

Functional Medicine: Carrageenan Suppresses immunity

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Carrageenan is a complex sulfated polysaccharide isolated from algae that is commonly used as binding agent in foods including ice cream, pastries, and breads. It is also used experimentally to induce inflammation and stimulate cancer growth and invasion in tissues. Even very low concentrations of carrageenan can stimulate cancer invasion. It can also increase inflammation within the GI tract, a major problem for people with inflammatory bowel diseases. Like a number of substances beneficial immunity, including cellular immunity which is critical for fighting infections and suppressing cancer.

The only way to avoid carrageenan is to avoid all processed foods.

Dr. Badanek has been and currently is 40 years into active/private practice in the Ocala/Marion County, Florida region. Dr. Badanek practices Natural/Holistic Medicine through the use of Functional/Integrative Models for diagnostic and treatment protocols for the health challenged. Find him online at Dr.Badanek.com and www.alternativewholistic.com, and see what the facility has to offer the sick and health challenged. To schedule an appointment call 352-622-1151