

# Terry Talks Nutrition

*Compliments of Terry... Naturally*

Therefore, it is believed that the antioxidant activity comes from other phytochemicals found in fruits and vegetables, not vitamin C. The natural synergistic combination of plant chemicals found in fruits and vegetables is responsible for the potent antioxidant activity. Apple extracts also contain bioactive compounds that inhibit tumor cell growth in vitro. The plant chemicals in apples with peel inhibit colon cancer cell proliferation by 43%. However, this was reduced to 29% when apple without peel was tested. Recently scientists reported that whole apple extracts prevented mammary cancer in animal models in a dose-dependent manner. Different varieties of fruits and vegetables have different phytochemical profiles. It is therefore recommended that consumers should obtain their vitamins and minerals and phytochemicals from a wide variety of fruits and vegetables for optimal health benefits. Health benefits from the consumption of berry extracts extend beyond lowering the risk of developing cancers and cardiovascular disease: benefits also include preventative effects for other chronic diseases such as cataracts, age related macular degeneration, central neurodegenerative diseases and diabetes. The benefit of a diet rich in berry and fruit extracts is attributed to the complex mixture of phytochemicals present in these foods. This explains why no single antioxidant can replace the combination of natural phytochemicals in fruits and vegetables. Therefore, the evidence suggests that antioxidants and the health benefits are best acquired through whole food extracts.

## **Berry Power:**

**Blackberries, blueberries, grapes, cherries and blackcurrants. Real berry power. Berries may be the best medicines nature has to offer. Everyday scientists are discovering that the most deeply colored berry and berry like fruits deliver the highest natural inherent healing potential. These include blackcurrants, elderberries, choke berries and other fruits from around the world. There are thousands of bioactive nutrients in these fruits and berry extracts. Berries are primarily known as powerful antioxidants.**

**Because of this property they have demonstrated an extremely wide range of health benefits. I highly recommend that you include fresh fruits and vegetables and highly concentrated, standardized berry extracts into your diet to ensure against premature aging, enhance immunity, protect the heart, defend against diabetes and support healthy brain and eye function.**

The Berry Antioxidant formula described on this page is what I would use to obtain the greatest antioxidant benefit. Blackcurrants, grape seed extracts and pine bark extracts are very powerful antioxidants. Blackcurrants have a much greater appreciation in Europe and are commonly found in jam and beverages. Used medicinally since medieval times, the fruit leaves and seed oil have been administered for lung problems, urinary tract disorders, sore throat, flu, cancer, allergies, rheumatism, arthritis and also scurvy. Many of these folk remedies, while not proven scientifically, are still recommended for a good reason. Blackcurrants have an extraordinarily high antioxidant activity compared to other foods. Phytochemicals found in blackcurrants work synergistically to destroy harmful free radicals that some researchers believe are involved in the development of all age related diseases. Long called "king of the berries" because of their high nutritional value, blackcurrants contain a greater concentration of vitamins and minerals than any other fruit and an antioxidant activity three times greater than blueberries. Official data from the U.S. Department of Agriculture suggests that in comparison with other fruits, blackcurrants contain up to 14 times as much vitamin C, up to 9 times as much calcium, up to 8 times as much iron, up to 3 times as much potassium, up to 5 times as much magnesium and up to twice as much zinc. Blackcurrants also contain more vitamin A, folic acid and boron than most other fruits. Grapes provide a synergistic health benefit to this formula. Modern grape science reports many healthy benefits. Grapes are loaded with potent phytonutrients including quercetin, resveratrol, anthocyanins and catechins. All four are considered powerful antioxidants. Grape seeds are also known to contain powerful antioxidants. Their antioxidant capacity comes from proanthocyanidins, one of nature's most powerful antioxidant. Research has shown that proanthocyanidins are major free radical scavengers, promotes

healthy response to inflammation, supports healthy maintenance of cellular function, promotes healthy response to histamine and allergies, supports maintenance of healthy blood flow and promotes healthy collagen levels. Extensive research suggests that grape seeds may be beneficial in many areas of health. Grape seeds have been reported to have the ability to bond with collagen consequently promoting healthy skin, tendons, cartilage, bone and connective tissue. One gram of grape seed extract provides 14,000 ORAC units of antioxidant capacity, significantly higher than the average ORAC equivalent of five servings of fruits and vegetables. Overall the formula promotes cardiovascular health, supports healthy brain function, helps maintain healthy cellular function, supports healthy immune response, promotes healthy aging, helps maintain healthy inflammatory response and supports healthy lipid levels.

**Blackcurrant Antioxidant Formula contains: Blackcurrant (*Ribes nigrum*) Extract 5:1; Blackcurrant (*Ribes nigrum*) Extract standardized to contain greater than 25% anthocyanins, 300 mgs, Grape Seed (*Vitis vinifera*) Extract standardized to contain 95% polyphenols, 100% bioavailability; high levels of procyanidins (dimers, trimers and tetramers), free of tannins, 200 mgs; French Maritime Pine Bark (*Pinus pinaster*) Extract standardized to contain 96% polyphenols, primarily dimers, trimers and tetramers, free of tannins, 40 mgs More...**

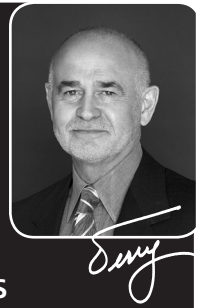
**END of PART 2 in a 3 PART Series**  
Continued in next weeks Terry Talks Nutrition.

*When in doubt, always consult your physician or health care practitioner. This column is to provide you with information to maintain your health.*

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M - F: 9 a.m. - 7 p.m.  
Sat: 9 a.m. - 5 p.m.

2625 Development Dr., Suite 40  
Green Bay, WI 54311  
Hwy 172 at GV • 920-965-1002  
[www.TerryNaturally.com](http://www.TerryNaturally.com)