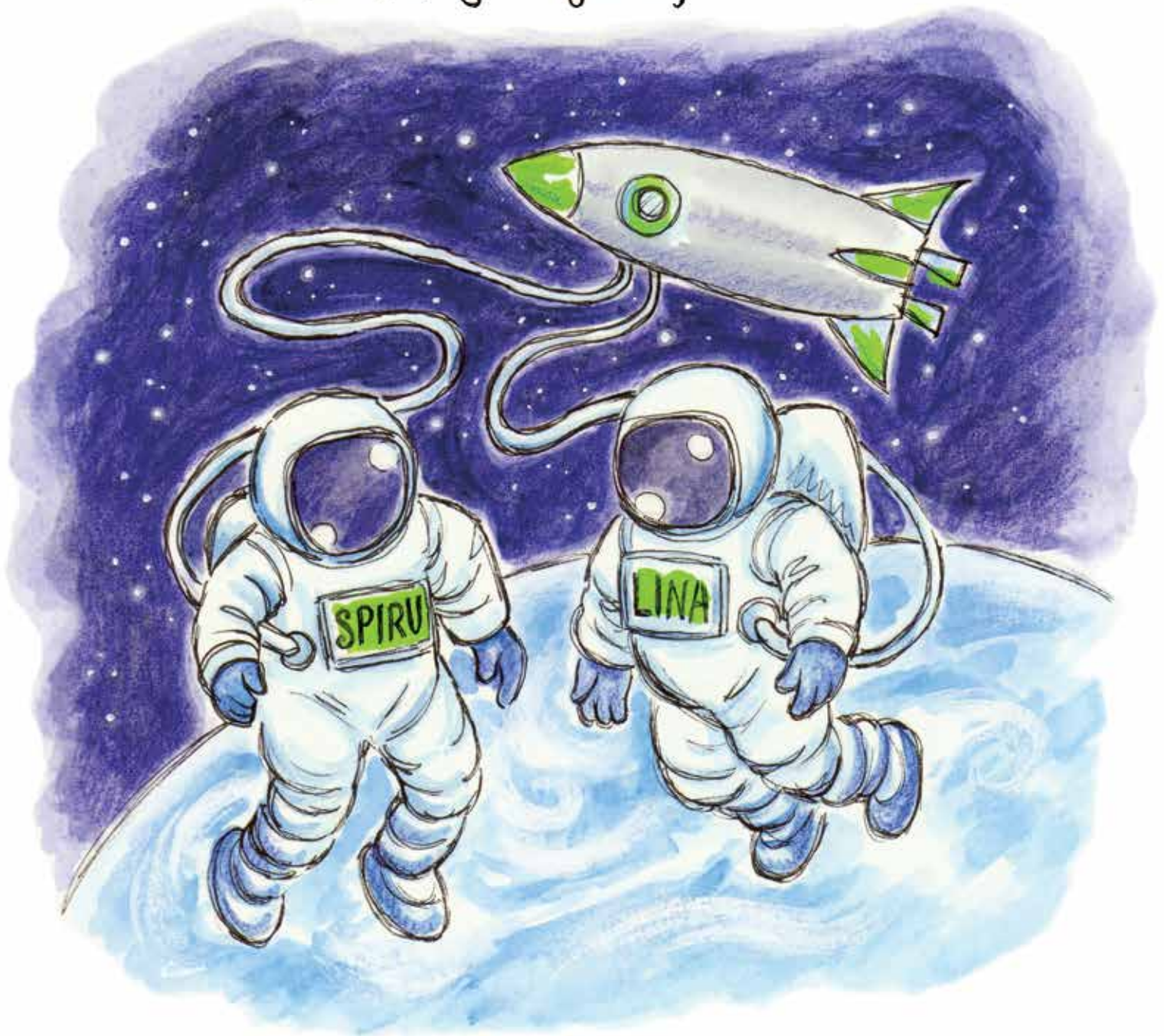


lakes and make them into small cakes.

It gave them so much energy they could run 100 miles a day!



In fact, spirulina is SO good for you NASA thought it would be a great food to take into space!”



And you know what?
Animals and plants
like spirulina
too!



Where do we get
Spirulina from today?

Yes! Get more
Spirulina please!



