

Terry Talks Nutrition



Stress, the Ultimate Killer

Compliments of Terry... Naturally

We have all experienced stress at one time or another. It can be occasional stress such as the fear of going to the dentist, having to give a lecture or the loss of a loved one. Our glandular function has been designed to compensate for occasional stress. For the cave man, it enabled him to fight off a wild animal or to have the ability to escape. Our glands produce chemicals to give us the strength to "fight or flight" from occasional stress. However, today in our modern society, we can engage ongoing daily stress, the loss of a job, marital problems, severe financial obligations and numerous other situations that cause us stress, irritability, chronic fatigue and anxiety. Research scientists have been exploring herbal medicines to discover new active compounds that can strengthen the body's ability to cope with chronic stress. We will never be able to live stress free but we can strengthen our body's function to work more harmoniously with stress. Clinical studies over the past several years demonstrate that a number of herbal extracts possess compounds that reduce the effects of stress, increase energy, reduce fatigue and exhaustion, and increase physical and mental performance. The four herbs that have gained the most attention by scientists are Rhodiola rosea, Eleuthero senticosus, Ashwagandha and Schisandra. These herbs are classified as adaptogens meaning that they are able to help the body adapt to severe changes. Olympic athletes, cosmonauts, business

professionals and housewives in Russia have been using a similar combination for many years. In fact, many experts believe this blend of herbal extracts has been responsible for the strength of Russian athletes. Rhodiola is in a class of its own. It can provide energy, reduce the effects of stress, increase well being and stimulate the desire for pleasure. Rhodiola is unique in many ways. It can provide an effect either short-term or long-term. To compensate for the occasional stress (dentist, presentation or taking an exam), one or two doses of the adaptogenic formula an hour before the stress can improve calmness, increase energy, focus and concentration. For chronic stress that seems endless, one dose two or three times a day will have a tremendous effect in turning the body back to a normal, relaxed state. When you feel unfocused, stressed out and/or tired, you will get a quick immediate energy boost. Your stamina, mental acuity and ability to concentrate will increase tremendously. The effect generally comes in as little as 1-2 hours and often lasts all day. An adaptogenic formula makes it easier to solve problems, to focus and maintain an optimistic attitude. The formula can help the brain perceive problems more quickly and consequently the problem can be solved faster and more precisely. In one study, for example, researchers could demonstrate how students who used an adaptogenic formula would become more motivated and received better grades on their exams. The quantity of Rhodiola consumed does not determine the effect but the quality of the root and extraction method determines a superior extract. Rhodiola contains more than 100 different molecules that work together to provide the maximum

effect reducing stress. A recent study was conducted on 24 people. The results were measured in part after one hour and again after four hours. The researchers measured physical endurance, reaction time, speed, strength and the ability to comprehend. The result of the test proved 51% of the people in the Rhodiola group experienced significant stress reduction as compared to only 5% in the control group. In addition, fatigue, ability to comprehend and mental acuity were all measured. All parameters showed a very clear effect. "Rhodiola rosea is probably the only substance to reach the west in significant quantities which is not claimed to be a cure for anything in particular. It may be an important adjunct to help almost any disease condition. It is also an ideal supplement for healthy people who should take it regularly to increase resistance to disease. This is especially true when an individual is undergoing a period of physical or emotional stress". Carl Germano, R.D.C.N.S.L.D.N. There is no question that Rhodiola rosea is probably one of the most important and most successful and versatile of all the adaptogens now available.

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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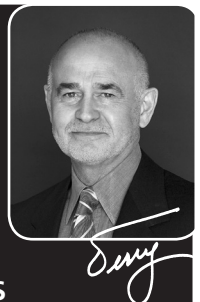
Terry recommends this formula for your best health:

Stress Reducing Formula

Formula to reduce stress, fatigue and exhaustion, increase energy, as well as physical and mental performance. Rhodiola (*Rhodiola rosea*) Root Extract standardized to contain >15% rosavins, Eleuthero (*Eleutherococcus senticosus*) Root Extract standardized to contain >0.8% eleutherosides, Ashwagandha (*Withania somnifera*) standardized to contain >2.5% withanolides, Schisandra (*Schisandra chinensis*) Extract standardized to contain >9% schisandrins.

Look for this column every Wednesday.

Terry Naturally



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