

**Featured Topic: DIM
(8 slides)**

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Hormone Review: Both men and women have the same sex hormones, just in different ratios

Estrogen. Female sex characteristics; libido, erectile function and sperm formation in men

Progesterone. Triggers thickening of the uterine lining for implantation of the embryo; precursor to testosterone in men

Testosterone. Increase in muscle mass, bone density, and sex trait development

When hormone levels change

#1: Hormone levels naturally decline with age

#2: Hormone disruptors [xenoestrogens] (BPA, dioxin, phthalates, and more) are chemicals that can:

- Increase production of some hormones while decreasing production of others
 - Act like hormones themselves and trigger hormone receptors
 - Turn one hormone into another
 - Interfere with hormone signaling
- **Where are hormone disruptors hiding?** Thermal paper receipts, plastic bottles, cosmetics and shampoos, tap water, even the lining of food packages

Some symptoms associated with disrupted sex hormone levels

Women (estrogen dominance)

- Hot flashes
- Night sweats
- Bloating
- Weight gain
- Infertility
- Headaches
- Depression and mood swings

Men (low testosterone)

- Depression
- Reduced muscle mass
- Increased body fat
- Moobs (man boobs)
- Erectile dysfunction
- Infertility
- Fatigue

DIM – help for your hormones

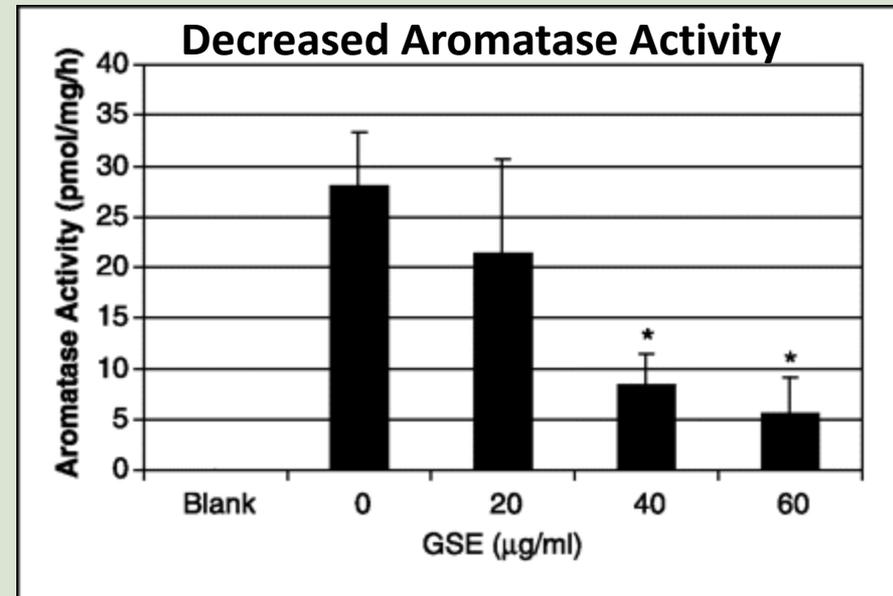
- Diindolylmethane or DIM
 - Active form of a compound (indole-3-carbinole) found in cruciferous vegetables, including broccoli and cabbage
- How it works
 - Prevents estrogen and testosterone from converting to forms that can be harmful
 - In postmenopausal women, DIM improved the ratio of estrogen in its beneficial form to estrogen in its harmful forms by 47%

DIM and Cancer

- 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 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

Additional Hormonal Support: Grape Seed

- Reduces the activity of the enzyme (aromatase) that converts androgen (testosterone) to estrogen
- Assists the liver in processing toxins and spent hormones - **58% increase in liver antioxidant levels** (animal model of impaired liver function)



Animal Model – increasing doses of grape seed extract

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 DIM with 250 mg of curcumin and French grape seed

Listener Question

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Ask Terry

Dear Terry:

My five year old grand daughter is having problems with constipation. Can I give laxatives to her? Or is there something else that can solve this problem?

R.F. from Minnesota

Vitamin D and Autism

(1 slide)

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Vitamin D improves autism symptoms

- Previous research has found that **57% of children with autism are vitamin D deficient**, and **30% are vitamin D insufficient**; the level of vitamin D was also linked to the severity of symptoms
- New study looked at supplemental vitamin D (300 IU per kg, not to exceed 5,000 IU daily) versus placebo for 4 months in 109 children with autism
- Results
 - Vitamin D group saw an **18% improvement in their total autism score** (based on a standardized test) versus no change in the placebo group
 - Vitamin D group also had: **57% reduction in irritability** and a **40% reduction in hyperactivity**

Don't Ignore a Mini Stroke

(1 slide)

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Did you have a stroke and not know it?

- New research finds that 35% of Americans experience symptoms of a mini stroke (called a transient ischemic attack, or TIA) but **only 3%** get medical attention
- A TIA is a **temporary blockage of blood flow to the brain** – it lasts a few minutes and doesn't cause permanent brain damage
 - With a stroke, blood flow stays blocked and the damage to the brain is permanent
- People who experience a TIA are at **increased risk for a stroke for the next 3 months. A TIA is a warning.**
- In a survey of 2,000 adults, the most common symptom of a TIA was a sudden, severe headache.
 - Other symptoms: sudden numbness on one side of the body, vision changes, trouble speaking, confusion, problems with walking or balance
- Use **FAST** to remember the signs of a stroke:
 - **F**ace drooping
 - **A**rm weak
 - **S**peech is difficult
 - **T**ime to call 911

Chocolate for a healthy heart (1 slide)

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Can chocolate keep your heart healthy?

- Atrial fibrillation = irregular heartbeat
 - A risk factor for a heart attack
- Researchers tracked 55,000 people in Denmark for 13 years
- Compared with people who ate a 1-ounce serving of chocolate less than once a month, risk of atrial fibrillation was reduced
 - 10% for those eating 1-3 servings of dark chocolate **a month**
 - 17% for those who ate a serving of dark chocolate **once a week**
 - 20% for those who ate a serving of dark chocolate **two to six times a week**
- Cocoa contains flavanols, which previous studies have shown can **improve blood flow by over 30%, reduce high blood pressure, and reduce the risk of a heart attack by 31%**

Crazy for Coconuts
from the *Wall Street Journal*
(1 slide)

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Consumers have gone nuts for coconuts

- Number of products containing coconuts has increased 21% over the last five years
 - Coconut water sales alone are expected to nearly triple by 2019, exceeding \$1.2 billion annually
- Also popular: coconut oil, coconut butter, coconut flour, coconut milk, coconut sugar, and coconut vinegar
- Why coconut is so great
 - Coconut sugar has a lower glycemic index than cane sugar, so causes less spikes in blood sugar
 - Coconut chips have as much fiber and less sugar than an apple
 - Coconut oil contains fat as medium chain triglycerides – fats which have been associated **with weight loss** with no adverse effects for the heart (unlike trans fats in hydrogenated vegetable oils)