

Terry Talks Nutrition

Compliments of Terry... Naturally

While everyone in the health food industry including manufacturers, scientists, retailers and consumers are always looking for the new miracle herb or nutrient for healthier benefits and while new scientific discoveries are important, let's not forget the past. We are all excited to learn about the new powerful antioxidant or the new anti-stress vitamin, but it seems when we discover something, we never respect their value stumbling over them and move on and hope for the next new miracle. It's like not being able to see the forest because of the trees. We should not lose sight of the wonderful benefits of foods and nutrients that are scientifically validated but seem to have lost their luster and excitement. *Well, I want to reintroduce you to two nutrients that have exceptional health benefits but have been forgotten.* Would you believe they are both found in liver? Yes, I know you don't eat liver anymore because of the purines, toxins and cholesterol. But, let me show you a better way to take liver that will give you all the benefits of liver with **no** purines, toxins or cholesterol. Liver contains the greatest quantity of natural nutrients (vitamins and minerals) than any other known food. Many people suffer from a deficiency of iron without even knowing it. According to the Mayo Clinic, having iron deficiency anemia may cause you to feel tired and often look pale. It's a very common type of anemia, a condition in which blood lacks adequate healthy red blood cells which carries oxygen to tissues. Oxygenated blood gives your body energy and your skin a healthy and

radiant glow. Iron deficiency anemia is common especially in women. One in five women and 50% of all pregnant women are iron deficient. You can usually correct iron deficiency anemia with iron supplementation (explanation below). Sometimes additional treatments are necessary especially if you are bleeding internally (checking with a physician is always prudent). In general, anemia causes extreme fatigue, hair loss, pale skin, weakness, shortness of breath, headache, light headedness, cold hands and feet, inflammation or soreness of your tongue, brittle nails, poor appetite (especially in infants and children), and an unusual condition; a craving for non-nutritive substances such as ice, dirt or pure starch. Iron supplementation such as iron sulfate, iron fumarate or iron gluconate are extremely difficult to digest and absorb systemically, and are harsh on the stomach causing constipation. Out of 200 mg of these iron salts, approximately 2 mg of iron will finally reach the bloodstream. On the other hand, **liver** is the most natural source of iron because it contains heme iron. This is a form of iron which is attached to hemoglobin. *Therefore, it can be absorbed up to 33% of the quantity ingested whereas iron salts are absorbed at about 1%.* When you combine this natural liver extract with a new form of vitamin B12 (methylcobalamin), which requires no biological transformation since it is made ready for absorption, it creates a powerful combination to increase energy levels and reduce symptoms of deficiencies associated with iron and B12. We've already mentioned the symptoms associated with iron deficiency and following are the deficiencies associated with vitamin B12. For example, if you suffer from sleeping difficulties, I would recommend taking vitamin B12 during the day because I believe

vitamin B12 plays a vital role in melatonin production. Melatonin has been called the "sleep hormone" because it is responsible for letting you get a good night's sleep. Also, do you or a family member experience any of the following? Tiredness and feelings of weakness, irritated nervous system, less than optimal eye function, loss of appetite and unintended weight loss, feelings of irritation and mild moodiness, poor memory and short term memory loss, being nervous, poor liver and heart function, brittle nails and premature graying hair. If so, you may need to supplement with vitamin B12 even if you eat foods rich in vitamin B12. Oddly enough that wasn't a mistake. You can eat plenty of meat, poultry, brewers yeast, eggs, fish, dairy products or seafood and still have low levels of B12. Why? It could be because your body is unable to absorb vitamin B12 from your gut. B12 needs the help of a protein called the intrinsic factor in the stomach to convert B12 from cyanocobalamin to methylcobalamin. Because the lining of your stomach makes intrinsic factor, people with poor digestion often require vitamin B12 supplementation. **The Natural Solution, supplementing your diet with a highly concentrated liver extract (20X) 1,300 mg combined with vitamin B12 (methylcobalamin) 1,000 mcg.** This in itself would be a great formula to meet your needs for iron and B12 and to help correct the deficiencies described above. I would recommend adding a highly concentrated rhodiola extract (15%). *This is one of the most highly regarded energizing herbs in the herbal kingdom.*

A formula of this kind could provide you with a sense of well being, energy and a multitude of other healthy benefits, and drastically reduce your fatigue. Ok, here is what to look for for adults and teens but let's not forget children under 12 years of age. Based on three clinical studies, let's just look at one study. **The Effect of a Food Supplement on the Behavior of Children with Attention Deficit Disorders (ADD/ADHD),**

Journal of Pediatrics, January 1, 2006. The study of 18 children with Attention Deficit Disorders was carried out in a pediatric practice with the participation of parents and teachers. Giving Bio-Strath food supplement at a dose of three teaspoons a day for six weeks produced astonishing results. 12 of the 18 children exhibited improvements with respect to impulsiveness, attentiveness, ability to respond and social behavior in school and at home. 93 of the 116 statistically recorded parameters exhibited improvement. This supplement is totally natural providing an abundance of vitamins and minerals and amino acids and key compounds from herbal extracts. It is a very healthy food but does it really deliver as described above? Keep in mind that this is a very small study and other studies have proven to be not as positive. However, as a children's nutritional supplement, I highly recommend it for good health. There is no reason not to try Bio-Strath syrup and improve your child's health. It can improve all parameters of health including the immune system. Whether the studies are of value or not, Bio-Strath is worth trying.

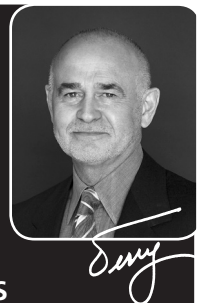
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When in doubt, always consult your physician or health care practitioner. This column is to provide you with information to maintain your health.

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Look for this column every Wednesday.

Terry Naturally



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Terry recommends this formula for your best health:

Adult and teen formula -

Vitamin B12 (methylcobalamin) 1,000 mcg
Liver Fractions 20X (hydrolyzed) 1,300 mg
Rhodiola (Rhodiola rosea) 15%, 100 mg