

Terry Talks Nutrition

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In today's intensely competitive working environment, we make increasingly greater demands on ourselves in order to excel or simply survive. We work longer hours, cut down on periods of relaxation and invest in further professional education while trying to balance family and work at the same time. No wonder this lifestyle can jeopardize our mental and emotional well being. A recent survey of industry decision makers in 30 countries done by the consultancy firm, Grant Thornton, revealed that in the year 2005 executives felt even more stressed than in the previous year. It's not only managers who are putting their mental health at risk, but students, mothers and senior citizens are affected as well. In the U.S., almost a quarter of the general adult population has suffered from fatigue lasting two weeks or longer. In any given year, worldwide, 5.8% men and 9.8% women will experience a depressive episode. In a recent European study, 13.6% of European inhabitants reported a lifetime history of dementia (Alzheimer's disease is the most common form of dementia. Dementia is a term that is used to describe a group of brain disorders. These brain disorders cause memory loss and make it harder to carry out daily tasks), and a new case of dementia is diagnosed every seven seconds. Drugs have been the traditional first choice of consumers to alleviate mood swings and stress or cognitive impairment. But, consumers are becoming wary due to the possible significant side effects or effects of prolonged use. In contrast, **herbal preparations are regarded as efficient, natural and safe alternatives to support mental and cognitive health particularly for the treatment of occasional and mild cases.** Herbal preparations have an advantage over drugs since herbs have an abundance of components including vitamins,

minerals and trace elements whereas the drug has one single molecule. The clinical effect of an herbal extract cannot be attributed to any one single substance but is the result of the synergistic interplay of all constituents. The genetic and phenotypic variability of a plant as well as the extraction and extract refining technology used for the development of a multi component botanical extract are critical to maximize the health benefits and minimize the side effects of the final product. In Europe, herbal medicines are readily accepted as a way to treat mild to moderate disorders by both physicians and academia. Serious research and development is therefore, the norm in developing new herbal technology. For example, bioassay-guided development is a state-of-the-art research method of the rationale development of efficient and safe herbal medicines. The impact of different plant varieties as well as different extract preparation methods can be assessed by screening the bioactivity profile of an extract from the raw material to the final product during in vitro test systems connected to the target indication. Similarly, safety and tolerance aspects of concern such as liver toxicity or enzyme interfering properties, which are important for determining the drug interaction potential, can be monitored. Scientists in Europe wanting to develop an herbal combination for the treatment of dementia, fatigue and stress discovered two significantly effective herbs for these indications. They are clinically studied and found to provide mental relaxation, tranquility, peace, improved cognitive function, reduced stress and burnout syndrome, reduced chronic fatigue and essentially support the central nervous system. The first herb discovered for the herbal combination is wild green oats which traditionally has been used in popular medicine to support mental health and cognitive function since medieval times. Numerous sources praise the tonifying, stimulating, mood balancing and nerve strengthening properties of *Avena sativa* L. (wild green oats). Hildegard von Bingen (1098-1179), the great medieval healer, for example, reported that the herb contributes to a cheerful and sharp mind. The German Commission E monograph summarizes uses of wild green oat preparations as follows:

stress and excitatory states, in cases of nervous exhaustion and as a tonic and restorative. The herb is safe and well tolerated at therapeutic dosages. In clinical studies the extract was found to influence brain activity and to have stimulating properties. This proprietary oat extract seems to stimulate dopaminergic (DA) transmitter system which is implicated in cognitive functioning and motivation and is related to depression. In the model used in this study, the extract provides the same results as obtained from drugs used to treat dementia. Additionally, preliminary results of placebo controlled behavioral tests in animals investigating CNS affects of wild oat extract, **concluded that the extract improves general learning performance and speed of learning, ameliorates stress coping abilities and increases alertness. Moreover, test animals clearly demonstrated increased social interest and improved reaction to social signals indicating a positive effect of the extract on an individual's soft skills, i.e. its social intelligence.** Given these consistent in vitro and in vivo findings, this proprietary bioactively tested green oat extract may exert a strengthening as well as balancing effect on the brain and psyche offering significant possibilities with regard to mental and cognitive functions. There is strong evidence that the proprietary oat extract can **support memory performance, help improve and speed up learning and memory functions as well as improve an individual's social intelligence.**

Due to its stimulating effect it can help restore (mental) alertness and wakefulness without the negative impacts of alternatives such as caffeine or ephedra. The proprietary extract has been thoroughly tested for safety and tolerance for all indications listed above. The second herb in this cognitive formulation is a hydroalcoholic extract of lemon balm leaves (*Melissa officinalis* L.). In Europe lemon balm is traditionally used in cooking to flavor salads, in marmalades or even in desserts and drinks. Lemon balm is a condiment bringing freshness and a touch of lemon. In parallel to this dietary use, authors of the past remind us that the aerial parts have been used since antiquity in Greek and Islamic medicine to counter nervous disorders

and that from 1980 the first succinct pharmacological studies have brought to light a neurotropic. More recent studies using a series of behavioral tests have clearly demonstrated that this unique proprietary extract of lemon balm has a sedative neurotropic action. A double blind placebo controlled study on 30 people aged between 18 and 70 showing signs of sleep disturbances were treated for 15 consecutive days. The nineteen parameters studied were grouped into three families. In summary, a 39% reduction in insomnia in patients treated with the proprietary lemon balm extract was observed. The study also indicated that patients presented no side effects. In a third study to learn the effects of lemon balm on learning skills, participants were given a math test without the benefit of lemon balm. The test was scored and a 2-week rest period ensued, which during that time, lemon balm was administered to the students. A second test with the similar degree of difficulty was once again given to the students and the results on the second math quiz showed that the students finished the test in a shorter period of time with a greater degree of accuracy. From the studies above, individuals who are concerned with the reduction in libido, hormonal and immune system disturbances, skin and cardiovascular problems, digestive disorders, dementia, reduced learning ability or a reduction of social skills should consider supplementing with this unique combination of wild green oats and lemon balm.

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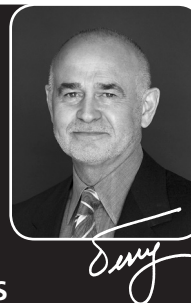
Terry recommends this formula for your best health:

A combination of Wild Green Oat (*Avina sativa*) Extract and Lemon Balm leaf (*Melissa officinalis* L.) Extract standardized for 5% rosmarinic acid, 730 mgs

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

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.

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