

Featured Topic:
Get Digestive Relief (and more) with Probiotics
(4 slides)

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3 things you need to know about probiotics

- Probiotics are **helpful bacteria**
 - Probiotics **prevent disease**, they don't cause it (bad bacteria are “pathogens”)
- Probiotics are **alive**
 - Live, active probiotics reproduce (replicate) to make more probiotics AND help the body fight against inflammation, harmful pathogens, and other diseases
- Probiotics are **normal residents** of the human intestinal tract
 - A baby receives its first exposure to probiotics from its mother when passing through the birth canal
 - Babies born via C-section have different microbes in their intestines than babies born via vaginal delivery and are at higher risk of obesity later in life

3 things probiotics do for you

- Reduce inflammation
- Strengthen the intestinal wall (reduce intestinal permeability)
- Influence the immune system
 - 70% of immune function comes from the intestines
- Plus: Aid in food digestion; keep harmful bacteria (pathogens) in check

Some reasons to add probiotics

- Most well known benefit: **digestive issues**
 - 4 week clinical study (*Lactobacillus plantarum*): **reduced IBS symptoms** in 95% of those taking it versus only 15% of patients in the placebo group
 - Useful for any inflammatory digestive issue: bloating, gas, constipation/diarrhea, cramping from IBS, colitis, Crohn's, inflammatory bowel and more
- Other uses:
 - **Weight loss:** overweight women taking *Lactobacillus rhamnosus* for 12 weeks lost twice as much weight as women taking a placebo
 - **Recovery after colon surgery:** post-surgery colon cancer patients receiving probiotics had a 50% reduction in incidence of diarrhea and a 15% faster return of bowel function than patients taking placebo
 - **Eczema:** babies with eczema given probiotic (*Bifidobacterium bifidus*) had a 36% reduction in eczema symptom score versus only an 8% reduction in the placebo group
 - **Co-treatment with antibiotics:** 650 people treated with antibiotics and proton pump inhibitors for *H. pylori* infection; 15% more people in the probiotic group recovered completely, and had significantly fewer problems with nausea, gas, bloating, and diarrhea than the group receiving standard treatment only

3 things to think about when purchasing probiotic supplements

- Probiotics are alive – look for **guaranteed numbers at time of use**, not at “time of manufacture”
- The **right kind** is more important than a big number
 - Look for probiotics that are naturally found in the human gastrointestinal tract
 - Examples: *Lactobacillus plantarum*, *Lactobacillus rhamnosus*, and *Bifidobacterium bifidum*
- **Store them properly** – away from extreme heat and humidity

**High Fat versus High Carb:
Which is better for the heart?
(1 slide)**

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Heart Health: High Fat versus High Carb

- Researched tracked the regular food intake of over 135,000 people for seven years, and recorded heart attacks, stroke, death from any cause, and death due to heart disease
- Results
 - Highest risk of mortality was associated with the high carb diet (>60% total calories from carbs)
 - Highest intake of fat (>35% total calories) was associated with a 23% lower risk of death
 - Diets **with the most saturated fats** correlated with the lowest risk of death versus diets with the least amount of saturated fats
 - Replacing 5% of calories from carbs with calories from saturated fats reduced risk of stroke by 20%

Terry's Traditional Diet

- Traditional Diet
 - 30% animal protein
 - 60% healthy fats
 - 10% non-starchy carbohydrates
- Go to www.TerryTalksNutrition.com/diet for more information

Vitamin D and Type 1 Diabetes

(2 slides)

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Type 1 Diabetes is an Autoimmune Disease

- Most people with diabetes – 90-95% - have Type 2 diabetes
 - Previously called “adult onset” or “non-insulin dependent” diabetes
 - The body can’t use insulin effectively “insulin resistance”, and eventually the pancreas does not make enough insulin
 - Type 2 diabetes can be prevented or controlled with diet, exercise, and weight management
- Type 1 diabetes is an autoimmune disease
 - Body’s immune system attacks the pancreas and destroys the cells that make insulin, eventually stopping insulin production altogether
 - Without insulin, cells starve, and eventually death results
 - Type 1 diabetes MUST be treated with insulin injections

New research links Type 1 diabetes and Vitamin D

- Researchers identified over 8,000 at-risk children who had a gene that gave them a greater risk of developing Type 1 diabetes
 - They compared children from this group who DID get diabetes with children who didn't
 - Results: children with the highest vitamin D levels in infancy and childhood were least likely to develop diabetes
- Previous research has shown that vitamin D supplementation in infancy and early childhood can decrease risk of Type 1 diabetes – in one study by 30%
- In a case report of 2 people with diabetes who were vitamin D deficient, supplementation with 2000 – 3000 IU of vitamin D daily reduced their HbA1c levels a full point (8.4 to 7.4, and 13.3 to 12.2) in 9 months

Acid Inhibitors and Stomach Cancer (2 slides)

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Heartburn medications linked to stomach cancer

- Proton pump inhibitors (Prilosec, Nexium, and Prevacid) severely reduce the amount of acid secreted in the stomach by blocking (turning off) the cells lining the stomach that secrete the acid
- Used for heartburn - third most commonly used medication in America
- New study followed 63,000 people treated with a PPI and an antibiotic (for H. pylori infection) for 7 years, recording any cases of stomach cancer
- Result – long term use of PPIs increased risk of stomach cancer
 - One year of PPI use – 5 times increased risk
 - Two years – 6 times increased risk
 - Three or more years – 8 times increased risk
 - Additionally, people who took a PPI **daily** versus once a week had 4 times the risk of stomach cancer
- Long term use of PPIs has also been linked to pneumonia, heart attack, and bone fracture

