

**Featured Topic: Weight Loss
Fiber, Grape Seed Extract, and Ginger
(6 slides)**

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America's Obesity Problem

- 1/3 of children ages 6-19 are overweight or obese
- **70%** of American adults are overweight or obese, including **3 out of 4 men**
- America also has an exercise problem – over **20% of Americans get ZERO physical activity** other than their jobs

For more on diet and exercise see
TerryTalksNutrition.com and click on
Terry Recommends

A boost for weight loss - fiber

- Fiber
 - **Helps fill you up** (increases satiety) – trips the triggers that tell your body it is full so you don't eat as much
 - **Reduces cravings** by slowing the conversion of carbohydrates and stopping blood sugar spikes and drops, so you have fewer cravings
- A 2015 study found that getting more fiber daily was almost as effective for weight loss as following a standard fish/vegetable/fruit/no sugar, salt, fat diet
 - After 12 months the standard diet group lost an average of 5.9 lbs while the high fiber group lost 4.6 lbs

Fiber clinical study results

- Randomized, placebo-controlled 90 day clinical study with 86 participants who received a unique fiber or a placebo; no requirements for diet or exercise
- Over **90%** of participants in the fiber group experienced some amount of weight loss versus 55% (n=16) in the placebo group
- 32% of the fiber group lost 5-10% of their body weight after 90 days versus only 3.3% of the placebo group
- Participants in the fiber group also experienced reduction in HbA1C levels, waist size and BMI
- No significant adverse effects were reported in the clinical study

Grape seed extract for weight loss

- Animal study - rats were fed standard rat chow, or rat chow plus 3 different dosages of grape seed extract
- The animals in the highest dosage of grape seed extract **ate 20% less food** than the control animals
 - The animals receiving the most GSE also had higher levels of a hormone (GLP-1) that is associated with satiety and delayed gastric emptying (feeling “full” longer)
- In a study in humans, grape seed extract reduced energy intake by 4%, which translates to an 8 lb weight loss (or preventing an 8 lb weight gain)
- Grape seed extract has also been shown to prevent the buildup of abdominal fat

Ginger for weight loss

- In a study of obese women, ginger extract for 12 weeks significantly reduced BMI and serum insulin levels
- In an animal model of obesity, gingerol (from ginger) for 30 days led to reduction in body weight, glucose levels, and insulin levels versus animals on a control diet
- In a study of ginger versus the weight loss drug orlistat (Xenical) in an animal model of obesity, both were effective for weight loss but ginger also increased HDL levels and unlike the drug did NOT have any adverse effects on liver or pancreatic enzyme function

What to know

- Dosage: 1500 mg of fiber, ginger and grape seed extract before meals
- Take with water

Listener Question

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Ask Terry

Dear Terry,

I hurt my knee somehow and the pain is just not going away. My doctor sent me to physical therapy and said if that doesn't work I might need surgery. I guess if I have to have surgery I will, but do you have any suggestions that might help so I won't need surgery?

T.C. from Middleton, WI

Stopping a Leaky Bladder (2 slides)

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Leaky bladder? Anticholinergics aren't the answer

- Anticholinergics aren't very effective
 - Consumers Reports finds that prescription drugs for leaky bladder provide little to no benefits – one or two fewer episodes a day at best
- Anticholinergics have significant side effects
 - Over 50% of people taking them for an overactive bladder stop within six months because of dry mouth, constipation, blurry vision and dizziness
 - These drugs (anticholinergics) also cause confusion in older adults and have been linked to dementia

Bladder Help for Men AND Women

- *Angelica archangelica* from Iceland
- Clinically studied to help reduce urinary frequency problems
 - Shown to increase bladder capacity and reduce number of urinations at night, particularly in participants who had small bladder volumes
 - **What does this mean?** Participants had to make fewer bathroom trips at night
 - Fewer bathroom trips means better sleep and better rest
- 200 mg to start (2 or 3 days); then reduce to 100 mg daily
- For stress incontinence and daytime bladder problems, take in the morning
- For nocturia and nighttime bladder problems, take before bed

**Be a Super Ager:
Keep Your Memory Going Strong
(3 slides)**

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Super Agers have Super Memories

- Most people experience a gradual decline in memory with age
- Some people – called super agers – have **memories as good or better** as people decades younger, even in their 80s and beyond
- When researchers studied their brain activity, they found that areas of the brain that normally shrink with age (**cortex** and **hippocampus**) were as large in super agers as in young adults

You can be a super ager too!

- **Curcumin** preserves the cortex
 - In animals exposed to brain-toxic heavy metals, curcumin protected brain cells from damage and increased the amount of beneficial antioxidants in the brain
 - In a separate study, curcumin prevented memory problems associated with exposure to brain-toxic chemicals
 - In healthy older adults ages 60-85, curcumin improved memory and reaction times; participants also reported improved calmness and less stress at the end of the 4 week trial

More memory boosters

- Vitamin D
 - When compared to people who have optimal vitamin D levels, once you reach 65, low levels of vitamin D make it **twice as likely** that you will suffer some degree of mental decline
- Rosemary and Sage essential oil
 - Shown to improve memory and word recall
 - Both inhibit an enzyme (acetylcholinesterase) which can disrupt signals in the brain
- Take 2000 IU of vitamin D3 plus 600 mg of curcumin, Spanish Sage and Rosemary daily

Drug-Induced Nutrient Depletion (1 slide)

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Top 5 Most Prescribed Drugs and the Nutrients They Deplete

Drug	Prescribed for:	Nutrients Depleted
Synthroid	Low thyroid function	Calcium
Crestor	Cholesterol	CoQ10; also interferes with Vitamin K2 and selenium
Ventolin (albuterol)	Asthma	Calcium, magnesium, phosphate and potassium
Nexium	Heartburn (GERD)	Vitamin B12, folic acid, calcium, magnesium, iron, zinc, chromium, beta carotene and vitamin C
Advair	Asthma	Calcium, magnesium, phosphate and potassium

Lack of calcium leads to weak bones, muscle spasms, high blood pressure, PMS, and increased risk of cancer

Calcium, magnesium, phosphate and potassium are key minerals in keeping airways open and maintaining respiratory function

Low CoQ10 leads to muscle pain; CoQ10 is required for energy production in every cell in the body