

Terry Talks Nutrition

Compliments of Terry... Naturally

Healthy Heart – because of their PCO content both grape seed and pine bark extracts improve circulation to the heart, the entire vascular system, the brain and peripheral vascular system such as the legs, feet, toes, arms, hands and fingers. PCO's and anthocyanins protect the heart by inhibiting the tendency of blood to clump by keeping low density cholesterol (LDL) from sticking to the sides of the arteries by restoring free blood flow through the arteries and improving the strength of the capillaries. All of these properties encourage a free flow of blood and nutrients to the cells. Enhanced circulation not only improves heart health but also improves blood flow to the brain. It provides invaluable support for people suffering from diabetes and the accompanying circulatory disorders. Diabetes is a disease in which circulation can degenerate to the point that blindness and even gangrene can result causing the loss of toes, feet and limbs. Poor glucose utilization increases the body's production of free radicals. Grape seed and pine bark extracts and their powerful antioxidant capacity help limit the damage. Further, a recent study published by the American Diabetes Association shows that people with mild diabetes were able to lower their blood sugar and increase blood vessel health using pine bark extract. Similar results have been achieved with grape seed extract.

Healthy Legs – Impaired circulation of the lower limbs is a common condition in many people, particularly the elderly, because the circulation in the legs requires extra effort since the blood has to return to the heart against gravity. With impaired leg circulation we can have swollen legs, edema, spider and varicose veins and heavy, tired legs. **DVT (Deep vein thrombosis)** is a common condition caused by extended periods of

inactivity. For example, international flights can result in blood accumulating in the lower legs leading to swollen legs. Grape seed and pine bark extracts can help avoid the feeling of heavy, tired legs with swelling and edema. They improve the tone of the vessels in the legs. Several clinical studies have demonstrated their beneficial effects in supporting vein health in the legs.

Healthy Eyes – In another sign of the times, the rapid rise in the use of computer monitors, of cell phone messaging and of PDA's has led to an increase in both eye and vision problems. Millions of people are experiencing eye strain, eye fatigue and the progression of nearsightedness. Long hours doing these activities causes the eye muscles to constrict and experience fatigue. Over time the eye muscles are actually retrained into true nearsightedness. Current research studies show that these antioxidants, grape seed and pine bark extracts, also prevent retinal diseases such as cataracts and age related macular degeneration. These benefits are related to the improvement in circulation also attributed to PCO's and anthocyanins. For over 40 years anthocyanins have been used successfully to treat eye diseases.

Healthy Skin – The skin is truly a reflection of what is going on inside our bodies. The skin's health is due to its antioxidant protection and improved circulation bringing the proper nutrients to the skin for a healthy glow of fresh, firm and smooth skin. Dietary and lifestyle choices we make each day greatly affect the health of the skin. Additional factors have to be considered such as aging (time), sun, stress, pollution, toxins, drugs, chemicals and the most destructive, smoking, further affects the health of the skin. Grape seed and pine bark strengthen the capillaries preventing the blood from seeping through which can cause purpura (black and blue spots), commonly found in the elderly, a type of bruising that is caused by thin skin and fragile capillaries, also a common cause for nose bleeds. For example, leaky or fragile capillaries can result in blotches on the skin. Overexposure of UV rays of

the sun can result in reddening and inflammation of the skin. Collagen is a primary factor in providing strength and structure of the skin. OPC's have an affinity for connective tissue components such as collagen. In vivo studies have shown that OPC's protect against the effects of certain enzymes that digest and weaken collagen and elastin. Collagen and elastin appear to be reinforced by OPC's. Research has shown that OPC's help protect collagen and elastin. Free radicals have been implicated as a fundamental cause of aging internally and externally. Free radicals are destructive to cells and tissues throughout the body and in particular the cells of the skin. The antioxidant properties of grape seed and pine bark extract OPC's have been extensively researched and found to be many times stronger than that of vitamin E and vitamin C.

More...

For more information to improve your health read PART THREE next week on OPC's.

Terry's recommended formula will be published in PART THREE.

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

Subscribe to a weekly health newsletter at www.TerryTalksNutrition.com/newsletter.php. and it's FREE.

Look for this column every Wednesday.

Terry Naturally



STORE HOURS

M - F: 9 a.m. - 7 p.m.

Sat: 9 a.m. - 5 p.m.

2625 Development Dr., Suite 40
Green Bay, WI 54311
Hwy 172 at GV • 920-965-1002
www.TerryNaturally.com