

Sea Buckthorn

Terry Talks Nutrition

IMPROVING THE HEALTH OF AMERICA

Sea Buckthorn is Special

Over 200 beneficial compounds, including

- Omega fatty acids
 - Seeds (-3, -6, -9)
 - Berry (-7, -9)
- Vitamin E and C
- Beta carotene
- Plant sterols
- Minerals

How does it work?

- Antioxidant
- Anti-inflammatory
- Immune System Modulator
- Strengthens the Cardiovascular System
- **Mucous Membrane Tissue Regenerator**



The Multipurpose Wonderplant:
Natural High Levels of Omega-7

Even Dr. Oz loves Sea Buckthorn Oil. Or does he?

In 2011, Dr. Oz
was touting Sea
Buckthorn Oil as a
miracle for weight
loss.



Dr. Oz Recommends Sea Buckthorn as a Weight Loss “Superfood”- Dieters Amazed With the Results

After millennia of quiet use, the many sea buckthorn oil benefits have finally leaked out to the mainstream health industry. Word of its benefits has only recently spread to North America. Dr. Oz has recently come out and praised the sea buckthorn berry for its amazing weight loss properties!

[\(PRWEB\)](#) June 08, 2011 -- Dr. Oz, one of the most respected weight loss authorities in the media today, has recently come out and recommended a product that has been getting a lot of attention in the weight loss community over the last several months. The product is called Sea Buckthorn, and according to Dr. Oz, it is one of the most effective weight loss supplements on the market today.

Sea Buckthorn Berry is being called the new “super fruit” because of its many health benefits. Containing the rare ingredient of Omega-7 fat (also known as Palmitoleic acid), it signals the body to stop storing fat. What this means for users is that it starts melting away the fat immediately, and it has been scientifically proven to help users keep it off for longer periods than conventional weight loss programs.

Though [Sea Buckthorn](#) is great for helping people shrink their waist lines, its additional health benefits are getting it a lot of attention in the health industry as well. Sea buckthorn oil has also been proven to help keep mucus membranes lubricated, relieve constipation, promote healthy teeth, and when used as an oil for the skin, it even has anti-acne and anti-aging properties.

Sea Buckthorn’s achievements are certainly impressive, but perhaps the most notable aspect of the Super Fruit is that Doctor Oz himself came out and recommended it. For those who are familiar with Doctor Oz and his successful show, they know that he doesn’t stand behind gimmicks or unsubstantiated claims. His show is based on cold hard scientific facts, and if a product doesn’t deliver fantastic results, then Doctor Oz won’t give it a second glance.

This was the basis behind the release of seabuckthornoil.net. Spring boarding off the unprecedented demand that resulted from Dr. Oz’s recommendation (as well as some other famous doctor’s in Hollywood), the website offers the exact product that doctor Oz himself recommends- Sea Buckthorn Oil.

For Jessica King, who purchased the same [Sea buckthorn Oil](#) that is recommended by doctor Oz, the results speak for themselves: “I lost 10 pounds in one month with Sea Buckthorn oil. It completely suppresses my appetite, and it gives me a heightened feeling of health that I haven’t been able to achieve with any other ‘superfood.’ For those in the market for an amazing weight loss product, I cannot suggest Sea Buckthorn oil highly enough.”

Dr. Oz in 2013

This year, Dr. Oz is advising to AVOID sea buckthorn oil because it contains palmitic acid (which he calls “inflammatory”) and take “purified omega-7” [from fish] instead.



Drs. Oz and Roizen

Start Taking Another Odd Omega -- Omega-7

Feb 21, 2013

By Michael Roizen, M.D. and Mehmet Oz, M.D.

Omega is the last letter of the Greek alphabet, but you can bet this isn't the last you'll be hearing about purified omega-7, a healthy fatty acid like omega-3, that decreases bodywide inflammation. (Important tip: You want only purified omega-7, or palmitoleic acid, not the one from sea buckhorn. That's palmitic acid, and it INCREASES inflammation.)

Recently, we got a letter from a guy who's taking purified omega-7 and wanted to reassure his wife it was a smart move. Well, he can tell her that only good things come from taking it. In fact, she may find he's now like Alien Burt in the '70s sitcom "Soap." (If you recall, Bert had bouts of impotence with his wife Mary, but when aliens captured him and sent a replica -- Alien Bert -- to take over his life, including sleeping with his wife Mary, she was left without any complaints.) And here's what else purified omega-7 may do for you (the studies are preliminary):

Purified omega-7 seems to lower levels of highly specific C-reactive protein (hs-CRP). Elevated levels of hs-CRP indicate how inflamed your artery walls are. Reduce that inflammation, and you may lower your risk for heart disease, stroke, memory loss, wrinkles and even impotence. Early studies also show purified omega-7 might decrease fatty liver and insulin resistance, lower blood sugar and decrease triglyceride and lousy LDL cholesterol levels, while increasing good HDL.

We don't see any negative side effects from taking this friendly fat. That's why Dr. Mike takes 420 mg of purified omega-7 a day.

