

Terry Talks Nutrition



Compliments of Terry... Naturally

Key Words

brain, confusion, focus, attention, memory, mental performance, stress, depression, fatigue, mood, learning, social anxiety, wild green oat, lemon balm, *Avena sativa L.*, *Melissa officianalis L.*, rosmarinic acid, insomnia

If we use our body to help our friend move furniture into a 4th floor walk up apartment, we expect a certain amount of physical strain to manifest itself, with fatigue and maybe even some muscle pain. So why does it surprise us when we use our *brain* to multi-task computers, mobile devices, and phones, as well as tackling several projects with aggressive deadlines, that we experience mental strain, fatigue and maybe even some brain "pain" in the form of stress? No wonder this lifestyle can jeopardize our mental and emotional well being.

The results of this kind of mental and emotional fatigue are alarming. In the U.S., almost a quarter of the general adult population has suffered from *serious* fatigue lasting two weeks or longer. In any given year, worldwide, 5.8% men and 9.8% women will experience a depressive episode. According to the National Institutes of Health (NIH), about 7 million Americans are diagnosed with generalized anxiety disorder, with an even greater number not diagnosed. And perhaps saddest of all, there are *over a million* suicide attempts made in the U.S. every year. It is time we start paying as much attention to our mental health as we do our physical health!

In this issue of *Terry Talks Nutrition*, we will look at safe, natural, effective herbals that can help *you* reach your mental peak, and reduce some of the adverse effects of stress, mental strain, fatigue and poor concentration.

Drugs vs. Herbs

Drugs have been the traditional first choice of consumers to alleviate mood swings, stress or cognitive strain. But consumers are becoming wary of many of these drugs due to the possible

Finding Your Mental Peak!

significant side effects or problems with prolonged use. In contrast, herbal preparations are regarded as efficient, natural and safe alternatives that can be used long-term.

Herbal preparations have many advantages over drugs, since herbs have an abundance of helpful elements, including vitamins, minerals and trace elements, whereas the drug has one single (usually synthetic) molecule. The clinical effect of an herbal extract cannot be attributed to any one single substance, but is the result of the synergistic interplay of all constituents. The genetic and phenotypic variability of a plant, as well as the extraction and extract refining technology used for the development of a multi component botanical extract are critical to maximize the health benefits and minimize the side effects of the final product.

Traditional Herbal Use Meets Modern Science

In Europe, herbal medicines are respected as a way to treat mild to moderate disorders by both physicians and academia. Therefore, serious research and development is exercised when developing new herbal technology. For example, there is a state-of-the-art research method called bioassay-guided development. This assures that the impact of different plant varieties, as well as different extraction methods, can be assessed by screening the bioactivity profile of an extract—from the raw material to the final product. They use these scientific tests to create herbal extracts that target specific indications. Similarly, safety and tolerance, such as liver toxicity or enzyme interference properties (which are important for determining the drug interaction potential), can be carefully monitored.

The Energy of Wild Green Oats

Scientists in Europe developed an herbal combination for the treatment of brain fog, mood changes, fatigue, memory issues and mental stress featuring two particularly effective herbs for these indications—wild green oats and lemon balm. They are clinically studied and found to provide mental relaxation, tranquility, peace, improved cognitive function, reduced stress and burnout syndrome, reduced fatigue and essentially support the central nervous system.

Wild green oats (*Avena sativa L.*) has been traditionally used in popular medicine to support mental health and cognitive function since medieval times. Numerous sources praise the tonifying, stimulating, mood balancing and nerve strengthening properties of this herb. Hildegard von Bingen (1098-1179), the great medieval



healer, reported that the herb contributes to a "cheerful and sharp mind."

In a clinical trial in schoolchildren, wild green oat (*Avena sativa L.*) consumption was associated with increased memory, focus, and cognitive effects; in laboratory tests, wild green oat intake caused increased ability to learn and better social behavior. A human clinical study of brain wave patterns found, after a *single dose* of this specialized extract, that brain activity patterns *changed* to be consistent with memory, concentration, learning and alertness.

The *German Commission E Monograph* summarizes uses of wild green oat preparations as follows: stress and excitatory states, in cases of nervous exhaustion and as a tonic and restorative. The herb is safe and well tolerated at therapeutic dosages. In clinical studies the extract was found to influence brain activity and to have stimulating properties. Additionally, preliminary results of placebo-controlled behavioral tests in animals investigating central nervous system (CNS) effects of wild oat extract concluded that the extract improves general learning performance and speed of learning, ameliorates stress, improves coping abilities, and increases alertness. Moreover, test animals clearly demonstrated increased social interest and improved reaction to social signals, indicating a positive effect of the extract on an individual's social interaction comfort and skills.

