

Today's Listener Question

Terry Talks Nutrition

IMPROVING THE HEALTH OF AMERICA

Ask Terry

Dear Terry:

My family is planning a big spring break vacation in Florida this year. But I have had on again, off again problems with plantar fasciitis. I'm afraid I will have a flare up right before vacation and I will be too sore to walk around and see anything on the trip. What do you suggest?

H.L. in Iron Mountain, MI

Superfoods You Should Know About (6 slides)

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Superfoods You Should Know About

- Superfoods = nutrient dense foods high in vitamins, minerals and antioxidants that are especially good for your health
- You know: salmon, blueberries and broccoli
- Here are some superfoods that you might not have considered yet... (in no particular order)

#1. Cacao

- 15 calories per tablespoon, with flavonoids that lower blood pressure and increase circulation to the heart and brain
- New research study finds that dark chocolate (60% cacao) helps give the brain a mid-afternoon boost
 - Researchers gave EEG brain scans to young people (ages 18-25) taking tests of memory and thinking
 - The participants who consumed 60% dark chocolate were more alert and attentive than the placebo group
- **Not** “Dutch” or “alkalized” cocoa – it has been processed and up to 90% of the antioxidant power is gone
- Mix cacao powder with a smoothie for a rich chocolate taste

#2. Eggs

- Old School Thinking: Eggs are full of bad cholesterol and cause heart disease
- New Research: NO CONNECTION between egg consumption and heart attack or stroke
- In fact, eggs
 - Are high in choline (found in the yolks); women who consume high levels of choline reduce risk of breast cancer by 24%
 - Contain lutein and zeaxanthine, antioxidants which help prevent macular degeneration
 - Are high in protein – obese women eating 2 eggs five times a week lost 65% more weight and had more energy than women eating bagels for breakfast
- Look for “organic, free range” for eggs from chickens that were not fed with high doses of antibiotics and byproducts
 - Free range chickens are less stressed than chickens confined to tiny cages and produce healthier eggs with more B vitamins

#3. Goat's Milk

- Higher in fat but lower in cholesterol than cow's milk
- Closer than cow's milk to human milk so it's easier for children to digest
- Studies show that up to 50% of people who are lactose intolerance to cow's milk can easily digest goat's milk
 - Goat's milk contains about 10% less lactose than cow's milk making it easier to digest
 - Cow's milk has 17% of the daily recommended value of fatty acids but goat's milk has 35%
- Free of humanly engineered growth hormones to increase milk production (growth hormones have not been developed to work w/ goats)
- Helps prevent against iron deficiency and bone softening

COMPOSITION OF MILK			
Compound	GOAT (250 mL)	Cow (250 mL)	Human (250 mL)
Energy (Kcal)	168	146	172
Protein (g)	8.69	7.86	2.53
Fat (g)	10.10	7.93	10.77
Cholesterol (mg)	27	24	34
Calcium (mg)	327	276	79
Phosphorus (mg)	271	222	34
Potassium (mg)	498	349	125
Thiamin (mg)	0.117	0.107	0.034
Riboflavin (mg)	0.337	0.447	0.089
Niacin (mg)	0.676	0.261	0.435
Vitamin A (IU)	483	249	522
Tryptophan (g)	0.107	0.183	0.042

Source: USDA National Nutrient Database for Standard Reference, Release 20 (2007)

#4. Almonds

- Contain more calcium and fiber than any other nut
- Heart Health
 - Over 65% of the fat in almonds is monounsaturated which helps lower LDL (bad) cholesterol levels by approximately 12%
 - Reduce risk of developing a blood clot
 - Studies show that by replacing carbohydrates with nuts reduces the risk of developing heart disease by 30%
- Contain phytochemicals which help protect against cancer
- High in omega-3 fatty acids so a lot of the same health benefits of fish
- Help stabilize insulin levels for type 2 diabetics (don't cause a spike in glucose levels)
- Low in sodium but high in potassium which helps lower blood pressure
- Overweight people on a low-cal diet PLUS 2.5 daily oz of almonds lost 62% more weight, 50% more belly fat, and reduced their blood pressure by 11 points versus the control group eating low-cal food and foods equal to the almonds for calories and protein

#5. Olive Oil

- Women adding olive oil to their diets saw an amazing **62% reduction in their breast cancer risk** in a recent study
- In a study of people with high blood pressure, **35% of participants were able to discontinue use of their medications** after 6 months of daily use of olive oil
- A 2012 study found that regular consumption of olive oil **reduced risk of death from heart disease by 44%**
- Look for genuine, extra virgin olive oil – should smell fruity and taste like olives

**Something to Think About:
“Health Food” in the Grocery Store
(1 slide)**

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If there is a “health food” section in the grocery store, what does that make the rest of the food sold there?

Did you know: large supermarkets are more about **selling shelf space** to manufacturers than they are about **selling food** to consumers

Food giants (like Nestle and Unilever) control the shelves and determine what foods a consumer will see.