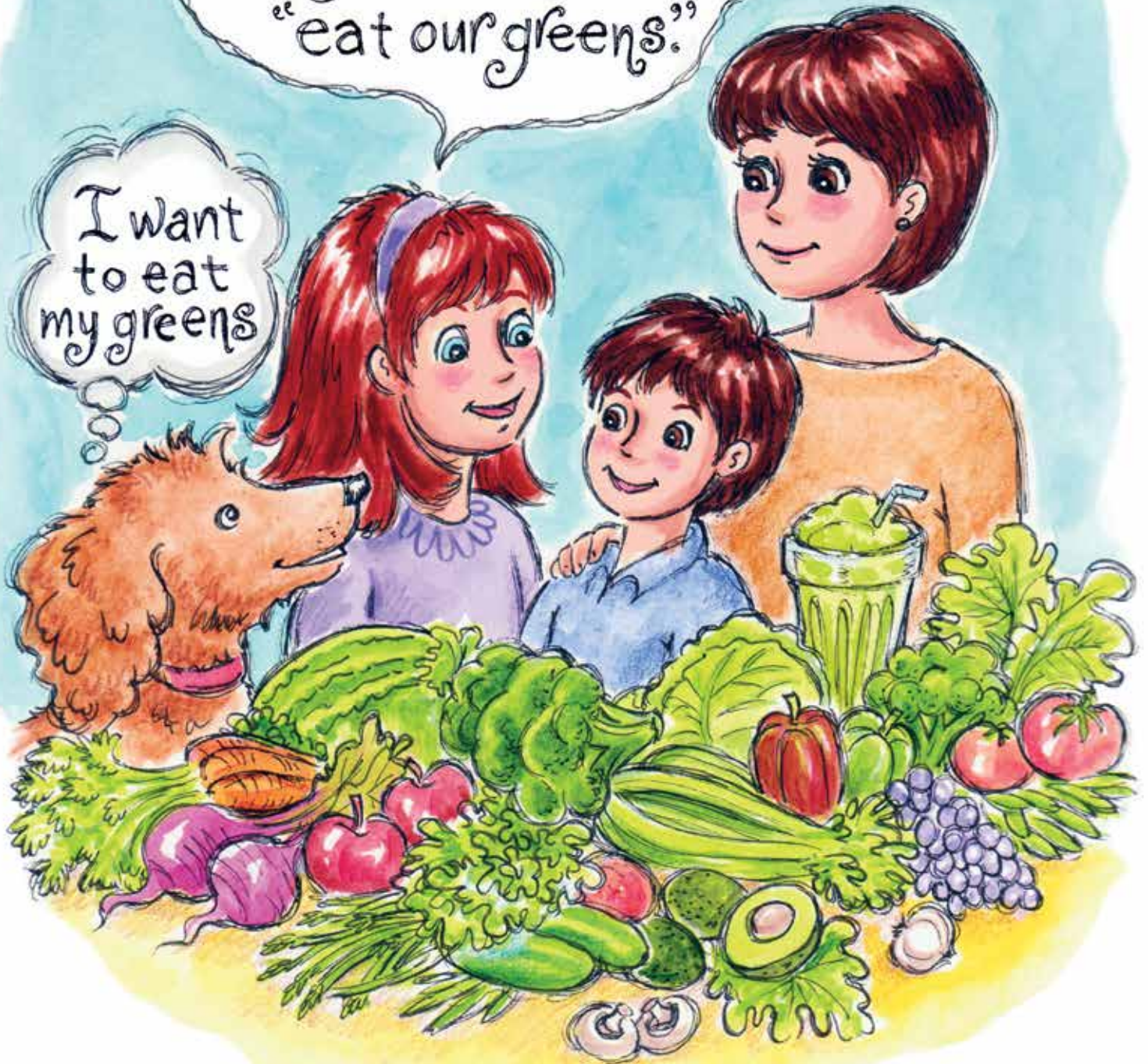
“You know how you like to play outside when the weather is nice? Spirulina grows best in big green ponds where the weather is perfect and the water is pure... **Sunny Hawaii!**”



