

Listener Question

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Ask Terry

Dear Terry:

What do you recommend for canker sores. I get them on the insides of my mouth and they really hurt.

JN in Neenah, WI

How to Keep Kickin After Age 40

from T-Nation.com
(3 slides)

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How to be fit at Forty and beyond...

Athletic ability and flexibility start to decline in the 40s. To keep fit long past forty follow these 3 tips:

- **Use it or lose it.** Don't wait until arthritis locks your joints down. Keep moving. Do yoga, touch your toes while you wait for the shower to get hot, swim, just keep moving in different ways
- **Hormones** keep you healthy – testosterone and healthy estrogen are critical for both men and women for muscle strength plus heart function, immune activity, diabetes prevention and more
- **Eat protein** for every meal and avoid carbs

Plus 3 supplements for 40-somethings

- **Curcumin. Inflammation makes you old.** Curcumin stops inflammation and cancer, relieves pain, increases insulin sensitivity and reduces blood sugar levels, prevents heart disease...
- **Iodine:** prevents iodine-deficiency diseases like goiter, but is also important for metabolism, energy, preventing heart disease, and detoxification
- **Omega-3 fatty acids:** reduce inflammation and help prevent cancer, relieve skin dryness and disease (such as eczema), improve memory and attention, and help relieve the symptoms of depression other mental illnesses

A Positive Outlook Leads to a Long Life

(1 slide)

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Want to live longer? Look on the Bright Side.

- Researchers analyzed data from over 70,000 women in the Nurse's Health Study who had answered questions about optimism in 2004
- Eight years later, researchers found that women who were most optimistic were **29% less likely to die** during the study follow up period, and had a
 - 16% reduced risk of cancer
 - 38% reduced risk of heart disease
 - 39% reduced risk of stroke
 - 37% reduced risk of respiratory diseases
 - 52% reduced risk of infection

**Is it an energy bar, or a
candy bar in disguise?
(1 slide)**

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Read the label – which one is the candy bar?

Product A: carbohydrate blend (organic evaporated cane juice syrup, maltodextrin, fructose, dextrose), oat bran, soy protein isolate, alkalized cocoa, brown rice flour, and 2% or less of canola oil, vegetable glycerin, salt, chocolate, natural flavor, nonfat milk, almond butter, peanut flour, minerals: calcium phosphate, potassium phosphate, ferrous fumarate (iron), vitamins: ascorbic acid (vitamin C), vitamin B6 hydrochloride, riboflavin (vitamin B2), thiamine mononitrate (vitamin B1).

- This is a 65 gram “energy” bar with 220 calories, **26 grams of sugar**, and 9 grams of protein

Product B: milk chocolate (sugar, cocoa butter, chocolate, skim milk, milk, lactose, milkfat, soy lecithin, artificial flavor), peanuts, corn syrup, sugar, palm oil, skim milk, lactose, partially hydrogenated soybean oil, salt, egg whites, artificial flavor

- This is a 52 gram Snickers bar with 250 calories, **27 grams of sugar** and 4 grams of protein

**Nutrient of the Day:
Adrenal Extract
(3 slides)**

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Adrenal Glands

- Adrenal glands produce hormones for energy, the immune system, mood, and muscle strength
 - Cortisol is one of the most important adrenal hormones
- Overworked adrenal glands (adrenal burnout) can cause
 - Sensitivity to cold
 - Low blood pressure
 - Weak heart and weak pulse
 - Slow metabolism
 - Constipation
 - Frequent illnesses
 - Fearfulness

Diet is Critical to Adrenal Function

- Low carbs
- Protein
- High quality fats
- Salt – Celtic salt
 - Not refined white salt or white sea salt
- Go to TerryTalksNutrition.com and click on Terry's Traditional Diet

Restore Adrenal Gland Function with Adrenal Extract

- “like heals like”
- Adrenal extracts have been used to treat the adrenal glands and for other benefits since at least the 1930s
- Adrenal extract (bovine) is a natural source of active hormones and other nutrients to stimulate the adrenal glands
 - Grass fed animals from Argentina are a preferred source of adrenal extract
- Combine with other nutrients such as licorice, rehmania, DHEA, pregnenolone, vitamins C and B6 (P-5-P), pantothenic acid, and l-tyrosine for chronic fatigue and adrenal burnout

Treat skin problems with Vitamin D (1 slide)

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Vitamin D for Atopic Dermatitis

- Atopic dermatitis (also called eczema) = dry, itchy, red and cracked skin; inflammation and a recurring rash are often present
 - common in children and babies
- Researchers analyzed data from almost 1,000 people with atopic dermatitis – both adults and children – versus healthy controls
- Vitamin D levels were lower in both adults and children with atopic dermatitis. Once treated with vitamin D, their symptoms improved
- **Acne** is also associated with low vitamin D
 - One study found that vitamin D was deficient in almost **50% of patients** with acne

Processed Meat is Bad for Asthma (2 slides)

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Avoid “Meat Wheeze”

- Researchers followed 1,000 people for 10 years, half had asthma, the rest had no history of lung problems
- In the asthma patients, **the more processed meat they consumed the worse their asthma symptoms**
 - Processed meat = meat modified with smoking, curing, adding salt or adding preservatives
- People who ate more than **4 portions of processed meat a week** (a single sausage counted as 1 portion) had the biggest decline in lung health
- Researchers think that nitrites in processed foods aggravate the airways
- Nitrites have also been linked to cancer
 - 2 strips of bacon a day increases colon cancer risk by 21%
 - Every 10 gram increase in daily processed meat intake increases prostate cancer risk by 10% - 10 grams is **1/5** of a sausage!

What is good for asthma?

- Fresh, organic, grass-fed meat
 - No growth hormones, antibiotics or drugs
- Boswellia
 - Boswellia opens airways, reduces bronchial and sinus swelling, specific inhibitor of the 5-LOX enzyme
 - **70% of asthma patients treated with boswellia had improved lung function** versus only 27% of participants in the control group
 - Thyme, ravintsara, and myrtle oils add additional support to expel excess mucous, calm inflammation, soothe coughs, and prevent infections