

Featured Topic: Prevent Heart Disease (5 slides)

Terry Talks Nutrition

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How to NOT die of heart disease:

- Get the extra pounds off.
 - A recent study found that for every 8 lb increase in BMI (body mass index) the risk of heart disease goes up 25%
- Get the sugar out of your diet.
 - A 15 year study found that getting more than 25% of your daily calories from sugar **doubled the risk of dying of heart disease** (versus those whose sugar intake was 10% or less of their daily calories)
- Get blood pressure down, prevent oxidative damage to your blood vessels, and stop inflammation.
 - High c-reactive protein levels (a marker of inflammation) were associated with a 52% increase in risk of heart attack or stroke in a recent clinical study
- Five key nutrients: P5P, benfotiamine, magnesium, grape seed and pomegranate

P-5-P (Vitamin B6)

Low levels of the active form of vitamin B6 – **pyridoxal-5-phosphate** – are associated with high levels of inflammation and increased risk of heart disease

- One study found that people with the highest levels of inflammation (including c-reactive protein) had P5P levels 25% lower than people with low levels of inflammation
- A separate study found that people with the highest intake of vitamin B6 had **c-reactive protein levels 50% lower** than people with the lowest vitamin B intake
- Findings from the Nurses Health Study showed that women with the highest levels of P-5-P had a **78% reduced risk of heart disease** versus women with the lowest P-5-P levels

Benfotiamine (Thiamin)

Fat soluble form of vitamin B1 (thiamin)

- Easily passes the intestinal wall and can enter directly into cells
- Maximum absorption is **5 times higher** than other forms of thiamine
- Supplemental benfotiamine **reduced by 50%** the oxidative stress and restricted blood flow associated with smoking
- Benfotiamine prevented damage to the heart associated with diabetes (animal model)
- In a separate study (also an animal model of diabetes) benfotiamine stopped oxidative stress damage to the heart

Magnesium

70-80% of Americans do not get the minimum recommended daily intake of magnesium (420 mg daily for men and 320 mg daily for women)

- Increased intake of magnesium reduces risk of metabolic syndrome (a condition linked to heart disease) by 30%
- In a recent study, every small increase in magnesium intake was associated with a **30% lower risk** of heart disease
- High dietary intakes of magnesium linked to **22% reduction in risk of ischemic heart disease** (reduced blood flow to the heart)

Grape seed extract and pomegranate

Grape seed

- **75% reduction in blood sugar levels** – returned blood sugar to *near normal* level (animal model of diabetes)
- **6% reduction in high blood pressure levels** in men with pre-hypertension
- Clinical study of 287 people with arterial plaques: grape seed group saw a **40% reduction in arterial plaque formation** while control group increased almost 30%

Pomegranate

- In an animal study, **90% prevention** of LDL cholesterol oxidation
- Clinical trial in people with heart disease: blood pressure lowered by over 12% and a **30% reduction** in atherosclerotic plaque; control group (no pomegranate) saw their atherosclerotic plaque **increase** by 9%

Listener Question

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Ask Terry

Dear Terry:

I had a mole on my back removed, and it turns out it was skin cancer. The good news is that it was small and hasn't spread. But I am still worried about it so I want to take curcumin. Can you help me with how much I should take? Also, some labels say turmeric and some say curcumin. Does that matter?

L.B., Appleton, WI

3 Satisfying Snacks to Stop Hunger Cravings (3 slides)

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Put down the cookies and crackers and try these snacks instead

1. Almonds

- Source of healthy fat and fiber – fiber stays longer in the stomach, so helps you feel fuller, longer
- One study found that snacking on nuts close to dinner time cuts evening calorie intake by 25%
- Additional benefit: daily nut intake reduces risk of diabetes by 22%

2. Apples

- Contain pectin, a soluble fiber that helps stop the blood sugar spikes that lead to food cravings
- Eating one medium-sized apple approximately 15 minutes before a meal decreases caloric intake at that meal by an average of 15%.
- Women who snacked on dried apples for a year saw a 4% increase in HDL levels and an average 3.3 lb weight loss in a recent study

3. Protein smoothie

- Women eating 30 to 40 grams of protein at breakfast had less problems with hunger and cravings, and ate 175 fewer calories at lunch, than women eating little to no protein at breakfast
- A separate study of people eating a high protein breakfast, “normal” protein breakfast, or skipping breakfast found that the high protein group **reduced their daily food intake by 400 calories** and lost body fat mass, while the “normal” protein or the breakfast skippers *gained* additional body fat