

Terry Talks Nutrition

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Sports Injuries and Overtraining –

The irony of physical exercise is that what is good for us can also be harmful to us. As we increase muscular work it also increases free radical damage.

When training, volume and intensity are increased and the cells of the body are at a greater risk for the harmful damage produced by free radicals. Consider free radicals as one of the most destructive enemies your body must deal with on a daily basis. Free radicals have been associated with decreased physical performance, muscular fatigue, cramps and muscle damage from overtraining. Physical exercise offers a myriad of health benefits and should form a part of every individual's daily routine. However, in order to minimize the damaging effects of free radicals generated during exercise and recovery, it is important to supplement the body's natural antioxidant defenses with antioxidants found in food and dietary supplements. There are absolutely no better supplementary antioxidants than grape seed and pine bark extracts. OPC's are the most potent antioxidants found in nature. They occur widely in nature and are present in varying concentrations in fruits and vegetables. Grape seed and pine bark extracts afford the highest level of antioxidant activity found in nature. Most clinical studies show beneficial effects of these compounds at concentrations of 100 to 300 mgs per day. The protective properties of OPC's in blood vessels have been largely attributed to their ability to increase the tone and strength of blood vessel walls. The health of the body is due in large part by healthy circulatory function, the system that brings oxygen and a new supply of nutrients throughout the body. OPC's help improve circulatory function thus sup-

Terry recommends this formula for your best health:

Antioxidant Formula:

Blackcurrant Complex 300 mgs containing Blackcurrent (*Ribes nigrum*) Extract 5:1, Blackcurrent (*Ribes nigrum*) Extract standardized to contain >25% anthocyanins, Grape Seed (*Vitis vinifera*) Extract standardized to contain 95% polyphenols; 100% bioavailability, high levels of procyanidins (dimers, trimers and tetramers), free of tannins 200 mgs, French Maritime Pine Bark (*Pinus pinaster*) Extract standardized to contain 96% polyphenols, primarily dimers, trimers and tetramers, free of tannins 40 mgs.

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High Performance Antioxidants: OPC'S

porting a sufficient supply of nutrients and oxygen and efficient clearing of waste products from the body.

Summary – OPC's are the smallest molecules found in grape seed and pine bark extracts. OPC's are a high performance phytonutrient. They work especially in cardiovascular health, diabetes, rheumatoid arthritis, weak and impaired vision, macular degeneration, varicose and spider veins, hemorrhoids, impaired circulation, skin health, inflammation and injuries and edema and premature aging. OPC's are effective in many unrelated conditions because they control free radical damage while protecting collagen and stimulating circulation.

How to find the most active grape seed and pine bark extracts –

Unfortunately, many manufacturers bow to consumer pressure for a low price product so ultimately use inferior grape seed and pine bark extracts to meet the demand of the consumer. No matter how inexpensive a product is, if it does not perform as clinical studies indicate, the money spent on an inexpensive product is a complete waste. When using a high quality grape seed and pine bark extract, they will rival many drugs on the market at a reasonable price over-the-counter and without side effects. I have researched these two extracts extensively and learned that many of these inexpensive extracts contain a high percentage of higher weight molecules commonly referred to as tannins. These high weight molecules are not absorbable but can still be called OPC's. Manufacturers use a high percentage of tannins to bring the cost of the extracts down significantly. However, this practice reduces the health benefits significantly. I can only recommend the grape seed and pine bark extracts that are still manufactured in France by the manufacturer of the original Masquelier OPC's. There have been over 170 clinical studies attributed to the health benefits of pine bark extract. While this has been a great accomplishment for the leading

pine bark extract, new research into the development of a tannin free form of pine bark extract has been accomplished. This new tannin free pine bark extract is now 100% bioavailable by the body. My recommendation would be to look for a formulation of grape seed and pine bark extracts that are completely free of tannins. This will ensure that you are only getting an extract that is fully bioavailable with a high level in procyanidins mainly dimers, trimers and tetramers. These are very small molecular compounds that the body can easily absorb. There are many wonderful nutritional supplements that can benefit ones health. But for overall health and longevity, my personal recommendation would be to take as your #1 supplement, a very powerful antioxidant. It has such far reaching benefits that it can be responsible for prevention of over 60 different diseases and can correct and restore the health when plagued with one of these diseases. There is no better way to improve and protect your health than with effective plant based antioxidants such as grape seed and pine bark extracts.

Key Health Benefits – Cardiovascular health, vein and circulatory health, diabetes, anti-aging, skin health and improved elasticity, anti-pigmentation problems and eye health.

Dr. Masquelier passed away February 2009 after spending his entire life researching and documenting the healing benefits of OPC's.

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Look for this column every Wednesday.

Terry Naturally



STORE HOURS

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