

# Featured Topic: Propolis

## (6 slides)

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## Propolis: natural medicine from bees

- Bees apply propolis around the entrance of the hive and use it to seal small gaps (aka “bee glue”)
- Propolis is naturally anti-fungal, anti-viral, and anti-bacterial
  - Protects against disease
  - Inhibits fungal and bacterial growth
  - Prevents putrefaction (if hive is invaded by a lizard or mouse, bees mummify it in propolis in order to prevent disease when it decays)

# Modern Uses for Propolis

- General immune tonic
- Cold and flu treatment (viral infections)
- Candida and other fungal infections
- Canker sores, fever blisters
- Other bacterial infections
- Gastrointestinal problems (peptic ulcer and colitis)
- Cancer treatment
- **Equal to or better results than prescription drugs**

# New research on propolis

#1: Study: animal model of colitis; supplemental propolis versus no treatment

- Results: In the propolis group, **symptoms were 60% less severe** versus receiving no treatment
- Additionally, the gut bacteria were different in each group. The untreated group with colitis had **more potentially harmful microbes** and reduced levels of beneficial probiotics, such as Lactobacillus. The propolis group had significantly *less* harmful microbes and **more, and more varieties, of beneficial probiotics.**

#2: Study: Breast cancer patients receiving chemotherapy treatment received a control mouthwash or a propolis mouthwash to use for 21 days

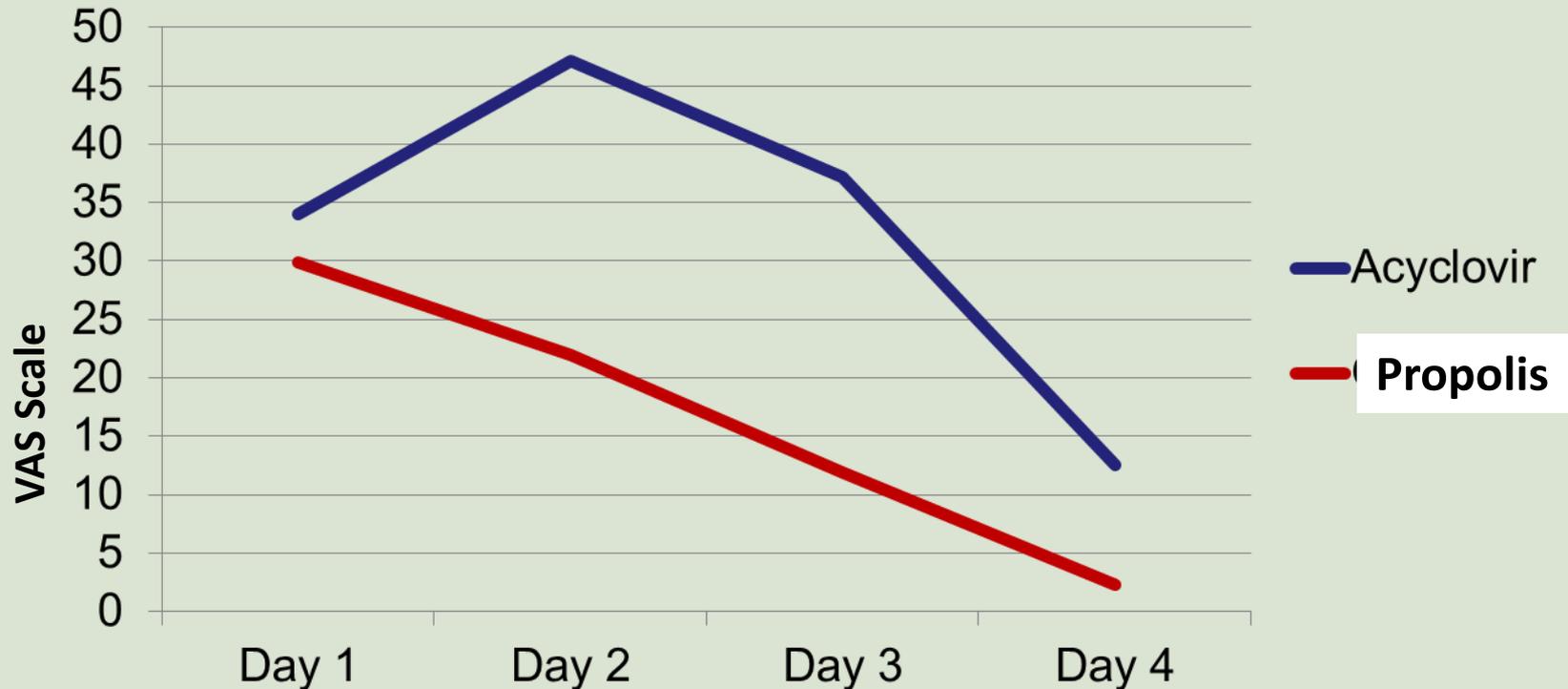
- Results: **No patients in the propolis groups developed mouth ulcers** (a common side effect of chemotherapy) versus 16% of patients in the control group who did experience mouth ulcers

