

Featured Topic:
The Gifts and Deaths of Christmas

Terry Talks Nutrition

IMPROVING THE HEALTH OF AMERICA

The 12 Gifts of Christmas (in no particular order)

1. Spirituality

- Feelings of inner peace and harmony reduced risk of death by 20% in a study of people with advanced heart disease
- Pain (as measured on a standardized pain scale) was **reduced by 50%** in post surgical patients (C-section) who prayed/meditated after surgery versus control group

2. Exercise

- One study of 55,000 adults found that **5 minutes of aerobic exercise daily** reduces risk of heart disease by 45% AND the risk of dying of any cause by 30%
- A study in Australia found that **sprint training for 60 minutes a week (~8 minutes a day)** is as effective in burning male body fat as **jogging for seven hours** per week
- In a study of people over the age of 60, exercising at **10 sets of 6 second “all out” sprints (total of 60 seconds)** on an exercise bike increased functional ability (getting up from a chair and walking ability) up to 20%

3. Clear, pure water

- A six-year study found that drinking more than five glasses of water a day reduced risk of dying from a heart attack by 41%
- Research also shows that staying hydrated can reduce risk of colon cancer by 45% and bladder cancer by 50%
- A small study found that drinking 16 oz of cool water increases metabolism by 30% (your body warms the water to body temperature, which requires an increased energy expenditure)

4. Olive oil

- women adding olive oil to a Mediterranean diet saw an amazing **62% reduction** in their breast cancer risk
- A tablespoon of olive oil daily reduced risk of diabetes in a recent study – for each additional 8 grams of daily olive oil, diabetes risk decreased another 6%
- A study of older adults found that those who regularly used olive oil for cooking had a 41% decreased risk of stroke versus those who never used olive oil

5. Pets

- People with dogs are 54% more likely to get recommended levels of daily exercise
- A study of heart disease patients found that those who *didn't* have a dog were **4 times more likely to die** in the next year than dog owners
- People with pets (dogs, cats, fish, even goats) have lower blood pressure levels and lower heart rates than non-pet people, and recover faster after stressful experiences

6. Protein

- People eating a high protein breakfast **reduced daily food intake by 400 calories** and lost body fat , while breakfast skippers *gained* additional body fat
- in a recent study, people who ate higher amounts of protein were 20% less likely to have a stroke than people who ate small amounts of protein. For every **20 gram increase** in daily protein intake, risk of stroke went down 26%
- In a study of overweight people, those on a high protein diet lost more weight AND improved their sleep quality by about 30% versus the low protein diet group

7. Laughter

- A recent study found that women who had a strong sense of humor were over 70% less likely to die of heart disease
- Researchers showed a group of volunteers a funny movie, and then a stressful/scary movie. Blood flow increased 22% while watching the funny movie but *decreased* 35% when watching the stressful/scary movie
- Just *thinking* that something funny might happen is good for you – researchers found that cortisol levels declined almost 40% in volunteers told that they would soon be watching a funny video

8. Healthy Fat

- Natural fats are primarily from animal protein (beef, pork, chicken, etc), or nuts, or fruit (avocado, olives, etc) in their **unaltered** form!
- In a group of people with high blood pressure (despite taking prescription blood lowering medication) using sesame oil for cooking for 2 months reduced their average blood pressure to the normal range
- Full fat dairy (whole milk and butter) reduces blood pressure, blood sugar, belly fat, and cholesterol and triglyceride levels, and even leads to **weight loss**
- A study in children found that **four times as many kids** who did **not** eat butter developed asthma as those who ate butter daily

9. Friends

- Researchers analyzed data from over 10,000 breast cancer patients
 - Socially isolated women had a **40% increased risk of cancer reoccurrence**, a **60% increased risk of dying** from breast cancer and a **70% increased risk of dying from any cause** than women with strong social connections
- A review of 148 studies found that people with stronger social relationships have a **50% lower risk of mortality**

10. Berries and Nuts

- Aronia (chokeberry) prevents arterial plaque, protects the liver against toxins, and lowers blood sugar
- 12 weeks of supplementation with blueberry juice **increased memory 44%** in patients with mild dementia
- **Eating one ounce of nuts** a day (equal to about 23 almonds) cut the chances of dying of diabetes or respiratory diseases by almost **40%**

11. Sleep

- People who get at least 8 hours of sleep a night are 3 times less likely to get sick if exposed to a cold virus than people who get 7 hours or less
- People who get 7-8 hours of sleep a night are at the lowest risk of weight gain
- Sleep helps blood sugar levels – too little sleep reduces insulin sensitivity up to 23%

12. Curcumin

- The all-in-one solution for every health concern
- Anti-oxidant, anti-inflammatory, anti-viral, anti-cancer

12 Deaths of Christmas (in no particular order)

1. Industrial Sugar

- Sugar consumption has increased from 6-8 lbs in the early 1900s to up to 250 lbs annually today. This does not include carbs that convert to sugar!
- Average American consumes 62 lbs of high fructose corn syrup a year
- Fructose makes cancer cells grow faster – tumors tripled in size in animals fed fructose (animal model of breast cancer)
- Researchers followed 31,000 Americans for 15 years. **Those who consumed 25% or more of their daily calories as sugar were more than twice as likely to die of heart disease** as those who got less than 10% of their calories from sugar

