

Terry Talks Nutrition

IMPROVING THE HEALTH OF AMERICA



Stop Cancer Before It Starts

Ref. #101

Did you know it's possible to strengthen your DNA to prevent cancer, heart disease, dementia and other aging maladies that happen? Oxidative damage to your cells is not inevitable if you know the right nutrients that can stop and reverse the progress and preserve your health. Let's get to it!

Terry's Bottom Line:

By protecting DNA with high absorption curcumin, tannin-free OPCs from grape seed, and turmerones from turmeric oil, we in turn can prevent and even treat health problems such as:

Breast, prostate and colon cancer
Brain dysfunction and memory problems
Liver disease
Strokes and heart attacks
And more!

Deoxyribonucleic acid, better known as DNA, is the genetic instruction manual of how to build every cell in our body. If our DNA was never damaged, we would easily live 150 years. But disease, toxins, and environmental exposures take their toll. DNA damage is responsible for creating cancer cells, cell damage in the brain, increased inflammation in the body, and decreased activity in our organs. The role that oxidative stress plays in damaging DNA cannot be overstated.

However, the assaults on our DNA that happen every single day are incredibly diverse. Imagine if you had to fight against all kinds of weapons at once. The way you defend yourself from bullets is vastly different than defense against poison. That's why damage to DNA is cumulative and insidious.

The most powerful nutrients I have found for protecting DNA and combating the threat of oxidation – the "cellular rust" that happens as we age – include a clinically-proven, high absorption curcumin (from turmeric), turmerones from turmeric oil, and a tannin-free, French grape seed extract with a high oligomeric proanthocyanidin (OPC) content. Combined, they can stop cellular damage due to inflammation and oxidation, and help reverse and heal a multitude of health concerns. That's why they are the subject of this *Terry Talks Nutrition*®.

High-Absorption Curcumin



Curcumin, the powerful compound found in turmeric, is a potent antioxidant and inflammation fighter. It neutralizes free radicals, and stops them from causing cellular damage. It inhibits inflammatory markers in the body to prevent tissue degradation. However, not all curcumin extracts are the same, and many are difficult for the body to absorb. I believe the most effective curcumin extract is one that is blended with turmeric oil for enhanced absorption and increased time in the bloodstream.

In fact, the specially-prepared extract of curcumin I recommend has an **antioxidant value of over 1,500,000** per 100 g – many times higher than that of blueberries (6,552), strawberries (3,577), or dark chocolate (powder) (40,200) – all of which are well-known, valuable, food-based antioxidants. Like other powerful natural ingredients, this specific extract has no serious side effects – except to make you exceptionally healthy.

Curcumin has been shown to prevent the changes that cause normal cells to become cancerous, stop the replication of cancerous cells (tumor formation), and stop cancerous cells from migrating to other parts of the body (known as metastasis). Published studies on curcumin's anticancer activity (so far) have found that it can suppress breast, prostate, liver, skin, colon, and lung cancer.

Additionally, curcumin has been shown to increase the activity of anticancer drugs and to decrease drug resistance in cancer cells (meaning it helps cancer drugs kill tumors more efficiently). It also protects normal cells from the toxic effects of chemotherapy drugs and radiation treatments. This means that using curcumin in combination with chemotherapy drugs may mean less of the toxic drugs are required, but the results will be better, with significantly reduced side effects.

This amazing form of curcumin also stops the inflammation that leads to obesity and diabetes, fights fatty liver disease, and is being studied in leading-edge research concerning Alzheimer's disease. It is simply one of the most effective, natural medicines on the planet.

Turmerones

Turmerones from turmeric oil are unsung heroes. While much attention has been focused on the curcumin content of turmeric, the turmerones in turmeric oil have extraordinary benefits in their own right.

Research published in the journal *Advances in Pharmacological Sciences* compared the anti-inflammatory activity of the various compounds in turmeric, including curcumin and turmerones, and found that both had abilities to fight inflammation. Along with oxidation, inflammation is one of the primary causes of disease, and the two conditions are often found jointly affecting our health in negative ways.

Researchers in Hong Kong evaluated the tumor-fighting potential of curcumin and other compounds in turmeric. They found that both curcumin and turmerones inhibited breast and liver cancer cells. In fact, concentrated turmerones inhibited cell proliferation by 70 percent compared to controls in three cancer cell lines.

