

Featured Topic: Mesoglycan (4 slides)

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The Easy Way to a Healthy Heart

- Mesoglycan - a mixture of glycosaminoglycans (GAGs) the building blocks of joints, intestines, and the inside of blood vessels
- Not only does mesoglycan keep arteries **strong, smooth, and flexible...**

**Mesoglycan can do what drugs can't -
Rebuild and Restore damaged blood vessels!**

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How Does it Work?



Road Repair

Provides the materials for the body to repair damaged blood vessels

Traffic Management

Keeps blood cells from collecting in bunches – everything flows smoothly



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In Other Words...

- Mesoglycan has two mechanisms of action
 - Building block to strengthen weak blood vessels and prevent bulging, tears and ruptures
 - Reduces fibrinogen (protein associated with blood clot formation) WITHOUT having adverse effects on clotting
- Mesoglycan is ideal for treating any disease of the blood vessels

Take 50-100 mg daily for...

- Peripheral artery disease
 - Peripheral arteries are blood vessels outside the heart
 - Can develop atherosclerosis and blockages, restricting blood flow
- Aneurysm
 - Bulge in the wall of the blood vessel
- Reynaud's phenomenon
 - Spasms in the arteries of the fingers and toes, restricting blood flow
- Hemorrhoids
 - Swollen blood vessels in the rectum
- Varicose veins
 - Swollen, bulging veins in the legs
- Also: Chronic venous insufficiency, venous ulcers, intermittent claudication (pain in the calf muscle when walking – disappears after rest), clot prevention, diabetic retinopathy

**Three ways to avoid getting the flu
(without getting a flu shot)
(5 slides)**

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Australian flu season worse than usual

- Australia is ending a worse flu season than usual – 2.5 times as many flu cases this year versus last year
 - Australia's flu season runs from May to October, with a peak in August
 - Influenza A (H3N2) is the most common strain reported
 - This year's flu vaccine in the US is identical to what was used in Australia for their flu season
- Generally, what happens in the Southern Hemisphere predicts what will happen here in the Northern Hemisphere right after
- Here are three ways to get your immune system ready for our flu season:

#1: Sleep

- **Sleep:** Getting enough sleep is critical for immune system function
 - People who slept six hours or less a night were **four times more likely to get sick** within five days than those who slept 7 hours or more when exposed to a cold or flu virus
- If you have problems sleeping
 - try 125 – 250 mg of concentrated plant oils about an hour before bed: mandarin, lemon balm, ravintsara, lavender. Helps calm the nerves and relieves insomnia
 - If pain at night keeps you from sleeping, take curcumin, boswellia, DLPA, Vitamin B6 (as P5P), and melatonin before bedtime

#2: Probiotics

- 70% of your immune system is in your intestines
- Increase the “good bugs” in your gut with supplemental probiotics to keep your immune system strong
 - In a clinical trial, college students taking supplemental probiotics missed half as many school days as students taking a placebo.
 - When they did get sick, the students taking probiotics got better two days faster, and had symptoms 34% less severe, than the placebo group
- Look for probiotics that are naturally found in the human gastrointestinal tract
 - Examples: *Lactobacillus plantarum*, *Lactobacillus rhamnosus*, and *Bifidobacterium bifidum*
 - 20 billion LIVE bacteria

#3: Better resist the effects of stress

- Researchers exposed participants to the common cold, then quarantined them for 5 days
 - The participants who reported the highest stress levels had double the risk of falling ill
 - Additionally, in these people blood tests showed high cortisol levels AND high inflammatory white blood cell levels
- Inflammation interferes with immune function, which is one way that chronic stress increases risk of catching a cold or flu
- Try adaptogens – a combination of rhodiola and ashwagandha, 500 mg, one to three times daily on an empty stomach

Bonus Tip: Stop the flu with elderberry

- Elderberry can be taken daily, especially during cold and flu season
- 200 mg daily, up to 1200 mg (when needed)
- Blend with other immune nutrients:
 - Vitamins A, C and D
 - Zinc, Calcium, Magnesium
 - Mixed bioflavonoids from citrus
- Elderberry has been shown to neutralize both the A and B types of influenza
- A Haschberg variety elderberry extract was shown to **reduce infections by 50%** in people traveling on airplanes, and of those who did get sick, their **illness lasted only 2/3 as long** as the placebo group, and their **symptoms were not as severe**

New Study on Propolis for Cold Sores (1 slide)

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Propolis is superior for treating cold sores

- 379 patients in the first stages of a cold sore were treated with a specialized propolis extract (GH2002) or a standard drug (acyclovir)
 - When applied at first sign of a lesion, by day 4, 55% of the propolis group had no more lesion (blister never developed or blister was already scabbed over) versus only 25% of people at the same stage in the drug group
 - At day 5, **90% of the propolis group had no blister or a scabbed over blister**, versus 57% of the drug group
 - In the propolis patients, pain scores were 50% better on day 2, and 77% better on day 4, versus the drug group

Other 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**

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