

Featured Topic: Omega-7 from Sea Buckthorn
(4 slides)

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Sea Buckthorn is Special

Over 200 beneficial compounds, including

- Omega fatty acids
 - Seeds (-3, -6, -9)
 - Berry (-7, -9)
- Vitamin E and C
- Beta carotene
- Plant sterols
- Minerals
- 60 different antioxidants!

How does it work?

- Neutralizes cancer-causing free radicals
- Anti-inflammatory
- Immune System Modulator
- Strengthens the Cardiovascular System
- **Mucous Membrane Tissue Regenerator**



The Multipurpose Wonder Plant:
Natural High Levels of Omega-7

Sea Buckthorn research

- Vaginal symptoms in postmenopausal women
 - women taking sea buckthorn had less thinning of the vaginal wall (which causes dryness and discomfort) versus the placebo group
 - Applied as a topical cream twice daily, **vaginal dryness was decreased by 79%** (as measured by a standardized score), including the symptoms of burning, itching, stinging and pain
- Dry eyes
 - Participants taking 2 grams of sea buckthorn oil daily had less redness and burning, and increased fluid in their eyes versus the placebo group
- Dry Skin
 - 48% improvement in skin hydration and 25% improvement in skin elasticity
- Dry Mouth
 - Participants with severe dry mouth (Sjogren's syndrome) had improved moisture versus no changes in the placebo group

Uses for Omega-7 Sea Buckthorn Oil

- Dry Mouth and Dry Eyes
- Sjogren's Syndrome
- Peptic Ulcers
- Irritated, itchy skin and treating/preventing wrinkles, dryness and other symptoms of prematurely aging skin
- Prevention of atherosclerosis and heart disease
- Menopause problems, including dry vaginal tissues
- **Any health condition involving inflammation, especially involving the mucous membranes**

How Much to Take and What to Look For

- For basic health maintenance, 500 mg daily of Sea Buckthorn Oil
 - Treatment dosage is 2 to 3 grams daily
 - Look for: Sea Buckthorn Oil from berry (pulp) AND seed, supercritical CO2 extract, hand harvested, 150 mg of omega-7 per capsule
 - Capsules can be chewed and the oil swished in the mouth – the taste is relatively mild and bathing the mouth tissues directly can be helpful for certain conditions
- For vaginal dryness, apply sea buckthorn cream up to 4 times daily

Listener Question

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Ask Terry

Dear Terry:

Do you have any recommendations for treating toenail fungus? The podiatrist has not given me anything that helps.

W.P., in Alabama

Nutrient of the Day: Diindolylmethane (DIM)

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DIM – help for your hormones

- Diindolylmethane or DIM
 - Active form of a compound (indole-3-carbinole) found in cruciferous vegetables, including broccoli and cabbage
- How it works
 - Prevents estrogen and testosterone from converting to forms that can be harmful to the body

DIM Research Results

- When DIM was combined with radiation treatment for breast cancer, increased cancer cell death by 30% versus radiation alone
- In women with a genetic mutation associated with breast cancer, DIM supplementation increased the activity of cancer-preventing genes by 34%
- In postmenopausal women, DIM improved the ratio of estrogen in its beneficial form to estrogen in its harmful forms by 47%
- In men with precancerous cell changes associated with the development of prostate cancer, 12 months of DIM supplementation resulted in **complete regression in 45% of patients**, versus no regression found in any of the placebo patients

How to use DIM

- Ideal for:
 - Relieving PMS and other symptoms of estrogen dominance
 - Protection against breast cancer
- Also useful for men
 - Helps keep testosterone in its beneficial forms
 - Has anti-cancer activity against prostate cancer
- Dosage: 120 mg of enhanced DIM with 250 mg of curcumin and French grape seed

Should ibuprofen be banned? (1 slide)

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New study links ibuprofen and other NSAIDs to heart failure

- Researchers in Denmark looked at the records of over 28,000 people who had experienced cardiac arrest (the heart suddenly stops beating)
- Then they looked at how many people in this group had used a prescription NSAID drug in the 30 days prior to their heart attack
 - Almost all NSAIDs in Denmark are available by prescription only
- Results
 - Use of any NSAID significantly increased risk of cardiac arrest
 - Specifically, **use of ibuprofen increased risk of cardiac arrest by 31%, and use of diclofenac by 50%**
 - Researchers recommended that these drugs be used as little as possible, and especially not by people with heart disease
 - In 2004, an NSAID called Vioxx was taken off the market after it was proven to cause heart attacks and strokes

Glyphosate, better known as Roundup

(3 slides)

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Roundup labeled a carcinogen in California

- A judge in California has ruled that the state can require Monsanto to label their weed killer (glyphosate, brand name Roundup) as a carcinogen
 - Roundup will be added to California's Prop 65 list of chemicals known to cause cancer
- Decision was based on a report from the World Health Organizations *International Agency for Research on Cancer* that concluded Roundup is “probably carcinogenic”
- Monsanto states that they are concerned that the ruling will “hurt sales and customer access to the product”
- In California alone, Roundup is currently used on at least 250 different crops, and has been detected even in wine from California vineyards, including organic wine

Where is all the Roundup coming from?

