Early Stage Cancer – Treat or Watch? (2 slides)
Watchful waiting for CANCER?

• For years, even the smallest cancers that are unlikely to grow or spread have been treated very aggressively
• New data suggests that the treatment may be more harmful than (some) cancers
• Thyroid, prostate, and some types of breast cancer are slow moving cancers that are unlikely to cause significant harm
• Surgery, radiation or chemotherapy can lead to fatigue, weight-gain, incontinence, sexual dysfunction and other problems
Curcumin and Grape Seed

• Curcumin and Grape Seed address the root causes of cancer formation – inflammation and oxidative stress

• They have both been shown to stop cancer spread – including breast and prostate cancer
  – Grape seed stopped the spread of invasive triple negative breast cancer cells – the most aggressive and difficult to treat form of breast cancer
  – Curcumin has been shown to stop the chronic inflammation that triggers prostate cancer spread

• Consider watchful waiting plus grape seed and curcumin!
Get Your Kids Healthier in Just 10 Days (3 slides)
What happens when kids don’t eat added sugar??

• Study: 43 obese children with at least one condition associated with metabolic syndrome – high blood pressure, fatty liver, elevated triglycerides,...

• Controlled diets for nine days: same amount of calories as normal for them from fat, protein and carbohydrates, but calories from added sugars were replaced by calories from starch
  – Total dietary sugars reduced from 28% to 10% of the diet
  – Fructose was reduced from 10% to 4% of the diet
  – No sugar cereals, pastries or sweetened yogurt
  – Did allow them to eat “kid food” – pizza, chips and turkey dogs

• Daily weight check: if weight loss occurred, amount of low-sugar foods was increased (goal was to maintain weight, not to lose, in order to determine the effects of sugar on their bodies)
Sugar is Toxic

- Result: After just 9 days on the sugar-restricted diet, **virtually every aspect of metabolic health improved**, without change in weight.

- Diastolic blood pressure decreased by 5 points, triglycerides by 33 points, LDL-cholesterol by 10 points, and liver function tests improved.

- Fasting blood glucose went down by 5 points, and insulin levels were cut by 30%.

- Remember – NO weight loss, NO total calorie reduction, NO increased exercise – just **restricted sugar intake**
A calorie is not a calorie

• Where calories come from (sugar versus fat, for example) determines where in the body they go and what happens when they get there.

• Says the study’s lead author: "Sugar calories are the worst, because they turn to fat in the liver, driving insulin resistance, and driving risk for diabetes, heart, and liver disease."

• Get yourself and your family healthier in just 10 days – cut sugar out!
Quick Headline: How Safe is Your Nail Polish? (1 slide)
Who doesn’t like pretty nails?

- US sales of nail polish are over $1 billion annually, with sales growing as much as 26% a year.
- Triphenyl phosphate (TPHP) is a plasticizer used in nail polish and as a flame retardant for furniture.
- Researchers from Duke University and the Environmental Research Group tested 10 different nail polish samples – 8 contained TPHP, including 2 that did not list the ingredient on the product label.
- 26 women applied a nail polish known to contain TPHP, providing urine samples before and after painting their nails.
- Researchers found that urinary concentration of TPHP went up 7 times after using finger nail polish containing it.
- TPHP interferes with normal hormone functioning and has been associated with muscle weakness and paralysis in animals.
You probably have herpes, says the World Health Organization (3 slides)
Cold sore virus epidemic

• 2/3 of the world’s population (67%) under age 50 has herpes simplex virus (HSV-1) – the virus that causes cold sores
• HSV-1 is highly infectious, and is often contracted in childhood
  – Kissing friends and relatives can transmit the virus
• Once you have been infected, the virus can activate when the immune system weakens
  – Tingling and itching around the lips
  – Blisters on the edges of the lips
  – Oozing when the blister breaks, following by crusting as it heals
Propolis for Cold Sores

• Compound from bee hives
• Specific type of topical propolis from Europe clinically tested to reduce pain and speed healing of herpes blisters
  – Particularly effective at pain relief, with noticeable pain reduction reported after first application
• Propolis versus Acyclovir (drug used to treat cold sores)
  – 80% of propolis participants had direct healing from the redness stage, without experiencing blisters or encrustation
  – physicians rated propolis as good or very good in 90% of cases versus only 40% in the acyclovir group
• Apply at first sign of a cold sore
Calcium and Cold Sores

• Calcium isn’t just for bones
• When calcium is depleted from tissues, the mucous membranes weaken and viruses can penetrate
  – Think SUGAR, STRESS, or excess SUN
• Calcium lactate can prevent cold sores
  – Strengthens the mucous membranes and the immune system
  – increases resistance to the herpes virus
• Use in combination with magnesium and zinc