

Terry Talks Nutrition



Compliments of Terry... Naturally

Key Words

Indian Gooseberry, hay fever, stress, immune function, allergies, immunological disorder, hypersensitivity, rhinitis, antioxidant, adaptogen, cardiovascular health, high cholesterol

Indian botanical extracts, Curcumin, Boswellia and Indian Gooseberry, the combinations of these three herbs have a significant impact on a variety of health disorders. They have been used for several thousand years as food and highly respected as a natural medicine. First let's focus on the **Indian Gooseberry**. Indian Gooseberry is considered to be an adaptogen which means that it has key compounds that normalize body functions and help the body to adapt to a variety of changes and stress conditions.

Human clinical studies have shown that Indian Gooseberry significantly enhances immune function and reduces symptoms of allergies, particularly hay fever, a frequently occurring immunological disorder affecting many people worldwide. It is a state of hypersensitivity that occurs when a body over reacts to substances such as pollen, mold, house mites and dust. Allergic rhinitis exerts inflammatory response and irritation of the nasal mucosal membranes leading to sneezing, stuffy nose, nasal congestion, and itching, watering and swollen eyes. The clinical manifestations of allergy are due to a number of mediators that are released from mast cells. Most of these manifestations are due to histamine that causes vasodilation increasing capillary permeability and leading to bronchoconstriction. The results of recent studies show significant and dramatic improvement in 75% of the clinically studied participants. 25% of the participants did not observe any changes in symptoms.

Terry recommends this formula for your best health:

Indian Gooseberry (*Emblica officianalis*) Fruit Extract 500 mg
Standardized to contain greater than 30% polyphenol content with
emblicanins greater than 20%.

A Natural Alternative to Allergy Medicines, Statin Drugs and Immune Enhancement

Indian Gooseberry is credited with a number of useful pharmacological properties justifying its prime position as a natural medicine in the Indian culture. The most important among them are the antioxidant, hypolipidemic and anticancer properties. No less important is its immunomodulating action. Its application is so wide that **Indian Gooseberry** has proven beneficial in all the disease conditions tested so far, therefore justifying its position as a powerful adaptogen.

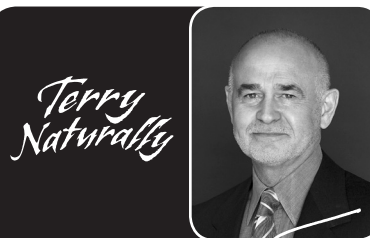
Indian Gooseberries' most powerful benefit regarding cardiovascular health; Coronary heart disease (CHD) is the major cause of premature death in most developed and developing countries. Elevated blood cholesterol levels are believed by medical experts to be a major risk factor for CHD. Much of the current efforts in the management of the disease are directed to keep the blood cholesterol levels within a safe range through diet and drugs. Control through drugs is of questionable value as this is effective only in cases where the cholesterol levels are abnormally high. For example, in the case of familial hypercholesterolemia, the drugs also have serious side effects that may be far more dangerous than the benefits they provide.

Cholesterol management through plant extracts is a very attractive option and a number of such botanicals are available. In the relative efficacy, **Indian Gooseberry**, based on clinical evidence, probably leads the list. A number of animal and human studies have been carried out with the following results. Study patients consuming 500-1,000 mg before bedtime increased HDL (good cholesterol) by 14% and significantly decreased total serum cholesterol 17%, LDL (bad cholesterol) was lowered 21% and triglycerides were lowered 24% within three months. Taking **Indian Gooseberry** on a consistent basis provides many healthy benefits. This is the wonder of nature. While drugs will target one pathway and in doing so will disrupt many other pathways, therefore, causing other diseases and serious side effects while a natural substance such as **Indian Gooseberry** provides several significant healthy benefits. It manages cholesterol properly minus the side effect of

drugs, reduces the incidence of allergies (hay fever) by up to 75%, enhances the immune system with its natural C complex, reduces stress, and provides chemoprevention and chemotherapeutic activities. It also protects our cellular function from free radical damage, therefore providing an anti-aging effect.

Most Eastern Indians use Curcumin, Boswellia and **Indian Gooseberry** regularly if not on a daily basis. This may be why they have only 10% of the breast, prostate, colon and pancreatic cancer that we see here in the US and Western countries. We rely heavily on drug therapy for every little ache and pain and antibiotics for most coughs, sniffles and sneezes since insurance will pay for it. Perhaps this is why out of all the industrialized nations around the world the US ranks last. What a shame! This is just an example of the insanity that faces health conscious people of America. In the latest example of absurd disease mongering, to receive widespread media attention, the American Academy of Pediatrics Committee has announced that infants as young as 2 years old need to be screened for high cholesterol and children as young as 8 years old should be put on prescription statin drugs. This absurd advice is being offered even though statin drugs have never been tested on children of this age. The FDA has granted approval for the use of such drugs on children as young as 8 years old. It's no wonder that our heart disease and cancer is skyrocketing at alarming rates. We should be hearing from our government agencies and physicians about the health promoting benefits for our children with lifestyle changes and diet. Can the real motive be "follow the money"?

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