

**Featured Topic: Arthritic Knees and Joints
(4 slides)**

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The Conventional Go To for Knee Arthritis: Steroid Injections

- Conventional treatment for arthritis: NSAIDs, steroid injections, and knee replacements
- Steroids are powerful anti-inflammatories with a significant number of side effects
- New study compared steroid injections versus a placebo injection in people with arthritic knees – a shot every 12 weeks for 2 years
- Results: **no difference** in the two groups in amount of pain and stiffness, and ability to stand and walk
- BUT – the steroid group had **twice the cartilage loss** as the placebo group!
- Steroids relieve pain in the short term, but the trade off is accelerated joint damage and cartilage breakdown

Curcumin + Boswellia Better than Prescription Drugs!

- Patients with arthritis of the knee
 - Group 1: blend of Curcumin and Boswellia, 500 mg twice daily
 - Group 2: celecoxib (one brand name is Celebrex[®]) 100 mg twice a day
 - Study lasted 12 weeks
- Results
 - Curcumin/Boswellia group had **greater reductions in pain** and joint line tenderness, and **increased ability to walk** a significant distance versus the drug group – with much fewer adverse effects!
 - Plus, at study end 64% of the curcumin/boswellia group improved so much that they moved from “moderate to severe arthritis” to “mild to moderate arthritis” vs only 29% of the drug group

Another way to stop arthritis pain: fructoborate

- Fructoborate (or calcium fructoborate) is a plant-based form of **boron**
- Clinical study: 120 patients with osteoarthritis of the knees (diagnosed by CT scan)
 - Group one: placebo
 - Group two: fructoborate twice daily
 - Group three: fructoborate *plus* glucosamine, twice daily
 - Group four: glucosamine and chondroitin twice daily
- Result: reduction in severity of arthritis symptoms after just 2 weeks
 - 29% in the fructoborate only group
 - 24% in the fructoborate plus glucosamine and chondroitin group
 - 3% in the glucosamine and chondroitin group
- ZERO adverse effects for fructoborate

Fructoborate also reduces inflammation and increases vitamin D levels

- Blood level of C-Reactive Protein (CRP) [a marker of inflammation] in 7 out of 10 subjects receiving fructoborate was reduced up to 37% compared to baseline levels
 - High CRP levels are also linked to pain – a study in men with arthritis found that those with the most pain has CRP levels 35% higher than patients reporting less pain
- Blood level of active vitamin D was increased more than 19% compared to baseline
 - A recent study found that men with low vitamin D levels were twice as likely to have arthritis than men with sufficient vitamin D levels
- Dosage: 3000 IU of vitamin D3 daily, plus 1,560 mg of curcumin, boswellia, and fructoborate (boron)

Listener Question

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Ask Terry

Dear Terry:

What do you think about gluten-free diets?

J.W. from Kansas

Nutrient of the Day: Turmerones (2 slides)

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Turmerones – another benefit from turmeric

- Turmerones are active compounds found in turmeric essential oil
- Turmerones are
 - **Anti-inflammatory**: reduced inflammation by **30-60%** (animal model) – almost as effectively as curcumin, and equally as effectively as two NSAID drugs
 - **Anti-cancer**: alone, turmerones inhibited colon cancer cell formation by 73%. But when combined with curcumin, cancer cell formation was **completely prevented!**
 - Curcumin with turmeric essential oil and turmerones **doubled the reduction in colitis symptoms** versus curcumin alone (no turmeric essential oil/turmerones) in an animal model

Where to find turmerones

- Turmerones are found in turmeric essential oil, which comes from the turmeric plant
- Standard curcumin extracts DO NOT contain turmerones because they don't have turmeric essential oil in them
- Look for “turmeric essential oil” on the label!
- 250 mg of turmeric oil standardized to 60% **turmerones** combined with ginger oil is an amazing anti-cancer, anti-inflammation combination
- **For more information on curcumin, turmeric essential oil, and turmerones, listen to my talk on youtube at www.youtube.com/TerryTalksNutrition**

NSAIDs Increase Risk of Heart Attack

(2 slides)

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NSAIDs are bad for your heart

- New study finds that NSAIDs (non-steroidal anti-inflammatory drugs) increase risk of heart attack
- Even NSAIDs previously considered “safe” – like naproxen – were associated with increased risk
- Researchers looked at data from 446,763 individuals, both heart attack patients and controls
- Overall, the risk of heart attack when using NSAIDs was increased 20-50% versus no NSAIDs
- Risk began increasing **the first week of NSAID use** and high dose use (over 1200 mg daily of ibuprofen for 8 – 30 days) was particularly harmful

Not the first time NSAIDs linked to heart disease

- Research published earlier this year found:
 - 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%**
- Why? Researchers in California found that **NSAIDs increase free radical production** in heart cells AND can **hurt heart cell mitochondria**, the energy producers in the body
- Curcumin is an anti-inflammatory that is heart protective
 - one study found that curcumin decreased incidence of heart attack in “at risk” people **by over 50%**

Consumers Don't Know Food (1 slide)

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Americans are nutrition illiterate

- 12th annual Food and Health Survey: Researchers surveyed 1,002 American adults and asked about their food choices
- 96% said they look for health benefits from their food choices, including weight loss, heart health, and increased energy
- But **less than half** of the people in the survey could identify a single food or nutrient associated with these benefits
- For example, only 12% of the people understood that omega fatty acids are good for the heart
- For those who wanted increased energy, less than 5% knew caffeine is an energy stimulant

New Research on Treating Gout (2 slides)

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Gout – a form of arthritis

- Warmth, pain, swelling, and extreme tenderness in a joint (usually a big toe) caused by deposits of uric acid crystals in the joint
- Although most gout cases are treated with drugs (NSAIDs, steroids, and drug to lower uric acid production) **DIET** is key to long term treatment success
 - Previous studies have shown that both calorie restriction and reducing carbohydrate intake stops gout
- New study looks at the effectiveness of the **ketogenic diet** in gout treatment (animal model)
 - Animals on keto diet had a **10% reduction in joint swelling and significantly reduced levels of inflammatory compounds** versus animals with gout who ate a standard diet

Other natural interventions to stop gout

- Increase water intake
 - People with gout drinking more than eight, 8oz glasses of water daily, reduced their gout attacks by almost 50%
- Cherries
 - A 2012 study of 633 people with gout found that cherry intake reduced gout attacks by 35%
 - In a survey of gout patients, use of cherry juice or cherry extract was associated with a 20% reduction in gout flares