

Terry Talks Nutrition

Compliments of Terry... Naturally

Key Words

energy, caffeine, fatigue, weakness, chemotyped, plant oils, essential oils, summer activities, stress, pain, curcumin, boswellia, DLPA, dl-phenylalanine, nattokinase, exercise, sports, injury, pain, Scots pine, Black spruce, Thyme, whole grape extract, *Rhodiola rosea*, muscle, workout

Need More Summer Energy?

Contrary to the fantasy of lazy days gently rocking in a hammock, summer can be the most demanding season of all, as we shuttle children to special programs, travel for family vacations, host barbecues, tackle yards and gardens, and overall, just get more active. Especially if you live in more northern regions, you are pressured to squeeze all this into a few short weeks of good weather. You might even feel a little guilty, because you have waited for summer with anticipation, and now that it has arrived, are dreading all that you have to do. One of your first thoughts might be "If I only had more energy, I would . . ."

Today, I'd like to share with you some tips for *naturally* increasing your energy this summer with chemotyped plant oils, natural pain relievers, and energy-boosting nutrients - instead of turning to quick (and unhealthy!) fixes with caffeine-laced energy drinks, or other artificial stimulants.

Chemotyped Plant Oils

Plant oils are literally that – oil taken from the leaves, buds, or other parts of the plant. Plant oils are extremely concentrated. It can require hundreds—even thousands—of pounds of plant material to produce just *one liter* (33 oz) of plant oil. You may be familiar with the use of



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plant oils topically – on the skin, or inhaled (aromatherapy) – but certain types of plant oils can also be used internally. These oils are "chemotyped plant oils." This means that the oil has been thoroughly tested and identified as both safe for internal use, and containing high levels of the most beneficial compounds. Chemotyping is like taking a fingerprint of the plant. It is impossible to tell just by looking at a plant what natural compounds it contains. Knowing the species of the plant is not enough, as the same plant grown in different conditions (water, soil, light, etc.) can contain differing amounts of compounds. Chemotyping uses sophisticated laboratory testing to ensure the oil contains the right compounds for health benefits and is safe for internal use.

One of my favorite chemotyped plant oil combinations uses Scots pine, Black spruce, and Thyme. These oils have a number of benefits, but one of the most impressive is that they help naturally increase energy through their effects on hormone systems in the body that are closely tied to healthy energy production. It helps your body *create* energy, and is not a stimulant. This is important, because the use of stimulants can put you in an "energy loan shark" situation where the payback is worse than the benefit!



In a small clinical test of this chemotyped plant oil formula, volunteers reported their baseline energy (how they regularly felt before taking the plant oil formula) and then they reported their energy levels after 2 and 4 weeks of using the formula. The results were amazing, especially for those that had the *least* energy at the beginning of the study. The low energy group **more than doubled their energy levels** using this unique chemotyped plant oil combination. For more details see **The Secret to All Day Energy** on the *Terry Talks Nutrition* website.

Natural Pain Relief

Many of us, especially if you are like me and live in a cold northern state, spend the winters indoors and just aren't as active as we are in the warm summer months. Once the days get longer and the temperature

gets above freezing, we jump right into our favorite summer pastimes. Biking, swimming, running, and even taking care of our gardens can stretch muscles that aren't in the best of shape. And this can lead to pain that zaps your energy immediately. Instead of turning to prescription or OTC pain relievers that can actually **harm** your body, I recommend a natural pain relief formula of bioavailable curcumin, boswellia, DLPA and nattokinase. Both curcumin and boswellia are plant-based ingredients that reduce inflammation. Inflammation is one of the root causes of pain. DLPA helps boost production of pain-relieving chemicals in the brain called endorphins, while nattokinase increases circulation to get the compounds that are carried in the bloodstream to the areas of the body where they are needed. I've been involved with, formulated, and used natural products for over 40 years now, and I can truthfully say that this formula is one of the best I've experienced. It gets spectacular results for pain relief. For many people, the effects are noticeable the first time they use this combination. But the longer you take it the better it works. Make sure the curcumin in the formula has been tested in humans and shown to increase absorption at least 7-fold over plain curcumin, because otherwise, you won't get pain relief. If you would like more details please go to terrytalksnutrition.com and read the article on **Acute and Chronic Pain**.

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Conclusion

What would you do this summer if you had more energy? Would you go on more excursions, play with your kids, or pick up a few more softball games? Would you put in that rose garden, or paint the shed? Now you can find out, using tested, safe, natural products that increase energy, physical endurance, speed, and power—and also reduce pain should you over do it! Have a GREAT summer!

Look for an energy formula with these ingredients:

Proprietary Formula
(Chemotyped Plant Oils) 125 mg
Scots Pine (*Pinus sylvestris*), Black Spruce
(*Picea mariana*), Thyme (*Thymus saturoides*)

Look for a pain formula with these ingredients:

Proprietary EP612 Complex 2,181 mg
DLPA (dl Phenylalanine), Boswellia
(*Boswellia serrata*) Extract standardized to
contain >70% boswellic acids with AKBA
>15%, Curcumin (*Curcuma longa*) Extract
standardized for curcuminoid complex
(curcumin, demethoxycurcumin and
bisdemethoxycurcumin), Nattokinase

Look for an athletes' formula with these ingredients:

Proprietary Complex 500 mg
Containing hydro-alcoholic extract of whole
Grape (pulp, seed, skin) (*Vitis vinifera L.*)
Extract, containing >90% Polyphenols and
>50% OPC's, Rhodiola (*Rhodiola rosea*) Root
Extract (>15% total rosavins, rosavin 9%,
salidroside 4.5%)

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Energy for Athletes

You don't have to be an elite athlete to want to get more out of your summer workouts and sporting events. Some of the challenges that your body faces during any exertion that must be addressed are the need for increased oxygen flow to power the muscles, the increased free radical activity which can damage cells, and the detoxification of increased waste material generated by cellular function in response to activity. I recommend a combination of whole grape extract and high strength rhodiola (*Rhodiola rosea*). These two potent ingredients are antioxidants, meaning they protect cells against damaging free radicals that are generated during exercise, and they also enhance circulation, which brings oxygen to the muscles and carries away waste material. These two herbs together can help you achieve a more productive, healthier workout. The whole grape extract I like to use was shown to improve endurance by 24% and explosive power by over 6% (in a clinical study of handball players). In my article called Short Burst Exercise, I discuss these nutrients and my own suggestions for a workout emphasizing, intense, short burst exercise routines.