Given these consistent in vitro and in vivo findings, this proprietary bioactive-tested green oat extract may exert a *strengthening*, as well as balancing, effect on the brain and psyche, offering significant possibilities with regard to mental and cognitive functions. Due to its mental energizing effect, it can help restore alert-

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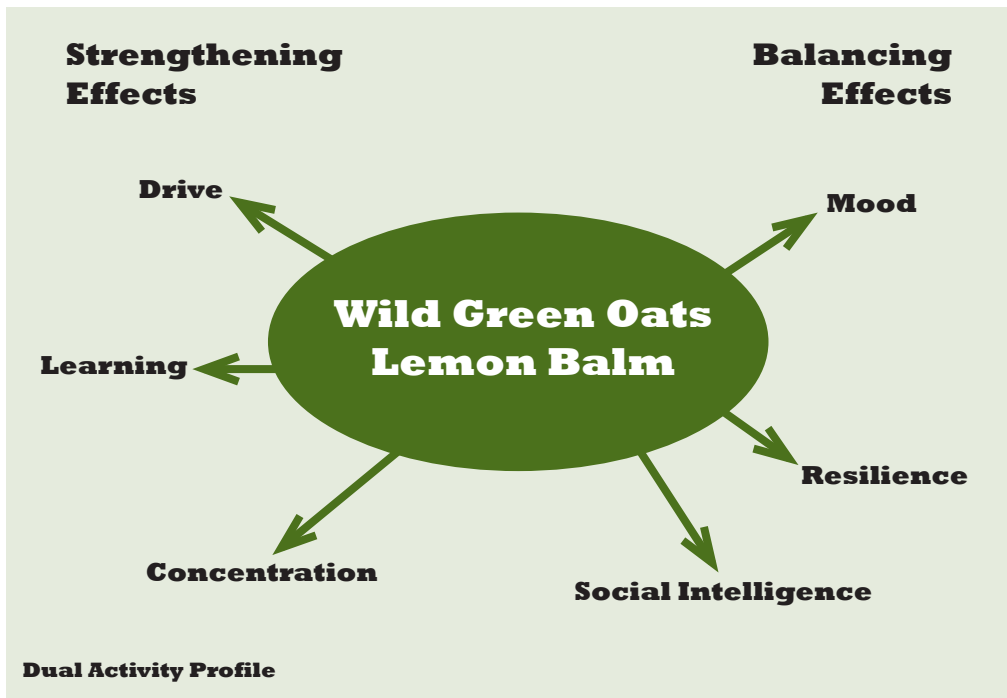
ness and wakefulness without the negative impacts of stimulants such as caffeine or ephedra.

on 30 people aged between 18 and 70 with sleep disturbances were treated for 15 consecutive days with this special lemon balm extract, which resulted in a **39%** reduction in insomnia—all *without* side effects. It is important to note that lemon balm does not put you to sleep. Rather, it allows you to *relax*, and if you are tired, sleep follows naturally. But used in the day time, it *does not* cause sleepiness or drowsiness—only calm and relaxation.

oat variety and extraction process assuring a wide spectrum of key active plant compounds. Because of the proven and potential medicinal applications found for this special extract, a patent was granted. Additionally, this extract is being examined for potential use in both Alzheimer's and Parkinson's Disease, and studies are currently underway on clinical depression.

A Powerful Partnership

Using wild green oat and lemon balm extracts in combination can *greatly* improve your mood, mental energy, memory, accuracy, concentration, learning skills, social comfort and alertness. It can reduce brain fog, undue stress, mental exhaustion and fatigue. These herbs will help you be at the top of your game, each day and every day!



Look for a formula with these ingredients at your local health food store:

A combination of Wild Green Oat (*Avina sativa L.*) Extract and Lemon Balm leaf (*Melissa officinalis L.*) Extract standardized for 5% rosmarinic acid, 730 mgs

The Calm of Lemon Balm

The second herb in this cognitive formulation is a hydro-alcoholic extract of lemon balm leaves (*Melissa officianalis L.*). In Europe, lemon balm is traditionally used in cooking to flavor salads, in marmalades, or even in desserts and drinks. Lemon balm is a condiment bringing freshness and a touch of lemon. In parallel to this dietary use, authors of the past remind us that the *aerial* parts have been used since antiquity in Greek and Islamic medicine to counter nervous disorders.

In 1980, the first pharmacological studies brought to light the brain effects of this herb. More recent studies, using a series of behavioral tests, have clearly demonstrated that this unique proprietary extract of lemon balm significantly increases relaxation and a sense of calm. A double-blind, placebo-controlled study

In a third study examining the effects of lemon balm on learning skills, participants were given a math test *without* the benefit of lemon balm. The test was scored and participants were given a 2-week rest period. During the rest interval, lemon balm was administered. A second test with a similar degree of difficulty was once again given to the students. The results on the second math quiz showed that the students finished the test in a *shorter* period of time, with a *greater* degree of accuracy. I imagine many of you are wishing right now that you had this herbal supplement available when you were in high school!

Raw Material is Key

All herbals are not created equal, and this is *especially* the case with wild green oats. Many years of research and bioassays were necessary to determine the best performing green

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