

# Featured Topic: Grape Seed Extract (6 slides)

Terry Talks Nutrition

IMPROVING THE HEALTH OF AMERICA

# 4 new studies on Grape Seed OPCs

#1: OPCs are more effective than standard (tannin) grape seed at preventing tumor formation

Test Groups		Tumor Sizes		Average Percentage Reduction (over 13 days)
		Day 1	Day 13	
Grape Seed Extract (GSE)	50mg			8%
Grape Seed Extract (GSE)	100mg			13%
French Grape Seed OPCs	50mg			40%
French Grape Seed OPCs	100mg			65%

Animal model of colon cancer

#2: When OPCs are combined with chemotherapy in treatment resistant colon cancer, the result is a **70% reduction in tumor weight** [animal model]

#3: OPCs were associated with up to a **71% reduction in cancer stem cell formation**

- Cancer stem cells are a specific type of cancer cell that lead to tumor formation, enable cancer to survive anti-cancer drugs, and allow cancer to spread to other areas of the body

#4: When OPCs are combined with curcumin, **the anti-cancer effects are better than either used alone**

- Curcumin alone: 28% reduction in tumor volume
- OPCs alone: 43% reduction in tumor volume
- **Curcumin + OPCs: 57% reduction in tumor volume**

# Other Health Benefits of Grape Seed Extract

- Helps the body produce glutathione, the master antioxidant that protects DNA and strengthens the immune system
  - **37% increase in total glutathione levels** in healthy animals, and doubled the glutathione levels in animals eating poor quality diets
- Assists the liver in processing toxins and spent hormones
  - **58% increase in liver antioxidant levels** (animal model of impaired liver function)
- Increases insulin sensitivity and reduces high blood sugar levels
  - **75% reduction in blood sugar levels** – returned blood sugar to *near normal* level (animal model of diabetes)
- Reduces blood pressure levels
  - **6% reduction in high blood pressure levels** in men with pre-hypertension

## Why is grape seed so useful for so many different diseases?

- Powerful antioxidant (water soluble)
- Contain beneficial flavonoids - Oligomeric proanthocyanidins or OPCs
- Not only protect cells against free radical activity, but also improves blood circulation and strengthens blood vessels
- New research finds that OPCs from grape seed work on the cellular level as well, to help prevent the genetic changes which lead to the formation of cancer cells

# Take grape seed extract if you have concerns about

- Arthritis
- Heart disease and High blood pressure
- Diseases of the veins or circulatory system (varicose veins, or chronic venous insufficiency)
- Diabetes and its complications, especially diabetic retinopathy
- Vision problems, including macular degeneration
- Cancer
- Alzheimer's disease and other dementias

# Not all “grape seed” is grape seed!

- 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!

# Yes to OPCs, No to Tannins!

- Oligomeric proanthocyanidins (OPCs)
  - Low molecular weight
  - Easy absorption
  - Significant health benefits
- Some grape seed 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

**Exposure to Chemical  
Xenoestrogens Triggers Early  
Menopause  
(1 slide)**

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- Researchers in Michigan studied over 1000 women between the ages of 45 and 56 as part of a 17 year study
- They measured the women's blood levels of chemicals called PFAS (the chemicals used to make nonstick pans and stain resistant fabric, and used in food packaging and industrial manufacturing)
  - PFAS are called “forever chemicals” because they do not break down in the environment and are known to contaminate water supplies
- Results: the women with the highest levels of PFAS in their bloodstream entered menopause TWO YEARS earlier than average
  - PFAS are endocrine disruptors – they interfere with proper hormone function
- The study authors noted that “Earlier age at the final menstrual period has already been associated with an increased risk of overall mortality, cardiovascular disease, low bone mineral density and osteoporosis...”