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Mehmet Oz, M.D. is host of "The Dr. Oz Show," and Mike Roizen, M.D. is Chief Wellness Officer and Chair of Wellness Institute at Cleveland Clinic. To live your healthiest, visit sharecare.com.

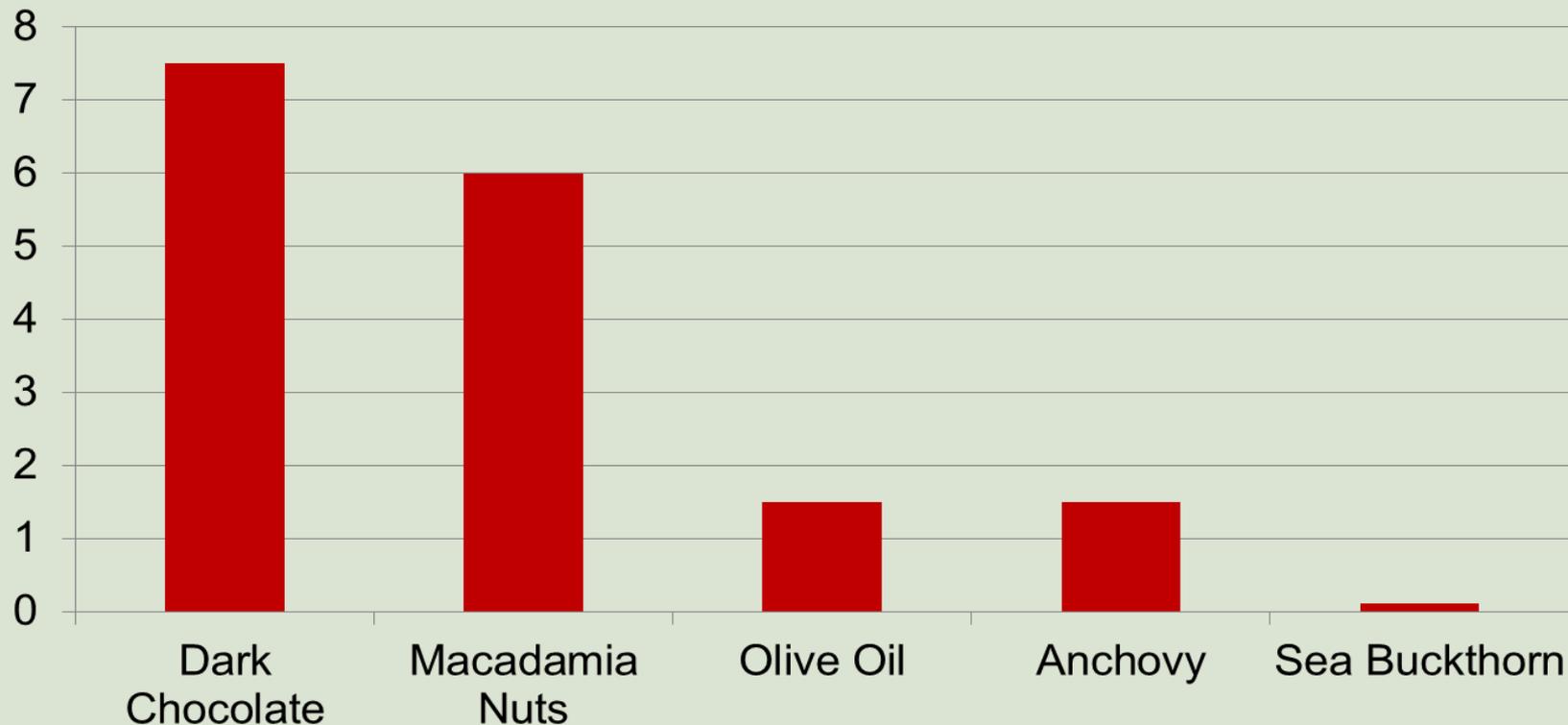
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Palmitic Acid Content in Food

Palmitic Acid Per Serving (in grams)



