

Terry Talks Nutrition

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KEY WORDS

Dry skin, Dry eyes, Dry mouth, Dry and inflammation of the vagina, Fatigue, Sea Buckthorn oil (SBA 24), Hippophae rhamnoides L., Omega 3, 6, 7, 9, Sjögren's Syndrome, Gastric ulcer

Cardiovascular Health: The effect of Sea Buckthorn oil on cardiovascular health has been widely studied by scientific investigations. The results strongly support that Sea Buckthorn oil improves the blood lipid profile and reduces risk factors of cardiovascular disease. Sea Buckthorn oil (SBA 24) increases the level of good cholesterol, reduces harmful effects of bad cholesterol and significantly reduces platelet aggregation. This prevents the blood from clotting and keeps the blood vessels open for normal circulation. Inflammation is actively involved in the process of cardiovascular diseases. Inhibiting inflammation in blood vessels, Sea Buckthorn oil (SBA 24) reduces the risk of cardiovascular diseases.

Anti-inflammatory: Oils from seed and pulp/peel of Sea Buckthorn berries have been traditionally used in treatment of skin disorders. Topical application of the oils promotes the healing process of burns, scalds, wounds and dermatitis. In previous studies, the oils of SBA 24 improved atopic dermatitis. Topically applied Sea Buckthorn oil (SBA 24) significantly alleviated inflammation. The result of the test where Sea Buckthorn was orally administered, suggested significant analgesic effect of the oils.

Microcirculation: Disorders in microcirculation have been shown to be

a key issue in a wide range of health problems including inflammation, cardiovascular disease and diabetes. Reduced microcirculation is also an important factor in the cause of skin problems such as couperosa and cellulite. Couperosa is brought about by a disorder of facial circulation or to be precise the enlargement of small blood vessels. The enlarged blood vessels are visible through skin as a redness and thin reddish or bluish lines. Couperosa is generally seen in the case of thin, dry and delicate skin with capillaries located close to the skin surface. Thus couperosa is more frequently found in women, as men tend to have a thicker, stronger skin more resistant to environmental effects. Oxidative stress is often the major cause of damage to the microcirculation system. Antioxidants such as vitamin C and vitamin E as well as those found in grape seed, pine bark and blackcurrant have been shown to improve microcirculation.

Gastric ulcer: A recent study where the effects of supercritical CO2 extracted Sea Buckthorn seed and pulp oils was investigated for the first time in treating gastric ulcers. The effects of CO2 extracted Sea Buckthorn seed and pulp oil on gastric ulcers in four experimental models was studied. The results showed both protective and curative effects of the oils. Even though the fatty acid compositions of the two oils are very dissimilar, no significant differences were observed in gastric protective effects of the two oils. Results of the study suggest that the anti-ulcer effects of the tested Sea Buckthorn oils may not have been due solely to their fatty acid content. The oils contain exceptionally high levels of beta-carotene, alpha-tocopherol and beta-sitosterone, of which the latter has shown in previous studies to have curative effects on ulcers. Sitosterol is also reported to increase the gastric protective activity of unsaturated phospholipids. In addition, evidence exists showing that admin-

istration of Sea Buckthorn oil inhibits lipid peroxidation in gastric mucosa in experimental models of gastric ulcer.

Summary: Clinical studies of Sea Buckthorn oil (SBA 24) support the use for the following indications and treatments. Alleviates dryness of oral mucous membranes; promotes regeneration of uro-genital mucous membranes; relieves inflammation and sensitivity of skin and mucous membranes; alleviates atopic dermatitis; protects gastrointestinal mucous membranes and treats gastric ulcers; protects cell membrane lipids against oxidation; increases the level of good HDL cholesterol in the blood; improves chronic vaginal dryness and inflammation.

*Supercritical CO2 is the extraction process of choice for producing high grade bioactive plant and oil extracts. Carbon dioxide is non-toxic, odorless and tasteless, and can be easily and completely removed from the extract. CO2 extracts meet the most stringent process methods and have a high biologically active extract ratio, and can be labeled as all-natural. Oils in plants that are extracted using the CO2 method contain no heavy metals, are completely pure and safe, provide no base for germ growth or need preservation. Supercritical CO2 extraction works at very low temperatures, preserves sensitive plant constituents and avoids the risk of biologically active components being destroyed by oxidation. CO2 extracts are 100% natural, authentic, highly concentrated and offer the user the highest level of key active constituents that are found in the plant or oil.

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Terry recommends this formula for your best health:

Proprietary Complex 1,000 mg
Sea Buckthorn (*Hippophae rhamnoides L.*) Oil (SBA24) rich in phytosterols, tocopherols, tocotrienols and carotenoids; oil extracted in a specific ratio of berry pulp and seed oil, containing Omega 3, 6, 7 and 9 using supercritical CO2 extraction technology.