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# Propolis v. Acyclovir for cold sores

Blister pain as reported using a visual analog scale



102 patients received **Propolis** (GH2002) or **Acyclovir**. 80% of Propolis participants had direct healing from the redness stage, **without experiencing blisters or encrustation**; physicians rated Propolis as good or very good in 90% of cases versus only 40% in the acyclovir group. **Propolis was particularly effective for pain relief.**

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## Propolis v Drug Resistant Microbes

- Propolis (GH2002) tested against drug resistant pathogens
  - MRSA strains (methicillin-resistant *S. aureus*) were highly susceptible to propolis
  - Low concentrations of propolis were very effective at killing antibiotic resistant microbes as well as fungal pathogens (*Candida* strains)

# Picking Your Propolis

- Clinical studies were on a purified propolis – removing wax, resin and impurities yields a more powerful concentrated extract
- Use topically for cold sores/fever blisters
- Orally, 100 – 200 mg daily for
  - General immune support
  - Cold and flu
  - Yeast
  - GI Problems (peptic ulcer)
  - Any bacterial, viral, or fungal infection

# **Sleep Deprivation (2 slides)**

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# Sleep – your body’s “antibiotic”

- In a survey of sleep patterns and recent colds in 22,000 adults, researchers found that “short sleepers” getting **5 or fewer hours of sleep** a night were **28% more likely to have experienced a cold** and **82% more likely to have the flu or ear infection** in the preceding month those sleeping 7 or more hours a night
- Why? Researchers have found that sleeping only 4-5 hours a night leads to a 40 - 70% reduction in natural killer cells

# Natural Sleep Support

- Popular suggestion: valerian. But some people (perhaps as much as 10%) who try valerian find it stimulating, not calming
- Instead try 125 – 250 mg of concentrated plant oils about an hour before bed: mandarin, lemon balm, ravintsara, 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%.
  - Ravintsara: 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

# Flu shots and Miscarriage (1 slide)

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# New study links flu shot to increased risk of miscarriage

- Researchers looked at data from almost 1,000 pregnant women over a three year period
- Half the women had experienced a miscarriage, half had not
- Result: women who received a flu shot containing the H1N1 vaccine in the first trimester of pregnancy were 8 times more likely to have a miscarriage versus not having a flu shot
- Experts point out that the flu vaccine changes every year, so adverse events risks may not always be fully understood

**“Low T” – Low Testosterone – and  
how to treat it.  
(3 slides)**

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# The risks of testosterone gel

- A pharmaceutical company was recently ordered to pay \$140 million for misrepresenting the risks of its testosterone gel product - AndroGel
- The man filing the suit used the gel for two months and suffered a heart attack
- More than 6,000 lawsuits have been filed against AndroGel for causing heart attacks, strokes, and other injuries
- 2016 sales of AndroGel totaled \$675 million

# More on Testosterone Replacement Therapy

- Testosterone – injected, creams, or orally – is used to increase muscle mass and improve sex drive
- Adverse effects of “Low T” therapy
  - Anger
  - Irritability
  - Acne
  - Increased risk for blood clots, heart attack, and stroke
  - Possible link to prostate cancer
- The body may not produce testosterone when on testosterone replacement, so it is hard to stop this therapy once it is begun

# How to Naturally Increase Testosterone

- Eat right
  - Excess sugar/carbs leads to stored body fat
  - **Body fat cells** produce estrogen (high levels of estrogen in men can cause breast tissue to develop )
  - **Healthy dietary fats** form testosterone NOT BODY FAT
  - **Throw out all your polyunsaturated vegetable oils and use only extra virgin olive oil, coconut oil, sesame seed oil, and avocado oil.**
- Natural aromatase inhibitors – help reduce the conversion of testosterone to estrogen
  - **Pomegranate seed oil and grape seed extract**
  - Recent studies prove the herbal aromatase inhibitors are 80-90% as effective as the drugs used for this purpose - and no side effects!

# Multivitamins for Autism Prevention (2 slides)

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- A new study in the British Medical Journal finds that taking a multivitamin during pregnancy reduces risk of autism
- Researchers analyzed data from over 270,000 mothers and children in Sweden
- Results
  - Mothers who did NOT take a multivitamin during pregnancy had almost **twice the number of children with autism** as the mothers who DID use a multivitamin supplement

# Characteristics of a Good Daily Multiple

- Dosage is more than one per day
- Contains a full range of vitamins and minerals at MORE than 100% of the RDA
  - The RDA is what you need to prevent a full-blown nutrient deficiency, not what you need for optimal health
- Nutrients are for everyone – you don't need age or gender-specific formulas
- Look for a natural formula free of toxic ingredients (BHT), artificial colors and artificial flavors