They are the only ones who can (and do) pay up to **half a million dollars** (a “slotting fee”) for a few **inches** of shelf space in the checkout aisle - the most expensive real estate in the store. This is why checkout aisles have gum and candy bars, and not broccoli or apples!

Nutrient of the Day: Devil's Claw (2 slides)

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Relieve arthritis pain with Devil's Claw

- Plant native to South Africa – long history of use for pain relief
- Randomized, double-blind study of Devil's claw versus prescription NSAID (Vioxx) in patients with back pain
 - Twice as many people taking Devil's claw experienced pain relief (responders) versus the drug group
 - Pain was reduced about 50% in both groups
 - In other words – for the people who experienced pain relief, Devil's claw and the drug worked equally well, but about twice as many people benefited from Devil's claw versus the drug
- Double-blind, randomized trial of Devil's claw versus prescription anti-inflammatory drug for knee and hip arthritis pain
 - Both Devil's claw and the drug were **equally effective** at reducing arthritis pain BUT
 - **Three times more people in the drug treatment group experienced adverse effects** versus the Devil's claw group

How does Devil's claw work?

- Anti-inflammatory
 - Reduces inflammatory COX-2 by 31%
 - COX-2 is an enzyme which triggers the production of inflammatory compounds in the joints (and other areas of the body)
- Rebuilds cushioning cartilage between the joints
 - 38% increase in glycosaminoglycans – natural building blocks of tissue that acts as a shock absorber between the joints
 - 41% increase in chondrocytes – cells that maintain cushioning cartilage in the joints
- Key compound in Devil's claw? Harpagosides
 - Some extracts contain as little as 2%; look for at least 20% harpagosides for best benefits

Oral Hygiene and Glaucoma Risk (2 slides)

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What is in your mouth can affect your sight

- Researchers tested 119 people with **glaucoma** (increased pressure in the eye, eventually leading to vision loss) versus 78 control subjects without glaucoma, for the presence of oral bacteria
- Result: versus the control group, the glaucoma group
 - Had lost more of their teeth
 - Had significantly higher amount of *Streptococcus* bacteria in their mouths
- Conclusion: **bacteria in the mouth can trigger inflammation and tissue damage in other areas of the body** – other studies have linked bacteria in the mouth to increased risk of diabetes and heart disease

Clean Your Mouth the Natural Way

- Concentrated plant oils can destroy harmful bacteria in the mouth - they are even able to penetrate the surface of plaque to kill the bacteria underneath
- One study found that **rinsing twice a day with essential plant oils was as effective as daily flossing** in reducing plaque buildup
- Brush your teeth and follow up with a rinse of **oregano, thyme, cinnamon and clove oils**
 - One study found that the oils of cinnamon, thyme and clove killed 92% of 25 different bacterial strains

3 Reasons for Achy Legs (4 slides)

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Pain in the legs

- Pain in the legs is a common symptom and can be caused by a wide range of problems, from infection to cancer
- Most often, leg pain is caused by **joint diseases** (arthritis, for example) but here are three other reasons you might be experiencing achy legs

NOTE: Pain of any kind should not be ignored, so see your doctor if you have concerns and to get a diagnosis for your pain

#1: Poor Circulation – peripheral artery disease

- Pain in your legs when you exercise, that goes away when you rest, can be a sign of poor circulation
- When the arteries in the legs harden and narrow, muscle cells don't get enough blood and the result is leg pain
- Natural solution: mesoglycan
 - Mesoglycan strengthens and repairs weak, damaged arteries
 - In clinical studies of people with peripheral artery disease, oral mesoglycan improved blood flow and increased walking distance; in one study **81% of participants increased their ability to walk a distance**, some up to **3 times better than their starting point** after 6 months of use

#2: Diabetic neuropathy

- Burning, tingling, numbness and pain in the legs, feet and arms can be diabetic neuropathy
 - 60-70% of people with diabetes have some sort of nerve damage (neuropathy)
- Controlling blood sugar is extremely important - once damage has occurred, it is very difficult to reverse
- Natural solutions
 - **Hintonia** for blood sugar control
 - 11% decrease in HbA1c levels
 - 25% reduction in fasting glucose levels
 - 22% reduction in postprandial glucose levels
 - Nerve repair and pain relief from active B vitamins, Zinc, Chromium, and Alpha lipoic acid

#3: Muscle spasms

- Pain in the legs (in the calf muscle) at night is caused by muscle spasms or a “charley horse”
 - Restless leg syndrome is a separate condition and is not usually painful
- Muscle fatigue and nerve problems are usually related to night leg cramps but there are many other factors that may be involved, including dehydration, side effects of medications, and pregnancy
- Natural solution: calcium lactate
 - 250 mg of calcium lactate, with 50 mg of magnesium and 6 mg of zinc
 - Replenishes calcium in muscle tissue to relieve cramping and pain