2. Carbohydrates

- The typical American diet is 50% carbs
- Top 10 sources of calories in the American diet

#1. Grain-based desserts: cake, cookies, donuts, pies

followed by:

- Bread
 - Chicken
 - Soda
 - Pizza
 - Alcoholic beverages
 - Pasta
 - Tortillas, burritos and tacos
 - Beef
 - Dairy desserts (ice cream)
- **3 out of 4 American men** are overweight or obese
 - Almost **70% of the American population in total** is overweight or obese

3. Anger

- Researchers found that for up to two hours after, an angry outburst increases risk of heart attack 5 times, and triples the risk of stroke
- People who rated high in traits such as anger had **twice the risk of heart disease and 3 times the risk of heart attack** versus people with low levels of anger – despite having normal blood pressure levels
- Suppressed negative emotions, including anger, were found to **double the overall mortality risk**

4. Smoking

- Up to 90% of lung cancers are linked to smoking.
- The life expectancy of a smoker is 14 years shorter than the lifespan of the average American.

5. Hydrogenated trans fats

- Hydrogenation is a **chemical process** in which hydrogen atoms are added to a *liquid* vegetable fat to change it to a *solid* (example: margarine)
- In Denmark, where it has been illegal for foods to contain more than 2% trans-fats since 2004, deaths from heart disease have dropped by 20%
- A 2006 study found that for each additional **2% of calories consumed as trans fat**, risk of heart disease **nearly doubled!**
- Trans fat depletes good cholesterol (HDL), which helps protect against heart disease
- Research on Margarine
 - for each teaspoon of margarine consumed each day, **risk of heart disease increased by 10%**
 - Long-term margarine consumption by women was associated with a **67% increased risk of heart disease**

6. Excess Alcohol

- Alcohol is the second most common cause of liver cirrhosis after Hepatitis C infection
- Chronic, excessive use of alcohol can lead to fatty liver, alcoholic hepatitis, alcoholic cirrhosis and liver cancer
- Binge drinking rates have increased almost 10% since 2005
- Highest rate of binge drinking in the US is Menominee county in Wisconsin

7. BPA and other toxins

- BPA is a chemical used in plastics: water bottles, coating for inside of food cans, coating on cash register receipts, and other uses
 - Hormone disruptor
 - Linked to cancer, increased risk of obesity, heart disease, and more
- Some of the “dirty dozen” fruits treated with the highest amounts of pesticides include: apples, peaches, strawberries and grapes
- Seafood is commonly contaminated with mercury – pregnant women should be especially careful as mercury can damage the developing baby’s brain
- Fresh, organic food to minimize exposure to many toxins

8. Bromated flour

- Until the 1980s, one slice of bread contained the minimum daily recommended intake of iodine (0.15 mg)
- Bromate then replaced iodine in bread baking – it is used to strengthen dough, and causes bread to rise higher
- While legal and commonly used in the US, bromate (potassium bromide) is banned in Canada and the United Kingdom
 - Linked to cancer
 - Takes up space on iodine-receptor cells and blocks iodine from the tissues that need it
 - One study found that bromide levels were 50 times higher in people with thyroid cancer

9. Soda

- A 2012 study found that people who drink soda are **20% more likely to have a heart attack**; sugar in soda increases blood pressure, a risk factor for heart disease
- A separate study found that consuming soda was associated with a **20% increase in risk of diabetes** but drinking tea or coffee (sweetened or unsweetened) **REDUCED** diabetes risk
- One study found that people who regularly drank diet soda gained almost **triple the abdominal fat** over the 9 year study as people who didn't drink soda
- Sodas have artificial caramel coloring (called 4-Mei) linked to cancer, brominated vegetable oil, high fructose corn syrup, and phosphoric acid

10. Fluoridated tap water

- Fluoride is added to water to prevent tooth decay. Yet, studies have shown that there **is no significant benefit for dental health**, and that when fluoride is removed from the water the rate of dental cavities does NOT increase
- 41% of children drinking fluoridated water have tooth discoloration associated with exposure to fluoride
- A recent study from the United Kingdom found that people who had a fluoridated water supply were 30% more likely to have low thyroid function
 - Like bromide, fluoride is an iodine blocker

11. Artificial sweeteners

- Aspartame (Equal, NutraSweet), sucralose (Spenda), Saccharin (Sweet'N Low)
- Americans consume over **5,000 tons of aspartame** a year; 86% of this is from **diet soda**
- Aspartame is responsible for 75% of adverse reactions (caused by food additives) reported to the FDA
- More than 2 servings of diet soda per day was found to double the risk of kidney disease in women
- Daily consumption of diet soda is linked to metabolic syndrome (perhaps because it alters the gut microflora) and bladder cancer

12. OTC Pain Relievers

- Ibuprofen use **doubles or triples** the risk of **heart attack or stroke**
- **100,000 people are hospitalized** every year and **16,500 people die** from gastrointestinal complications of NSAIDs
- **Acetaminophen toxicity** is the leading cause of **acute liver failure** in the United States.
- Recent study found taking acetaminophen during pregnancy led to a **42% increased risk of behavior problems** in children