

# 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**

Sea Buckthorn oil is an excellent source of essential nutrients for regulating moisture and sensitivity of skin. A study was designed to evaluate the efficacy of Sea Buckthorn oil capsules to reduce the signs of aging through measurements of skin hydration, elasticity and skin roughness. In the clinical study, 30 healthy women average age of 61 years took 2 capsules twice a day for three months. Skin hydration study results: A highly significant increase in skin hydration was recorded during and after the treatment. Increase in moisturization after one month, 33.6%; after three months, 48.6%.

- Improves atopic eczema and dermatitis
- Has anti-inflammatory and analgesic effects
- Slows down the aging process of the skin
- Promotes wound healing and tissue regeneration

## Healthy mucous membranes:

Mucous membranes cover the digestive, respiratory and uro-genital tracts and inner surface of the eyes. They are important channels of interaction between the body and the environment and are the major routes for pathogens, toxins and

allergens to enter the body. The mucous membranes play an important role in the health and general well being of the whole body. Mucous membranes are often attacked by diseases, stress, aging and side effects of medication.

- Nourishes and regenerates mucous membranes
- Regenerates uro-genital mucous membranes
- Protects gastric mucosa – maintains the health of stomach and intestines, cures gastric ulcers
- Relieves dry mouth symptoms

**Sjögren's Syndrome:** Sjögren's Syndrome is an auto-immune disease. This particular auto-immune illness causes inflammation in certain glands of the body. Inflammation of the glands that produce tears leads to decreased fluid for tears causing eye dryness. Inflammation of the glands that produce saliva in the mouth leads to dry mouth and dry lips. Sjögren's Syndrome can also be associated with a connective tissue disorder such as rheumatoid arthritis, lupus and scleroderma. It is also found more commonly in families that already have members experiencing auto-immune illnesses such as lupus, auto-immune thyroiditis (Hashimoto's thyroiditis) and juvenile diabetes. About 90% of patients with Sjögren's Syndrome are female. Other inflammatory conditions associated with Sjögren's Syndrome include those of the lining of the breathing passages causing lung infections, and the vagina sometimes causing pain during intercourse and recurrent vaginal infections. In a placebo-controlled double-blind crossover study, 24 female Sjögren's Syndrome patients took Sea Buckthorn oil (SBA 24) in a vegetable based capsule

manufactured by supercritical CO<sub>2</sub>\* extraction technology. Fractionated coconut oil (FCO) was used as a placebo, 6 capsules (3.0g oil) per day. Each product was taken for three months. The conditions of mucosa of the eyes, mouth and genital tract and the skin were evaluated using a visual analogue scale (VAS) before and after each of the supplementation periods. A higher percentage of patients had the condition of genital mucosa improved by Sea Buckthorn (SBA 24) than FCO (placebo). In addition, the use of SBA 24 led to better improvement in symptoms of Sjögren's Syndrome suggesting beneficial effects of Sea Buckthorn oil softgel on the overall condition of the mucous membranes. *Dramatic improvement was noticed in reduced itching, burning, pain, secretion, dryness, dry eyes, mouth and nose, fatigue, joint pain, skin eczema and pale finger (Fingers that change color when they are exposed to cold temperatures or stress are a sign of cyanosis. Cyanosis is a bluish discoloration of the skin and mucous membranes from lack of oxygen).*

Continued next week 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.*

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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 CO<sub>2</sub> extraction technology.

Look for this column every Wednesday.

Terry Naturally



## STORE HOURS

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

Sat: 9 a.m. - 4 p.m.

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