

**Featured Topic: French Grape Seed  
Extract for Diabetes and More  
(4 slides)**

Terry Talks Nutrition

IMPROVING THE HEALTH OF AMERICA

# Grape Seed Extract reduces blood sugar levels and prevents diabetes

- **75% reduction in blood sugar levels** – returned blood sugar to *near normal* level (animal model of diabetes)
- In healthy volunteers, **peak blood sugar levels were almost 20% lower** after taking grape seed extract versus control group, 30 minutes after eating a high carbohydrate meal
- Kidney cells pretreated with grape seed monomers and oligomers, and then exposed to high levels of glucose had **oxidative stress levels 45% lower** than control cells
- **30% reduction in HbA1c levels** (animal model of diabetes)

# Grape seed is beneficial for all types of chronic diseases

- Arthritis
  - **70% reduction in rheumatoid arthritis score** (including number of swollen, tender joints) [animal model]
- Diseases of the veins or circulatory system
  - In a clinical study on chronic venous insufficiency, **80% of patients experienced elimination of itching, and 53% had elimination of pain**, with significant results after just 10 days of treatment
- Vision problems, including macular degeneration
  - Over a **30% reduction in retinal cell death** in diabetic animals given grape seed extract versus control animals
- Alzheimer's disease and other dementias
  - In tests of learning and memory, **grape seed extract improved performance by 30-60%** (animal model of Alzheimer's)

# What's in your grape seed extract?

- Researchers purchased 21 “grape seed extract” products at retail stores and online
- Each sample was tested to determine if it was real grape seed extract, and whether it was potent (the amount of proanthocyanidins)
- **Result: 50% of the products were completely fake or sub-potent**
  - 6 products were potent grape seed extracts
  - 9 products were very low potency – **barely any OPCs**, were probably grape seed mixed with peanut skin
  - 6 products had **NO grape seed extract**, they were entirely peanut skin extract
- Price is no guide – **the products with no grape seed at all were equal in price or more expensive** than the authentic grape seed extracts!

# Get REAL grape seed extract

- Oligomeric proanthocyanidins (OPCs)
  - Low molecular weight
  - Easy absorption
  - Significant health benefits
- Fakes and low potency extracts contain Polymeric Proanthocyanidins (AKA – **tannins**)
  - High molecular weight
  - Poor absorption
  - No comparison to the documented health benefits of OPCs
  - Sold as beneficial “grape seed extract” although does not have the same benefits as OPCs
- Look for grape seed that is tannin free; 150 – 600 mg daily
- FOR MORE ON GRAPE SEED: listen to my lecture on YouTube: search “grape seed” on the Terry Talks Nutrition channel – [youtube.com/terrytalksnutrition](https://youtube.com/terrytalksnutrition)

**Prostate Cancer Screening:  
Is it Really Necessary?  
(1 slide)**

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# Prostate cancer screening – give it a miss?

- If a 55-year-old man chooses **not to get screened**, his chance of dying from prostate cancer over the next 10 to 15 years is about **0.6%**.
- If he **does choose to be screened**, he reduces his chance of dying from the cancer to only **0.5%**.
- **Less than a 1% chance of cancer death, either way!**
- 90% of men who test positive for prostate cancer get treatment, and 75% of these men will have significant adverse effects, including impotence and incontinence
- Experts now say prostate cancer screenings
  - should be *considered* only for men ages 55 to 69
  - are **not needed** for men 70 and over as they are highly likely to die of something else before slow-moving prostate cancer kicks in