

# BLADDERWRACK

## Common Names:

Kelp, Seawrack, Kelpware, Black-tang, Bladder Fucus, Cutweed, bladderwrack, sea weed, sea oak, black tany, cutweed

## Botanical Name:

*Fucus vesiculosus*, *Fucaceae*

## Parts used:

The whole plant.

## Active Components:

Phenolic compounds, phloroglucinol, its dehydropolymerization products the fucols, the fucophorethols, phlorotannin derivatives; mucopolysaccharides, algin; sulphuryl-, sulphonyl- and phosphonyl-glycosyl ester diglycerides; polar lipids; trace metals, particularly iodine.

## History:

The mucilaginous thallus of Bladderwrack has long been used to soothe irritated and inflamed body tissue. Thanks to a high consumption of iodine-rich foods such as seaweed (like Bladderwrack), the people living near oceans or seas have historically had a low rate of hypothyroidism. It has also been used as a form of laxative.

## Looks like:

The main stem of bladderwrack, known as the thallus, is used for medicinal purposes. The thallus has tough, air-filled pods or bladders to help the algae float-thus the name bladderwrack.

## Where it's grown:

Bladderwrack is a type of brown algae (seaweed) commonly found in colder waters, seashores, rocky inlets by the sea, and in salt-water. It grows on the northern Atlantic and Pacific coasts of the United States, on the northern Atlantic coast and Baltic coast of Europe.

## Use:

Bladderwrack is used to treat hypoactive thyroid glands and also in the treatment of the goitre. Where obesity is associated with thyroid trouble, it is also believed to be very beneficial in reducing the excess weight. It also has a reputation in aiding the relief of rheumatism and rheumatoid arthritis, both used internally and as an external application upon inflamed joints. Though more specific research is needed, it is suspected that some seaweeds such as Bladderwrack help with weight loss.