- Roundup is the most widely used herbicide in the world
- 93% of all soybeans, and 80% of all cotton and corn grown in the US is “Roundup Ready”
 - Roundup Ready = genetically modified to resist the toxic effects of Roundup
 - Farmers spray Roundup to kill the weeds and the genetically modified plants aren’t damaged
- The US uses about 20% of all Roundup, approximately 280 million pounds a year, or 1 pound a person

How can you avoid Roundup?

- The US uses about 20% of all Roundup produced, approximately 280 million pounds a year, or 1 pound a person
 - 93% of all soybeans, and 80% of all cotton and corn grown in the US, is “Roundup Ready”
- **Eat organic**
 - Even though Roundup “drift” might contaminate organic crops, the California grape study found that the levels in organic grapes were 28 times less than conventional grapes
 - Research on organic soybeans found them free of Roundup AND with better nutritional profiles (higher in protein) than the Roundup Ready beans
- A study in the Annals of Internal Medicine found that eating **organic forms of six fruits typically high in pesticides** could reduce risk of disease by 94%
 - Strawberries, apples, grapes, blueberries, pears and peaches

Frankincense Oil Fights Ovarian Cancer (1 slide)

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Boswellia for Ovarian Cancer

- Ovarian cancer is a dangerous form of cancer
 - Few symptoms in early stages – most cases are diagnosed after cancer has progressed and spread
 - Five year survival rate is very low versus other types of cancer
- Researchers looked at the effects of AKBA – the key compound from boswellia – on ovarian cancer cells
- Results: lower doses of AKBA induced cancer cell death within 16 hours, while high dose AKBA triggered **immediate damage to cancer cells and cancer cell death**
- Dosage: 300 mg of boswellia standardized to 10% AKBA and Frankincense oil

**Want to feel like a million bucks?
Get some sleep.
(2 slides)**

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Sleep and Happiness

- Can sleep make you as happy as winning the lottery?
- Researchers tracked the sleep patterns of over 30,000 people over a 4 year period, analyzing sleep quantity, sleep quality, and use of sleep medications
- Results
 - Positive effects on health were most strongly associated with **better quality sleep**, followed by decreased use of sleep medication, and then longer duration of sleeping
 - The improvements seen with better quality sleep were even better than the quality of life improvements documented for people 2 years after winning a lottery jackpot
 - In other words, the quality of sleep you get is just as important for health as how many hours a night you are sleeping

How to get terrific sleep

- Concentrated plant oils: mandarin, lemon balm, ravensara, lavender
 - Mandarin: relieves stress, settles the nervous system, and improves sleep
 - Lemon balm: reduces anxiety, mild sedative; also reduces pain that can cause sleeplessness. Shown in a clinical study to reduce insomnia by 42%.
 - Ravensara: relieves insomnia, reduces depression, and stops nervous tension
 - Lavender: used for centuries to promote sleep; approved in Germany for use in tea to relieve insomnia and restlessness
- **But what about valerian?** Some people (perhaps as much as 10%) who try valerian find it stimulating, not calming

A closer look at: LDL Cholesterol (2 slides)

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LDL – size matters

- The discovery of LDL (‘bad’) cholesterol and HDL (‘good’) cholesterol was made in 1949
- Now we know that “bad” and “good” are oversimplifications
- There are actually FOUR types of LDL cholesterol
 - Large, fluffy, LDL cholesterol particles that are HARMLESS
 - Medium, small, and very small LDL cholesterol particles that are **easily oxidize** and **increase risk of heart disease**
- However, the standard cholesterol test measures LDL cholesterol **in total**, and not the amount of the different types

Does high cholesterol = heart attack?

- Turns out, **total LDL cholesterol is not that great at predicting your risk of heart disease**
- In a 20 year study of over 3000 people, those whose had the **lowest levels of cholesterol** had **the highest risk of death** during the study period – their mortality rate during the study increased by 65%!
- Taking a statin to reduce LDL cholesterol?
 - A clinical trial on statin drugs found that they reduced *total* cholesterol BUT participants ended up with proportionately **MORE small, harmful cholesterol particles** and **LESS of the large harmless, fluffy cholesterol particles**
 - One study found that people **with mostly small particle cholesterol** have a **3 times higher risk of heart disease** than people with mostly large particle size cholesterol

Want a better type of LDL? Change what you eat.

- A diet high in **carbohydrates** is associated with more of the dense, small, **high-risk forms of LDL cholesterol**
- A diet containing **saturated fat** from meat and dairy results in the large, fluffy, **harmless LDL cholesterol**
- Saturated fat is not the cause of heart disease