

**Featured Topic:
Beautiful Skin at Any Age**

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What Happens to Aging Skin

- Skin cells are replaced more slowly
- Skin layer begins to thin
 - More fragile and vulnerable to damage
- Collagen and elastin decrease
 - Skin loses strength and elasticity
- Moisture is lost
 - Skin becomes drier and looser
- Fat is lost
 - Skin looks less plump and smooth
- Blood vessels in skin decrease
 - Skin loses youthful color and glow



Premature Aging

- The aging process can be accelerated!
 - Extremes of heat or cold
 - Excessive sun (UV radiation)
 - Stress
 - Poor Nutrition
 - Insufficient sleep
 - Environmental pollutants

Damaged Skin is Wrinkled Skin!

Build Beautiful Skin

- Clinical research study: 35 women with dull complexions took a combination of French grape seed extract, vitamin C, French melon and zinc citrate for 8 weeks
- Results
 - 18% reduction in the appearance of dark circles, redness and spotting
 - 8% increase in skin elasticity
- The women in study also reported that they saw a
 - 25% increase in skin luminosity (skin tone)
 - 62% increase in skin radiance
 - 55% increase in skin firmness

Combination for beautiful skin

- How do these nutrients improve skin quality?
 - Increases collagen and elastin production for **firmer skin**
 - Improves microcirculation for **better skin tone**
 - Antioxidant protection to **prevent wrinkles and lines**
- Take a combination of 150 mg of French grape seed extract, French melon fruit concentrate, zinc and Vitamin C, plus 350 mg of boswellia and curcumin for additional antioxidant and anti-inflammatory support

Today's Listener Question

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Ask Terry

Dear Terry:

I've started to have stomach pain after meals and I'm pretty sure it is gallstones. I will make an appointment to see my doctor, but what do you recommend to treat gallstones? Thank you for all your advice.

I.S. from Omaha, Nebraska

Reduce Your Risk of Stroke with Eggs (2 slides)

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An egg a day keeps a stroke away

- Recent review of published studies on egg consumption in over 300,000 people finds a **12% reduction in stroke risk**
 - Average intake: 1 egg daily
 - No benefits for those who ate eggs just twice a week or less
- But wait! Aren't eggs full of DANGEROUS CHOLESTEROL?
 - One large egg contains 186 mg cholesterol
- Daily egg intake did NOT increase risk of heart disease
- Eggs are whole foods: 6 g protein, plus essential fatty acids, choline, vitamins and minerals
- Eggs DO NOT increase cholesterol levels
 - In 70% of people, egg consumption had NO effect on cholesterol, in 30% of people there was a very small increase in total cholesterol.
 - In one study, two eggs daily for 6 weeks **increased HDL cholesterol** by 10%!
 - More importantly, egg consumption has been shown to change dangerous small, dense LDL cholesterol particles to the large, “fluffy” and not dangerous form

Speaking of cholesterol...

- Researchers looked at data from over 20,000 people with Parkinson's disease
- Use of cholesterol-lowering medications (including statin drugs) was associated with a **significantly increased risk of Parkinson's**
- Statin drugs block production of cholesterol AND **CoQ10**, a nutrient essential for cellular function
- Researchers in Japan have found that supplementation with the active form of CoQ10 (ubiquinol) slowed the progression of Parkinson's disease

Nutrient of the Day: Benfotiamine (3 slides)

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Benfotiamine – Vitamin B1

- The B vitamins are mostly water soluble
- Benfotiamine is unique – this form of vitamin B1 (thiamin) is **fat soluble** and well absorbed
 - Easily passes the intestinal wall and can enter directly into cells
 - Maximum absorption is **5 times higher** than other forms of thiamine
- In Germany, benfotiamine is used in the treatment of nerve pain (sciatica) but it has many other clinically proven uses

Benfotiamine Research

- **Alzheimer's disease:** benfotiamine for 18 months significantly improved the mental function of patients with mild or moderate Alzheimer's
- **Heart disease:** supplemental benfotiamine **reduced by 50%** the oxidative stress and restricted blood flow associated with smoking
- **Diabetes:** benfotiamine prevented damage to the eyes, heart and kidneys associated with diabetes (animal model)
- **Diabetic nerve pain:** benfotiamine supplementation for 6 weeks significantly relieved nerve pain in patients with diabetes

When should you take benfotiamine?

- For prevention of heart disease and heart problems associated with diabetes (poor circulation, high blood pressure)
 - Benfotiamine combined with P5P (vitamin B6), French grape seed and pomegranate
- For nerve pain, especially burning pain in the feet (diabetic neuropathy)
 - Benfotiamine combined with alpha lipoic acid, other B vitamins, minerals and boswellia

How NOT to “feed a cold”

1 slide

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Don't "feed" your cold or flu sugar

- White blood cells keep us healthy by killing bacteria and viruses
- **Sugar blocks vitamin C** that white blood cells need to function
- Researchers found that drinking a liter of soda (equal to 2 typical, 16 oz bottles) OR eating 100 grams of sugar (2 typical bottles of soda, or 4 candy bars) **reduced white blood cell activity by 40%**
- In contrast, 1000 mg of vitamin C plus zinc reduced cold symptoms up to 27% faster versus placebo in 2 clinical studies

Eat Nuts, Live Longer (1 slide)

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Eat nuts daily and enjoy better health

- Researchers looked at the results of 29 published studies involving over 800,000 participants
- They found that **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%**
- Nuts are high in **fiber** and **magnesium** – nutrients known to lower blood sugar and blood pressure levels
- Nuts are also full of **antioxidants** that protect against oxidative stress, inflammation and cancer
- Some of the healthiest nuts include: almonds, pistachios, walnuts, macadamia nuts, and Brazil nuts

NSAIDs and Hearing Loss

(1 slide)

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New study on NSAIDs and hearing loss

- Researchers analyzed data from over 55,000 people over a 20 year period
- They found that use of acetaminophen (Tylenol is one brand name) or NSAIDs 2 or more days a week significantly increased risk of hearing loss
- A previous study in 2010 of 40-70 year old men found that
 - Regular use of aspirin for up to four years increased risk of hearing loss by 28%
 - Using aspirin regularly for more than four years increased risk by 33%
 - Use of NSAIDs regularly for four or more years also increased risk of hearing loss by 33%
 - WHY? No known for sure, but one reason could be that these drugs **reduce blood flow to the inner ear**

Late Breakfast, Early Dinner: Prevent Breast Cancer

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Overnight Fasting = Reduced Breast Cancer Risk

- Researchers followed over 2,000 women with breast cancer for 12 years
 - All the women had been treated for breast cancer; none had diabetes
- Going less than 13 hours overnight without eating was associated with a **36% increase** in risk of breast cancer reoccurring
- Each 2 hour increase in the amount of time between the last meal of the night and the first meal in the morning was associated with **significantly lower HbA1c** level as well as a longer duration of night time sleep
- Eat dinner early and breakfast late!

Iron for Your Ears (1 slide)

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Increase Iron Intake to Prevent Hearing Loss

- Researchers examined the health records of over 300,000 people (average age of 50 years)
- They found that people with iron deficiency anemia were **three times more likely** to have hearing loss than the general population
- The researchers noted that the inner ear is very sensitive to changes in blood supply, so lack of oxygen due to low iron levels could lead to hearing loss
- Lack of iron is the most common nutrient deficiency in the world
- Suggested iron dosage: 30 mg of iron as ferrous bisglycinate chelate daily, along with magnesium, zinc and copper