

Berry Powerful Medicine

The Better Prevention for Heart Disease, Cancer and Most Major Diseases

Terry Talks Nutrition

Compliments of Terry... Naturally

Black Chokeberries

You may never have heard of black chokeberries since for many years they have been banned as a crop in the United States. They are often referred to as aronia and their deep color ensures that their peak performance as a superlative health food will cause them to become a super star. It is ironic since the chokeberry is native to the United States but all of the world's commercial production and scientific investigation is ongoing in Poland. Aronia is characterized by its exceptionally high concentration of biologically active compounds. Their PCO and anthocyanin content has been measured at 17 and 20% respectively, levels rarely found in any other fruit. In fact, they contain a PCO not found in any other berry. Studies conducted at the Polish Institutes and Medical Universities show the chokeberry to be one of the most powerful antioxidants among all known fruits. Chokeberry contains PCO's, anthocyanins and also catechins, the same healthful compounds as found in green tea. This combination is particularly beneficial for the heart and cardiovascular system. Research conducted at the Clinic of Cardiology of the Medical University of Warsaw demonstrated the blood pressure lowering effect of the berry. It is hypothesized that the use of this extract as a daily supplement could have an immense effect on the prevention of heart attacks and stroke. Heart attacks and strokes account for the majority of effects from cardiovascular disease.

Based on research by Dr. M. Naruszewicz, Professor of Pomerania Medical Academy and Dr. M. Dluzniowski, Professor of Warsaw Medical Academy, confirmed that preparations containing aronia reduced both systolic and diastolic values of hypertension (high blood pressure). Conclusion has been drawn that these clinical results are due to the unique influence of anthocyanins on blood vessels manifesting itself by increase of flexibility of the endothelium. Results of their studies prove that anthocyanins found in aronia (black chokeberries) are valuable supplements

in the treatment of hypertension and in primary and secondary prophylaxis against ischemic heart disease. The research was based on the use of chokeberry fruit extract (*aronia melanocarpa*) of not less than 15% anthocyanins content (*Journal of Atherosclerosis*, 2007). Aronia fruit anthocyanins positively affected the body by strengthening blood vessels, regulating cholesterol, regulating blood pressure, improving memory, concentration and the ability to learn. Vision was also significantly improved, particularly night vision. A formula containing chokeberry extract, grape seed extract and pine bark extract supports all the functions involved with the heart and cardiovascular system.

Chokeberry Heart Formula contains:
Chokeberry (*Aronia melanocarpa*) Extract 5:1, Chokeberry (*Aronia melanocarpa*) Extract standardized to contain greater than 15% anthocyanidins 300 mgs, Grape Seed (*Vitis vinifera*) Extract standardized to contain 95% polyphenols; French Maritime Pine Bark (*Pinus pinaster*) Extract standardized to contain 85% polyphenols 100 mgs. Contains double the amount of OPC's and 50% more polyphenols than other pine bark; extracted through a unique water method, no solvents or chemicals used. Tannin free.

Berry Healthy Eyes

Millions of people are experiencing eye strain, eye fatigue and the progression of nearsightedness. It is a sign of the times due to the rapid rise in the use of computers, cell phones and PDA's. Never before have our eyes had to be so focused on a specific area for such a long period of time. Due to this highly concentrated eye strain, over time the muscles are gradually retrained into true nearsightedness. In a placebo controlled double-blind crossover study, participants worked at a computer for two hours. The study showed the ability of blackcurrant PCO's and anthocyanins to **improve visual acuity**. Those taking the placebo experienced false nearsightedness while those taking the blackcurrant supplement maintained their normal eyesight. The significance of the study was excellent and strongly demonstrated the protective effects of blackcurrant extracts. Based on this study, one researcher's comment was that further studies may show that blackcurrant extracts may also prevent retinal disease such as cataracts and age related macular degeneration. In addition, participants supplemented with blackcurrant extracts did not experience eye fatigue nor did they experience the stiffness of

the back and neck ordinarily associated with working at the computer. These benefits are related to the improvement in circulation due to the intake of PCO's and anthocyanins. For several decades, anthocyanins have been used successfully to treat eye diseases. **Overall studies show that a combination of berry extracts has produced 73-97% improvement of the eyesight in 8,000 patients with damaged blood vessels. This is a very significant result and a huge benefit to maintaining the health of the eyes. In Japan, researchers studying the benefits of blackcurrant on overall eye function discovered that blackcurrant extracts taken orally has the cosmetic effect of removing otherwise undesirable dark circles from under the eyes.**

Blackcurrant Healthy Eyes Formula contains:

Proprietary blackcurrant complex 450 mgs; contains Blackcurrant (*Ribes nigrum*) Extract 5:1, Blackcurrant (*Ribes nigrum*) Extract standardized to contain greater than 25% anthocyanins, containing cyanidin, delphinidin, coumaric acid and feruloylquinic acid, Grape Seed (*Vitis vinifera*) Extract standardized at 95% polyphenols 50 mgs

Cherry Fruit Extract

The cherry's juicy flavors have dazzled our taste buds for thousands of years. The cherry was noted in Roman writings dating as far back as 73 B.C. The beauty and wonder of the cherry is more than skin deep. The power of the cherry is more than a legend. A look inside this fruit reveals there is more than meets the eye. Cherries have been investigated for their ability to promote cardiovascular health and healthy glucose metabolism. Researchers have also examined the ability of cherries to inhibit the COX-2 enzyme. Cherry fruit extract provides a simple yet effective way to deliver the wonderful health promoting benefits of the cherry especially with its substantial amount of anthocyanins. Cherries have been studied for their ability to inhibit the enzyme cyclooxygenase. This enzyme is produced in the body in at least two different forms termed COX-1 and COX-2. Research has reported that cherry supplementation induced COX-1 inhibition at levels comparable to common over-the-counter pain relievers. Cherry fruit extract is a healthy choice for joint inflammation. Disease associated with inflammation is often a common culprit of pain. Arthritis pain for example is a result of the harmful effects of inflammation. Pain can often

interfere with performance of typical daily activities. **A daily dose of cherries, however, could help the body respond in a healthier manner to inflammatory conditions associated with arthritis. Research has also reported the benefits of cherries in association with the treatment of gout.** The development of gout is frequently tied to high concentrations of uric acid. As the crystals accumulate, they can eventually cause inflammation and joint pain. The flavonoid compounds in cherries have been known to lower serum uric acid levels.

Cherry Fruit Extract Formula contains: Sweet Cherry (Freeze Dried) Extract standardized to contain >0.7% anthocyanins, 1500 mgs

END

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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Look for this column every Wednesday.

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