

Featured Topic: Neuropathy (6 slides)

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Peripheral Neuropathy

- 60-70% of people with diabetes have some sort of nerve damage (neuropathy)
- Peripheral neuropathy – one of the most common types of neuropathy
 - Usually affects hands and feet
- Symptoms: Weakness, numbness, tingling and pain
 - Often described as “burning feet”

High Blood Sugar and Damaged Nerves

- High blood sugar is very irritating to nerves
- The “Why” is not fully understood
- What is important...
 - Keeping blood sugar levels down can prevent nerve damage
 - Once the damage has occurred, it is very difficult to reverse
 - **The earlier** you take action, **the better** the results will be

Easing Painful Nerves

- 3 areas which need to be addressed
 - **Circulation** – proper blood flow carries nutrients and oxygen to the nerves
 - **Inflammation** – plays a significant role in the development and progression of nerve damage
 - **Repair** of nerves and nerve sheath (myelin)
- Promote nerve repair and pain relief with a combination of Bioactive B vitamins, Zinc, Chromium, and Alpha lipoic acid

Bioactive B Vitamins

- Benefits:
 - No liver conversion required
 - Increase nitric oxide, which expands blood vessels and improves blood circulation
 - Reduce nerve pain and allow nerve healing to occur
- What to look for
 - Methylcobalamin: most effective form of B12 in treating nerve pain; essential for nerve repair and regeneration; shown in clinical trials to ease nerve pain, tingling and burning associated with neuropathy
 - P-5-P: reduces nerve pain; shown to prevent progression of nerve damage associated with diabetes
 - L-methylfolate reduces homocysteine; homocysteine interferes with nitric oxide activity
- **This specific combination shown in a clinical trial to reduce nerve pain by almost 90%**
- Combine with other B vitamins for best results: thiamin, riboflavin, biotin, niacin, pantothenic acid

Zinc and Chromium

- Diabetes is frequently associated with low zinc and chromium levels
- Zinc supplements have been shown to improve blood sugar control
- Chromium is very effective at reducing blood sugar levels by increasing the effectiveness of insulin (increasing transport of sugar into cells)
- Additionally, chromium reduces inflammation associated with diabetes

Alpha Lipoic Acid

- Antioxidant that is both fat and water-soluble
- Shown to lower blood sugar levels in people with diabetes
- Regularly used in Germany to treat diabetic neuropathy
 - Shown in clinical trials to reduce symptoms of neuropathy and slow its progression

**Vitamin D in Pregnancy = Stronger
Immune System in Baby
(1 slide)**

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Vitamin D strengthens the immune system

- A low immune response at birth is linked to increased risk of asthma and allergies later in life
- Researchers analyzed the immune response of infants whose mothers had received either low (400 IU) or high (4,400 IU) vitamin D3 supplementation during the second and third trimester of pregnancy
- Children born to the mothers receiving high dose D3 supplementation has immune responses 2-4 times greater than the children born to mothers in the low D supplementation group, and were taller and heavier
- By age 3, these children reacted to significantly fewer allergens and had fewer episodes of asthma and respiratory infections

**A Spoonful of Olive Oil a Day Keeps
Breast Cancer Away
(1 slide)**

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Olive Oil stops breast cancer

- Researchers followed 4,282 women aged 60 to 80 years, with no previous history of breast cancer, for almost 5 years
- The women consumed the Mediterranean diet plus olive oil, the Mediterranean diet plus nuts, or a control (low fat) diet
- Result: for every 5% of calories consumed from virgin olive oil the risk of invasive breast cancer was **reduced 28%**
- Assuming a 1600-calorie diet, 5% equals about 80 calories, equivalent to **2 teaspoons of oil**.
- In a study of breast cancer relapse, women treated for breast cancer followed a standard diet (199 women) or a Mediterranean diet with olive oil (108 women)
 - Result: 11 cases of recurring breast cancer in the standard diet group, **ZERO** cases of recurring breast cancer in the Mediterranean diet group