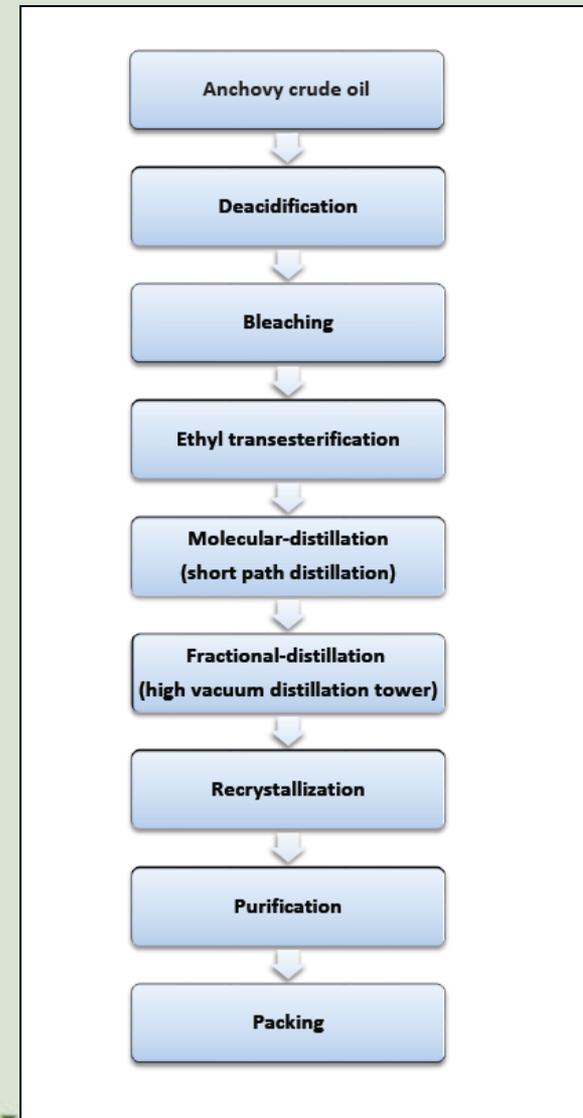
Did You Know? Palmitic acid has antioxidant properties and (in an animal model) showed the ability to prevent atherosclerosis

Dr. Oz's Misleading Omega-7 Recommendation

- What Dr. Oz ISN'T saying:
 - Sea Buckthorn Oil contains **both** palmitic acid and palmitoleic acid
 - The amount of palmitic acid is very small in comparison to what is consumed from other sources (such as olive oil or cheese)
 - Palmitic acid is natural and necessary in the human body
 - When **combined with other healthy fats in natural ratios** (not isolated and consumed in excess) palmitic acid has not been shown to have any adverse effects
 - **“purified omega-7” is from extremely processed, refined, unstable fish oil and has less omega-7 per dose than in sea buckthorn oil**

Process used to Produce “Purified Omega-7”

See if for yourself at:
www.tersuspharma.com/purification-process/



Sea Buckthorn Versus Fish Omega-7

Sea Buckthorn Berry

- Natural, unchanged form from berry
 - Gentle CO2 extract
 - No exposure to high temperatures
 - No solvents
- Full range of omega fatty acids plus other healthy compounds
- **Result:** stable oil with no change to the key compounds – EXACTLY as they occur in nature!
- No concerns with sustainability – ample supply

Fish

- Highly processed and refined
 - Deacidified
 - Extracted with toxic solvents
 - Bleached
 - Molecular and fractional distillation
 - Purification
- **Result:** altered triglyceride ethyl ester oil, the least stable and least absorbable form of oil
- Overprocessing = rancidity
- Solvent residue? Contamination by PCB and other toxins? Sustainability?
- Less omega-7 per capsule than in Sea Buckthorn Berry Oil

Uses for Omega-7 Sea Buckthorn Oil

- Dry Mouth and Dry Eyes
- Sjogren's Syndrome
- Peptic Ulcers
- Irritated, itchy skin and treating/preventing wrinkles, dryness and other symptoms of prematurely aging skin
- Prevention of atherosclerosis and heart disease
- **Any health condition involving inflammation, especially involving the mucous membranes**

How Much to Take and What to Look For

- For basic health maintenance, 500 mg daily of Sea Buckthorn Oil
- Treatment dosage is 2 to 3 grams daily
- Look for: Sea Buckthorn Oil from berry (pulp) AND seed, supercritical CO2 extract, hand harvested, 150 mg of omega-7 per capsule
- Capsules can be chewed and the oil swished in the mouth – the taste is relatively mild and bathing the mouth tissues directly can be helpful for certain conditions

New Iodine Research

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This week in the news

- **Headline:** *Moms' iodine levels tied to kids' poor test scores*
- Researchers tested 9 year old children whose mothers had been **slightly** iodine deficient during pregnancy
- **Results:** When compared to children born to mothers with normal iodine levels, the children of slightly iodine deficient mothers had test scores **6-10% worse for reading and spelling ability!**
- We already know that iodine deficiency is the single most common preventable cause of mental retardation
- What this study shows is that even **slight** iodine deficiency in mothers can lead to long term consequences for their children
- Of interest: giving the children iodine supplementation later in life did not make up the difference. The crucial factor was iodine consumption by the pregnant mother.

Iodine is not just a Thyroid Medication

- In addition to being crucial for an infant's brain development, iodine deficiency had been linked to:
 - Cancer
 - Obesity
 - Heart disease
 - Fibromyalgia
 - ADHD
 - Other mental health-related disorders
 - Possible links to Alzheimer's and Parkinson's disease, and multiple sclerosis

How Much Iodine?

- The RDA is 150 micrograms (0.15 mg) daily
 - Enough to prevent goiter but not sufficient to improve health
- Iodine experts suggest
 - 50 mg daily for 3 to 4 months to achieve saturation
 - Reduce to 6.25 to 12.5 mg daily for long term maintenance