

**Featured Topic:
Stop Colds, Flu and Shingles
(4 slides)**

Terry Talks Nutrition

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Viral Illnesses

- Influenza (the flu), the common cold, shingles, herpes, and some types of hepatitis and pneumonia are caused by **viruses**
 - **Flu update:** The Centers for Disease Control (CDC) reports that the number of lab tests positive for influenza more than doubled at the end of December
 - Over 90% of flu cases this year are influenza type A (H3N2)
- You should know: **antibiotics DO NOTHING to stop viruses**
- However, several natural medicines have powerful effects against viruses

Elderberry is a natural antiviral drug

- Elderberry acts against viruses in two ways:
 - PRIMARY: neutralizes virus particles so that they cannot enter host cells
 - SECONDARY: causes the immune system to activate, which can help control the spread of a viral infection
- Specifically, elderberry has been found effective against
 - **Influenza Type A (this year's major strain)** and B
 - Herpes type 1
 - HIV
- BONUS: Elderberry has ALSO been shown to have some **antibacterial** activity

Elderberry protects against cold and flu

- A recent study in Australia found that taking elderberry while traveling **cuts risk of colds or the flu in half**
- 312 passengers flying from Australia to overseas destinations, economy class
 - Half received Haschberg variety elderberry extract; half received placebo
 - All passengers surveyed for cold and flu symptoms before, during and after their flights
- The elderberry group had **half as many illness** (cold or flu) as the placebo group
- For those in the elderberry group who did get sick, their **illness lasted only 2/3 as long** as the placebo group, and their **symptoms were not as severe**

Stop viral infections with elderberry

- Elderberry can be taken daily, especially during cold and flu season
- 200 mg daily, up to 1200 mg (when needed)
- Blend with other immune nutrients:
 - Vitamins A, C and D
 - Zinc, Calcium, Magnesium
 - Mixed bioflavonoids from citrus
- Other ways to stop a virus:
 - Concentrated plant oils: Ravintsara, Myrtle, Thyme, Bay Leaf
 - All shown to have antiviral activity (as well as antibacterial and antifungal activity as well)
 - High dose vitamin D3
 - Propolis extract (100 -200 mg of concentrated propolis daily)

Listener Question

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Ask Terry

Dear Terry:

My son, who is only 10 years old, has started to have migraine headaches. We are still not sure what is causing them. Do you have any suggestions for something that is safe for him to take that might help prevent a migraine?

R.D. in Chilton, WI

The Case Against Sugar, by Gary Taubes
as profiled in *Men's Journal*, Jan/Feb 2017
(4 slides)

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Gary Taubes, nutrition journalist and author of the new book “The Case Against Sugar”

“Sugar is likely poison, and it’s what is making our country fat. And not just fat but sick.

So don’t eat it. Ever.”

- Nearly everyone now believes that Americans eat too much sugar
- Most experts agree that sugar consumption is a major contributor to our poor health: 1/3 of adults are overweight and 1 in 11 has diabetes
- To Gary, “less is better” is not the answer – he wants us to **stop poisoning ourselves with sugar** altogether

Flawed Research

- The original “fat is bad” research promoted by Ancel Keys in the 1950s/60s was funded by the sugar industry
- Beginning in the 1960/70, the sugar industry and big foods like General Mills began major funding of research to promote the idea that sugar is healthy, and that all calories (whether from broccoli or sugar) act the same in the body
- BUT – sugar and broccoli do not act the same way in the body.
- **Sugar is uniquely negative** – it causes the liver to accumulate fat and at the same time to increase insulin production. Result – weight gain, obesity and diabetes.
- Gary Taubes believes that the obesity epidemic is not just because we eat too much and don’t exercise. It happens because we are poisoning ourselves with sugar.
- Gary launched his own foundation which is leading new research on the negative effects of sugar in the body

Big Sugar Timeline: 1943 - 2016

1943: as a reaction to sugar rationing in WW2, sugar industry forms a lobbying association

1953: the Sugar Association gives out \$3 million in research grants to study the healthfulness of sugar

1963: Coke and Pepsi companies introduce the first diet sodas; sugar industry launches campaign to ban artificial sweeteners

1967: First evidence that sugar raises triglyceride levels, a risk factor for heart disease

1973: Senate launches an investigation into the connection between sugar, diabetes and heart disease

1974: Sugar association hires a PR firm and launches new ad with the slogan: **Sugar. It isn't just good flavor; it's good food.**

1985: with nutritionists supported by the sugar industry on its advisory board, the USDA reports that “sugar does not cause diabetes”

1988: citing 20 years of studies, the Surgeon General (C. Everett Koop) says that **fat** causes heart disease and diabetes

1992: USDA food pyramid nearly eliminates fats and stresses sugary grains; packaged “low fat” foods replace fat with **double** the amount of sugar.

2003: World Health Organization advises only 10% of calories should come from added sugar; Big Sugar threatens to cut WHO's funding

2014: Coca-cola funds a new organization (Global Energy Balance Network) that claims lack of exercise, not diet, causes diabetes

2016: President of WHO recommends consuming no sugar at all