

# Peak Physical Performance

Today's fast paced lifestyle has everyone on the go and there is little time to think of the impact that diet has on our body functions. In the last few decades, our ability to perform physically at its peak level has dropped drastically. In this article I will offer you solutions how to improve physically and build a healthy body. These solutions include concentrated and standardized fruit and herbal extracts that can make a significant difference in how you perform. Supplements are vital but I would never want you to think that supplements are the answer to good health and not address the importance of a high quality healthy and nutritious diet. You would never expect to run an engine on poor fuel and you would never expect to feed an expensive show horse improperly if you expected them to be healthy and perform at their highest level. Based on a survey of the American diet, American's are eating foods that contain little in way of vitamins, minerals and trace elements. The American diet is made up of sugar, refined carbohydrates, saturated fats and all the chemicals used to flavor, color and preserve them. It's no wonder people are now living on the highest number of prescription drugs than ever in the history of this country. We are not aspirin deficient, statin deficient or Celebrex deficient. We are deficient in numerous micro and macro components that are only found in food. Since God created man and woman and supplied us with all the food of the earth, I have to believe that all the elements necessary to run this magnificent piece of work has to be found in our food. Let supplements be what they are and that is to reinforce the diet with highly concentrated and standardized herb, fruits and vegetables to make up the difference for the loss of nutrients due to poor soil, harsh chemical fertilizers, soil erosion, pesticides, chemical additives and chemical preservatives. We don't live in the world that God created. We live in the world that man created and with that we have to deal with the mistakes that we have created in our food chain.

## Supplements for Physical Performance

Grape's are truly a nutritious food. Decades ago a very famous German physician created the grape diet and the recommendation was to consume two pounds of grapes per day. This famous physician was able to cure a number of diseases including cancer. There are no scientific studies to prove the grape diet was effective. I don't know if it's true or not but I do know that grape as a food ingredi-

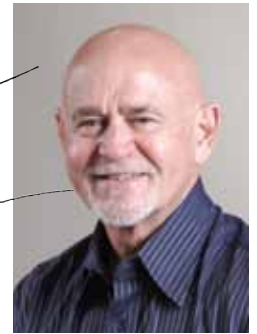
ent holds a great potential to be used by anyone who wishes to improve their physical performance. A very special grape extract which includes the skin, pulp and seed, has recently been studied as a new and innovative active food supplement particularly adapted for athletes and anyone wishing to be more physically fit. The results of the study indicated that oxidative stress is usually related to numerous known unhealthy conditions such as cramps during exercise, muscle weakness and fragility and inability to recover in a reasonably short period of time. The study also indicated the power of the grape, was able to protect against muscular damage linked to intensive or irregular sports. Moreover, recent scientific data have brought to

### Look for this formula at your local health food store:

Proprietary Complex 500 mgs  
Containing hydro-alcoholic extract of whole Grape (pulp, seed, skin) (*Vitis vinifera L.*)  
Extract, containing >90% Polyphenols and >50% OPC's, Rhodiola (*Rhodiola roseacea*)  
Root Extract (>15% total rosavins, rosavin 9%, salidroside 4.5%)

light the narrow link between oxidative stress and the lack of energy. The more the oxidative stress increases, fewer cells are supplied with energy. The power of this grape extract can also be used to fight against the effects of aging. Our current way of life exposes us to an excessive quantity of environmental pollution, smoking, UV exposure, radiation and drugs which tend to aggravate the production of reactive oxygen species generating free radical damage and death to the cells. By reducing oxidative stress in humans, this special grape extract is able to protect the body against these harmful environmental factors. Physical exercise can be a healthy addition to our lifestyle. However, as healthy as it is, it is also damaging to our cellular and muscular structure. It is healthy when we are able to recover from the exercise at a normal rate of recovery. But based on the American diet, we are severely deficient in nutrients that would provide the proper recovery. Exercise can be stressful under these conditions. Based on research in Europe there are two powerful components that can be added to the diet as a supplement to reduce the stress of exercise and aging. Grape with all its components,

To your good health,  
Terry... Naturally



skin, pulp and seeds, provide a significant measure of resistance against disease, oxidative damage (cell death) and aging. The second component, Rhodiola roseacea, is one of my favorites as it is one of the most powerful adaptogens known to man. Rhodiola can reduce the effects of stress, both mentally and physically, and provide a powerful support to the adrenal function. It is commonly known as an adrenal and stress complex. Stress may never go away but your body can be supported to withstand the ravages of stress. Rhodiola has been studied and shown to reduce depression, anxiety, nervousness and strengthen the adrenal function. The stronger the adrenals the more powerful we are able to respond to challenges of life. People generally with adrenal insufficiency are continuously filled with fear and worry many times for no reason, and usually think of something to worry about. They cry easily and again for no apparent reason. They are usually anti-social. They like to work by themselves. They don't like people looking over their shoulders and usually require 8-10 hours of sleep just to feel halfway decent. They may have afternoon headaches and swelling of the lower legs and ankles in the evening. Other symptoms which pertain to the adrenal insufficient person is one that never gets well regardless of the changes, has a craving for sweets, muscular soreness, noise sensitivity, general fatigue, insomnia, inability to concentrate, easily confused, frequent stuffy nose and allergy to some foods. Adding this formula of grape concentrate and rhodiola can go a long way to improve physical stamina, endurance and adrenal function.

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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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