

# PURPLE SEA MOSS

*(Chondrus crispus)*

## HOW TO PREPARE YOUR PURPLE SEA MOSS

DO NOT BOIL! This kills all the nutrients in this raw sea-vegetable making it useless and not beneficial to you. First wash a glass jar in bleach & soapy water, rinse it very well, add 2 fl.oz of distilled water to the jar then microwave it for 3 minutes to sterilize it. Then wash & clean your sea moss in the kitchen sink (just like collard greens), pick off and discard any stems/pieces you don't want. After cleaning, in a large container, add the desired amount of purple sea moss that you would like to use, then cut 3 limes in half and add them to the bowl (*this disinfects the sea moss*), then cover the sea moss with distilled water . Make sure that the water covers the moss by 2-3 times because the sea moss is going to expand when fully re-hydrated. Allow your purple sea moss to re-hydrate for about 6 hours. After the time has passed, pour off the water and thoroughly rinse your purple moss (3-4 times) until all the sand/debris/salt has been removed. Put some of your re-hydrated purple sea moss into a blender. Add hot distilled water (no hotter than a cup of tea) until it fills halfway up to the height of your purple sea moss in the blender. Blend into a smooth gel, if the gel is too thick add more water, if it's too thin add more sea moss. When finished blending, pour your purple sea moss gel into your glass jar.

## USING YOUR PURPLE SEA MOSS

Skincare: You can make a gel with your purple sea moss. You can either use this gel directly on your skin as mask, or you add the gel to your preferred skincare products. Eating: You can either make a gel with your purple sea moss, and add that gel to sauces, smoothies, soap, etc. Or you can do it the easier way and just add a few re-hydrated leave of purple sea moss directly to your smoothies (will thicken smoothies). or boiling soaps & sauces (will thicken sauces/soaps). If added to directly to boiling

soaps/sauces purple sea moss will liquefy and turn to gel causing the soap stock or sauce to thicken.

### **SYNERGISTIC SUPPLEMENTS & PURPLE SEA MOSS**

Burdock root works with your seamoss to increase potency. Burdock root cleanses the blood and the lymphatic system; is a natural source of insulin; increases the flow of digestion; high in vitamins B1 ,B2 & B3; helps with skin issues like psoriasis and eczema and so much more. Someone who has a sickness, STD, breast cancer, or cancer of the lymph nodes should definitely be taking a daily dose of burdock root or burdock extract. As for skincare, adding Astaxanthin & Royal Jelly to your sea moss gel will intensify potency and will further heal & beautify skin.

### **STORING YOUR PURPLE SEA MOSS**

Dried sea moss can be stored in the freezer for over a (NOT YOUR REFRIGERATOR). Since the salt is a natural preservative, it helps to keep your Irish sea moss good and ready to use. If you make purple sea moss gel, store it in a glass jar in your refrigerator, it will last up to 2 weeks unspoiled.