

**Featured Topic: Curcumin (Part 1)**  
**Curcumin and Its Uses**  
**(6 slides)**

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# Curcumin, the All In One Solution

- On this show – a look at curcumin, what it is and how it works, and some of the many uses for this amazing natural medicine
- Next time, part 2 – a more in-depth look specifically at how curcumin can be used as a natural cancer treatment

# First: what is curcumin?

- Start with the plant called turmeric
- Harvest, dry and grind up the rhizome (an underground stem) into a powder
- From the powder, extract the medicinal compounds – curcumin and turmerones (in turmeric essential oil)
- Turmeric is the spice, curcumin is the medicine



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# What makes curcumin a great medicine?

- Stops inflammation
- Neutralizes free radicals
- Increases glutathione
- Normalizes immune cell function
- Reduces blood sugar levels
- Protects the liver
- Prevents cancer cell formation and spread
- *And more...*

Drugs have a single molecular target – curcumin has hundreds!

**There is almost no condition that cannot be helped by curcumin!**

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# A look at some of the research

- **Diabetes:** In a 9 month study of people with pre-diabetes, 16% of the control group advanced to Type 2 diabetes while ZERO people receiving curcumin did so
- **Depression:** Equally as effective as the prescription drug fluoxetine at reducing the symptoms of depression
- **Irritable Bowel:** Curcumin shown to stop abnormal inflammation pathways in intestinal cells of patients with irritable bowel, helping their intestinal cells function normally
- **Asthma and Allergies:** Curcumin improved breathing in patients with bronchial asthma when added to their conventional medications; curcumin stopped sneezing and nasal congestion in people with seasonal allergies
- **Antiviral:** Exposure to curcumin reduced infective ability of the norovirus by 91% (norovirus = “the vomiting bug” often associated with outbreaks on cruise ships)

# Curcumin as a supplement

- Curcumin is fat soluble
  - Dissolves in fat, not water
- In other words it absorbs best when paired with a fat
  - In India, turmeric is combined with ghee – clarified butter – or milk, as well as being added to foods such as curry
- Combining **curcumin** with **turmeric essential oil** is a safe and effective way to ensure absorption
- Dosage: up to 750 of enhanced absorption curcumin daily; in some cases may increase to 1500 mg daily
- NEXT TIME: Curcumin and cancer research

# Reverse Aging with High Intensity Interval Training

from *Men's Journal*  
(1 slide)

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# Turn back Time with Interval Training

- Researchers at the Mayo Clinic found that HIIT (high intensity interval training) plus resistance training can cancel the effects of aging
  - Sedentary adults, ages 18-30, or 65-85
- Divided into three groups, for 12 weeks of training
  - HIIT
  - Resistance training
  - Mix of steady cycling and light strength training
- Results
  - All groups gained fitness
  - BUT: the HIIT participants also had changes at the cellular level associated with longer life
  - **60% increase in mitochondrial capacity** – the amount of fuel available to feed our energy source, the mitochondria
  - **Significant increase in ribosomes**, the tiny particles that are essential for protein synthesis and muscle building
    - We lose **30% of our muscle strength** between ages 50 and 70