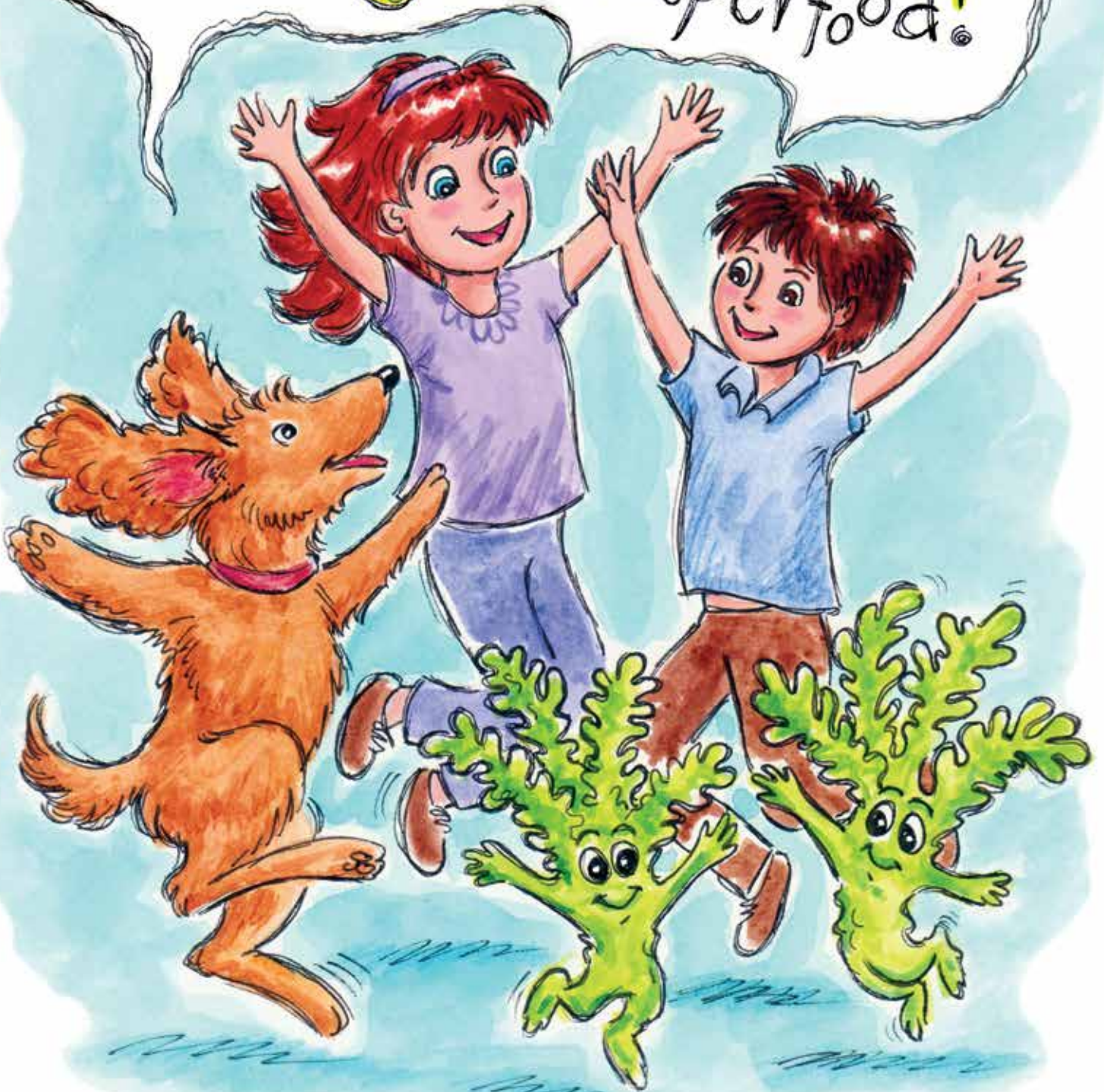
Microalgae farm

Mom says by drinking Spirulina even when we're busy we can still "eat our greens."

I want to eat my greens



Yeah Spirulina!
Our Superfood!



To learn more about
Spirulina and for
delicious Spirulina
recipes go to:
askdrsears.com/spirulina



Eat Your Greens!



William Sears, MD or "Dr. Bill" as his patients call him, is a pediatrician in Dana Point, California. As the father of eight children and author of over 40 books on parenting and family health, he enjoys telling stories about his favorite nutrients, such as Hawaiian Spirulina. In his books, national television shows, and on his popular website, AskDrSears.com, Dr. Sears is known for his science-made-simple-and-fun approach. Enjoy My Big Green Smoothie as you take your child into the world of one of Mother Nature's most nutritious superfoods, Hawaiian Spirulina.



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