

Featured Topic: Grape Seed Extract (5 slides)

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New Research on Grape Seed Extract and Cancer

- Researchers exposed colon cancer cells to a specific, tannin-free grape seed extract containing only the small, active, absorbable and beneficial OPC compounds
 - Result: **70-80% reduction in number of live cancer cells**
- In an animal model of colon cancer, the same grape seed extract **suppressed the growth of tumors by up to 90%**
- The researchers found that grape seed inhibited a pathway in the body called HIPPO-Yap that leads to cancer cell formation

Other Health Benefits of Grape Seed Extract

- Helps the body produce glutathione, the master antioxidant that protects DNA and strengthens the immune system
 - **37% increase in total glutathione levels** in healthy animals, and doubled the glutathione levels in animals eating poor quality diets
- Assists the liver in processing toxins and spent hormones
 - **58% increase in liver antioxidant levels** (animal model of impaired liver function)
- Increases insulin sensitivity and reduces high blood sugar levels
 - **75% reduction in blood sugar levels** – returned blood sugar to *near normal* level (animal model of diabetes)
- Reduces blood pressure levels
 - **6% reduction in high blood pressure levels** in men with pre-hypertension

Why is grape seed so useful for so many different diseases?

- Powerful antioxidant (water soluble)
- Contain beneficial flavonoids - Oligomeric proanthocyanidins or OPCs
- Not only protect cells against free radical activity, but also improves blood circulation and strengthens blood vessels
- New research finds that OPCs from grape seed work on the cellular level as well, to help prevent the genetic changes which lead to the formation of cancer cells

Take grape seed extract if you have concerns about

- Arthritis
- Heart disease and High blood pressure
- Diseases of the veins or circulatory system (varicose veins, or chronic venous insufficiency)
- Diabetes and its complications, especially diabetic retinopathy
- Vision problems, including macular degeneration
- Cancer
- Alzheimer's disease and other dementias

Not all “grape seed” is the same!

- Oligomeric proanthocyanidins (OPCs)
 - Low molecular weight
 - Easy absorption
 - Significant health benefits
- Some grape seed extracts contain Polymeric Proanthocyanidins (AKA – **tannins**)
 - High molecular weight
 - Poor absorption
 - No comparison to the documented health benefits of OPCs
 - Sold as beneficial “grape seed extract” although does not have the same benefits as OPCs
- Look for grape seed that is tannin free; 150 – 600 mg daily

Listener Question

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Ask Terry

Dear Terry:

I am having terrible hot flashes. I don't want hormone treatment but I don't know if I can take this anymore. I wake up constantly at night, soaking wet with sweat. Some of my friends suggested soy but I thought that soy should be avoided if you don't want hormones. What do you think about soy for hot flashes?

A.M. from Brookville, WI

High Blood Sugar: Avoid these Foods!

(2 slides)

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6 foods that are not necessarily as “healthy” as you might think, especially if you have high blood sugar:

- 1. Whole grain bread** – companies can legally put “*made with whole grains*” on the label when the product contains only a small percentage of whole grain and is **mostly refined flour**
 - Read the label – **enriched** or **white flour** is not whole grain!
- 2. Rice** – white rice has a glycemic index of 83, while brown rice is 62
 - Quinoa is 53 and barley 37
- 3. “Energy” drinks** – a 12 oz Red Bull contains 37 grams of sugar, a Snickers bar contains 27 grams

4. Crackers: made with trans fats and white flour

- Instead snack on **almonds**, green **olives**, or **pumpkin** or **sesame seeds**

5. Smoothies: a 16 oz (medium) strawberry-banana smoothie from McDonald's contains 240 calories and **49 grams of sugar**

- Make your **whey protein** smoothie at home

6. Yogurt: avoid “fruit on the bottom” – a container of cherry yogurt has 150 calories and **24 grams** of sugar.

- Plain Greek yogurt from whole milk has **4 grams of sugar** and 13 g of protein

Migraine Management (2 slides)

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Migraine Headache Pain

- Headache pain is the 4th most common reason that people visit the emergency room
- Opioids are commonly prescribed (35% of the time) in the emergency room to treat migraine headache pain
- Opioids (related to morphine)
 - Have many adverse effects: euphoria, sleep problems, nausea, seizures, constipation, breathing problems, and sedation
 - Lead to addiction: tolerance develops after 2 weeks of continuous use, with a 35 times reduction in potency; tolerance leads to increasing frequency of use and then dependence

Stopping headache pain the natural way

- **Inflammation** is one of the root causes of many types of headaches
 - **Curcumin** and **boswellia** are powerful anti-inflammatories with no adverse effects!
 - Boswellia has been shown to reduce the intensity and frequency of chronic cluster headaches
- **DLPA** helps increase the brain's natural pain-killing compounds (endorphins and enkephalin)
- About half of migraine sufferers are **magnesium** deficient;
 - 41% reduction in migraine frequency after 600 mg of magnesium daily (12 week study)
 - Magnesium versus a steroid drug/anti-nausea combination in 70 patients with acute migraine headache – **pain reduction was about 50% better in the magnesium group** than in the drug group
- Many headache sufferers are also serotonin deficient – **P-5-P** has been shown to increase serotonin levels and reduce the pain and frequency of headaches

**Something to Think About:
US Healthcare Spending
(1 slide)**

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US – World's biggest spender on health care

- The United States spends more on health care than any other country
- 2016 spending totaled **\$3.2 TRILLION** dollars!
- Where does the money go? **Mostly on preventable diseases.** Diabetes is the number one most expensive disease at over **\$100 billion dollars** a year
 - More than half the cost of diabetes care is on medication
- Over the last 20 years, spending on **diabetes** and **low back/neck pain** increased 6%, while spending on heart disease increased only 0.2%.