A study at Kyoto University examined the cancer-fighting power of turmerones from turmeric oil and found that the ingredient alone may be "a candidate for colon cancer prevention", and that combined with curcumin, it could have even stronger synergistic effects. The combination better replicates the way turmeric has been used traditionally, but with a much more concentrated impact. I also believe that a supercritical CO₂ extract of turmerones from turmeric oil preserves the natural properties the best.

Grape Seed Extract



A potent tumor inhibitor, grape seed oligomeric proanthocyanidins (OPCs) – components known for their cell-saving properties – have been intensively studied for about 40 years. However, much like curcumin, grape seed OPCs can have variable absorption. Many grape seed extracts contain tannins, which are too big to be absorbed. That's why I recommend a tannin-free, French grape seed extract with an amazingly powerful antioxidant value of over 2 million per 100 grams.

Grape seed OPCs are on the front line of cancer research. Some of the most exciting studies have been done at the University of Colorado Anschutz Medical Campus. Their research of grape seed extract has shown that this powerful botanical ingredient has the ability to target specific colon cancer cells, while leaving healthy cells intact. Colon cancer and its complications are the second-leading cause of cancer-related deaths, so this is a remarkable achievement.

Another work examined the effect of grape seed extract on breast carcinoma cells when used alone or with a conventional treatment.

Their results showed that the two interventions worked well together, but that grape seed extract alone was a strong inhibitor of breast cancer cells.

One of the reasons for this is that grape seed extract inhibits aromatase, an enzyme that converts androgen into estrogen. Breast and prostate cancer tissues typically have higher levels of aromatase. A study published in the journal *Cancer Research* showed that grape seed extract inhibited aromatase activity and reduced growth in MCF-7 breast cancer cells.

Recent Australian research found that grape seed extract reduced the severity of mucositis, the painful inflammation of the digestive tract due to chemotherapy, while also enhancing the effectiveness of chemotherapy in fighting colon cancer.

A Saudi Arabian study found that grape seed OPCs were able to regulate the activity of certain immune-regulating T-cells, inducing some and reducing others, in a way that stopped inflammatory markers. The researchers concluded that grape seed extract proanthocyanidins could become an adjunct therapy for rheumatoid arthritis, or possibly an alternative treatment in its own right.

Autoimmune inflammation also causes bone damage. It interferes with the process of bone formation and resorption, and individuals with RA often contend with structural joint damage. However, researchers in Korea discovered that the ability of grape seed OPCs to reduce inflammation also stopped the symptoms of collagen-induced arthritis in a laboratory study. It actually helped get the natural process of building bone back on track.

Strengthening DNA to Prevent Cancer, Heart Disease, Dementia and More

Because of their intensive antioxidant and anti-inflammatory activity, grape seed OPCs are increasingly on the cutting edge of Alzheimer's research. An Indian study found that grape seed proanthocyanidins reduced the effects of oxidative stress in the aging brain. Studies conducted by the Mount Sinai School of Medicine showed that grape seed extract inhibited the formation of plaques and tangles and supported greater brain plasticity – the ability of the brain to adapt and create new neural pathways.

Grape seed extract also reduces high blood pressure, protects the blood vessel walls from damaging free radical activity, and prevents the dangerous oxidation of LDL cholesterol - one of the first steps on the road to a heart attack or stroke.

An Italian clinical study reported that 93 percent of the individuals with pre- or mild hypertension using a high-dosage grape seed extract saw a normalization of blood pressure numbers. And another clinical study, published in the *Journal of Medicinal Food*, showed that grape seed

extract improved lipid profiles and reduced oxidized LDL (bad) cholesterol in just 8 weeks. The researchers concluded that grape seed extract decreased the risk of blood clotting and other cardiovascular disorders.

Prevent Disease with the Right Nutrients

With these nutrients, oxidative damage to your cells is not inevitable. They can stop and reverse its progress and preserve your health. High-absorption curcumin, supercritical extract of turmerones, and French grape seed extract with absorbable proanthocyanidins, make an unbeatable combination of the strongest, natural protection available.

For liver disease, heart disease, Alzheimer's, or cancer, I recommend taking a combination of high-absorption curcumin, supercritical extract of turmerones, and French grape seed extract with absorbable proanthocyanidins.

For more information on this topic, watch this video: [Nature's Answers to Cancer: Curcumin, Boswellia, and Grape Seed](#)