Treat Heartburn the Natural Way

- To treat heartburn:
 - Restore stomach acidity with betaine hydrochloride
 - Reduce symptoms with d-limonene and sea buckthorn oil (600 mg once or twice daily)
- Heal ulcers and treat H. pylori with DGL
 - 75 mg twice daily
- Take (animal-based) enzymes **with meals** to relieve other common digestive problems
- Stay away from proton pump inhibitors

Pesticides and Fertility

(2 slides)

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Pesticide exposure reduces fertility

- New study in *JAMA* (Journal of the American Medical Association) finds that pesticide exposure is associated with decreased fertility
- Researchers followed the eating habits and pregnancy outcomes for 325 women receiving fertility treatments
- Compared with women who ate one serving a day or less of fruits and vegetable with high pesticide residue, women who ate more than two servings a day of high pesticide exposure foods were 18% less likely to have a successful pregnancy
- Replacing one serving a day of fruits and veggies with high pesticide residue with low pesticide options could boost odds of pregnancy by 79% and chances of a live birth by 88%
- Washing does not get rid of pesticides – buy organic!

Dirty Dozen Fruits and Veggies to avoid

(from the Environmental Working Group)

#1 most contaminated: Strawberries

2. Spinach
3. Nectarines
4. Apples
5. Peaches
6. Pears
7. Cherries
8. Grapes
9. Celery
10. Tomatoes
11. Sweet bell peppers
12. Potatoes

**Look for clean,
organic versions of
these fruits and
veggies instead!**

**Is that glass of wine good for your
heart?
(1 slide)**

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A Drink A Day Keeps the Heart Doctor Away

- More than 100 studies have found that a drink a day is associated with a 25-40% reduced risk of heart disease and stroke
- A recent study followed more than 300,000 people for 12 years – people who were light to moderate drinkers were up to 34% less likely to die from heart disease
- Best choice: red wine.
 - Contains antioxidant compounds – including resveratrol – that protect blood vessels from damage, stop LDL cholesterol from oxidizing, reduce inflammation, and decrease risk of blood clots
- Moderation in all things! 8-12 drinks a week was recently associated with 3 times the risk of brain cell atrophy (die off), a potential sign of early dementia/Alzheimer's
 - A serving of wine is **5 oz** (5 servings per bottle); some wine glasses will hold as much as 20 oz

Increasing Use of Antidepressants (2 slides)

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Many Americans struggling with mood

- New government survey reports that **use of antidepressants has increased 65%** since 1999
 - Data from 14,000 Americans was compared to prior health surveys from 1999
- One in every 8 Americans (over the age of 12) has used an antidepressant in the last month
- Women are twice as likely as men to use an antidepressant
- Long-term use is common: 25% of people who reported antidepressant use in the last month had been taking the drug for **10 years** or more
- Researcher's conclusions: less of a stigma around mental health so more people feel comfortable seeking treatment, and **Americans are living more stressful lives**

3 ways to beat depression without drugs

#1: **St John's wort:** more than 50 randomized controlled trials and 15 observational trials have found SJW effective for mild to moderate depression

- Dosage: 900 mg once daily

#2: **Curcumin:** shown in clinical trials to be equally as effective as the prescription drug fluoxetine at reducing the symptoms of depression

- Dosage: 750 mg curcumin with turmeric essential oil daily

#3: **Exercise:** might work as well as drugs - 30% of participants in a clinical trial came out of their depression completely, after exercising just 10-30 minutes a day!

Nutrient of the Day: Vitamin K (4 slides)

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Vitamin K for Healthy Hearts

- Researchers evaluated the vitamin K intake of over 700 teenagers, and also tested their hearts to look for signs of heart disease (specifically enlargement of the heart)
- Results
 - Only 25% of the participants met the suggested minimum daily intake level of vitamin K
 - The teens with lowest vitamin K intake had 3 times the risk of heart disease, and heart walls almost 10% thicker, than teens with the highest vitamin K intake
- A study last year of 7,000 people with high risk of cardiovascular disease found that **those with the highest intake of vitamin K were 36% less likely to die** from any cause than those with the lowest intakes of vitamin K

The Two Forms of Vitamin K

- Note: there is a third form of synthetic vitamin K called vitamin K3 (menadione) which is rarely used in dietary supplements
- Vitamin K1 (phytonadione) is primarily important for blood clotting
 - NOTE: normal blood clotting is a GOOD thing or you could bleed to death from a paper cut
- Vitamin K2 (menaquinone) is important for bones AND the heart
 - Helps direct calcium away from blood vessels (where it can be lead to hardening of the arteries or “arterial calcification”) and into bones where it is needed
 - A diet high in K2 has been found to **reduce arterial calcification by 50%, reduce risk of heart disease by 50%, and reduce overall risk of dying by 25%**
 - A study on K2 found that for every 10 mcg of K2 consumed, risk of heart disease was reduced by 10%
 - In a three year study of healthy postmenopausal women, K2 supplementation significantly reduced arterial stiffness

Something to think about...

- Doctors regularly recommend calcium to women in order to prevent osteoporosis
- But what if the woman is low or deficient in vitamin K2?
- **Calcium that doesn't get to the bones can end up as deposits in the veins and arteries**
- Giving calcium *without* vitamin K could mean that osteoporosis isn't prevented and risk of heart disease could be increased!

Dietary and supplemental vitamin K

- Both forms of Vitamin K (K1 and K2) are important and necessary to health
- Vitamin K1 can be found in leafy greens
- Vitamin K2 is found in animal-based foods: egg yolks, liver, cheese made from whole milk and natto (fermented soy)
 - One reason why these “high saturated fat” foods **don’t cause heart disease** may be due to their high vitamin K2 content!
- In supplements, look for Vitamin K1 and Vitamin K2 on the label – products that list only “vitamin K” are probably vitamin K1 (phytonadione)