

Terry Talks Nutrition

Compliments of Terry... Naturally

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

Beautiful skin and healthy mucous membranes, the signs of health and well being, are important roles in everyone's life but particularly in women. Skin and mucous membranes are constantly under challenges from different factors such as stress, aging, side effects of medical treatments and environmental contamination. A healthy diet and dietary supplementation of essential nutrients and bioactive components are becoming indispensable constituents of modern health care strategies. Healthy fats (lipids) are essential structural components of healthy skin and mucous membranes. Polyunsaturated fatty acids play an important role in multiple aspects of the whole body physiology. Antioxidants are also of extreme importance in order to protect polyunsaturated fatty acids and cellular components of the skin and mucous membranes from oxidative stress from the environment, aging and stress. Targeted oral supplementation of these bioactive components designed to correct an imbalance in the modern diet enhances the health and beauty of the skin and mucous membranes.

The wonders of Sea Buckthorn:
The exceptional Sea Buckthorn tree

Part ONE of THREE

Sea Buckthorn Seed and Pulp Oils in the Treatment of Skin, Mucous Membranes and Sjögren's Syndrome

is a hardy plant naturally grown in Europe and Asia and produces a berry with seed containing an exceptionally high content of Omega-7 fatty acid (palmitoleic acid). The Sea Buckthorn (*Hippophae rhamnoides L.*) edible berry has exceptionally high contents of nutrients and phytochemicals such as lipids, water and fat soluble vitamins and flavonoids. The total antioxidative capacity of the berry is due to the presence of vitamins E and C and carotenoids as well as enzymes such as superoxide dismutase isoenzymes.

The berries have a long history of application, more than 1,000 years in Tibetan and Mongolian medicines, in the treatment of various diseases. In more than 300 ancient prescriptions Sea Buckthorn was used to improve blood circulation, reduce inflammation, regenerate skin and mucous membranes and treat gynecology disorders. Oils extracted from Sea Buckthorn berries have been used for treating scalds, burns and other skin injuries. The pearl shaped berry of Sea Buckthorn is commonly referred to as a "nutrient bomb" and is claimed to contain more than 200 bioactive compounds among which natural vitamins, antioxidants, essential fatty acids and plant sterols have been well investigated.

Women's health care: One special feature of Sea Buckthorn is that the berry contains oil both in the seed and soft pulp of the berry. The seed oil is rich in essential fatty acids (omega fatty acids), linolenic and alpha-linolenic acids, and the pulp oil is the richest known source of palmitoleic acid (Omega-7) rarely found in the plant kingdom. Both seed and pulp oil contain exceptionally high levels of natural vitamin E,

both tocopherols, tocotrienols, and plant sterols.

During the past few decades scientists have carried out extensive research on Sea Buckthorn. This has resulted in an improved understanding of the health benefits and chemical composition of the berry and its oil.

Due to the rich content of the essential fatty acids, antioxidants, vitamins and trace minerals, Sea Buckthorn oil offers exceptional support for women's health, not only to improve perimenopausal symptoms but also to maintain the health and well being of women throughout their lifetime.

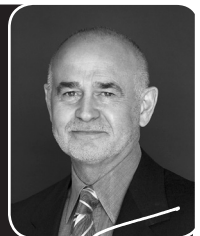
Healthy skin: The beneficial effects of Omega-7 on the skin and mucous membranes have been substantiated by product specific clinical and experimental studies. The aging process considerably alters both the structure and the mechanical properties of skin. Aged skin is less extendable and less elastic than younger skin. Fine lines and wrinkles are characteristic signs of age and especially photo-aged skin. Wrinkle formation is due to the decrease of elasticity, photo-aging and free radical attack on the skin.

Continued next week in PART TWO

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Terry Naturally



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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.