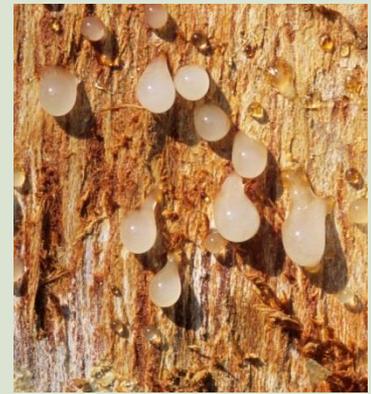


Boswellia for Respiratory Conditions (5 slides)

Terry Talks Nutrition

IMPROVING THE HEALTH OF AMERICA



What is Boswellia?

- Boswellia is a tree that is native to India, Northern Africa, and the Arabian Peninsula
- The medicine is a resin derived from scraping the tree bark
 - Made into essential oil or extract
 - The boswellia I recommend is ethically and sustainably harvested
- Despite use in traditional medicine systems for thousands of years, boswellia is just catching on in the US – sales of boswellia were up 674% in 2016 versus 2014 sales

Clinical Studies on Boswellia

- Osteoarthritis
- Pain relief
- Brain function
- Crohn's disease, chronic colitis and ulcerative colitis
- Asthma, allergies, and lung function

What makes boswellia effective and unique is its ability to act on the 5-LOX inflammation pathway.

5-LOX and the Lungs

- 5-LOX is an enzyme that helps create inflammatory compounds:
 - **leukotrienes**, which are associated with asthma and allergies, arthritis, and inflammatory bowel diseases
 - Other compounds that interfere with the body's ability to kill cancer cells
- In a comparison study, people with asthma were found to have 5-LOX levels up to **50% higher** than healthy controls
- Similarly, inflammatory compounds generated by 5-LOX activity were **more than twice as high** in COPD patients versus healthy controls
- Acetaminophen and NSAIDS like aspirin do not work on 5-LOX inflammation
 - No doctor would prescribe Tylenol for an asthma attack
 - In fact, one study found that children with asthma who received acetaminophen to treat a fever were more likely to have an asthma attack than children with asthma who received ibuprofen for fevers

Boswellia Fixes 5-LOX

Boswellia opens airways, reduces bronchial and sinus swelling, and is a specific inhibitor of the 5-LOX enzyme

- **70% of asthma patients treated with boswellia had improved lung function** versus only 27% of participants in the control group

Additional Support from essential oils

- Thyme, ravintsara, and myrtle – reduce inflammation, keep cilia functioning effectively, and have antibacterial properties to prevent infection

How to pick a boswellia extract

- Look for boswellia extracts which are labeled to contain less than 5% beta boswellic acids and at least 10% AKBA – the most powerful compound in boswellia
- Boswellia has no known adverse effects
- Combine with oils of thyme, ravintsara, and myrtle
- Use for: asthma, allergies, COPD, bronchitis, or any type of inflammatory lung disease

Multivitamins Prevent Nutrient Deficiencies

(3 slides)

Terry Talks Nutrition

IMPROVING THE HEALTH OF AMERICA

Nutrient Deficiencies are Common

- More than 50% of Americans are getting less than optimal levels of key nutrients such as calcium and potassium
- Roughly one in three Americans has an actual nutrient deficiency
- Yet – 2 out of 3 Americans are overweight or obese
- Most commonly deficient nutrients include:
 - Iron
 - Vitamin D
 - Vitamin B6

Full Spectrum Multivitamin/Mineral Supplement Prevents Nutrient Deficiency

- In a survey of over 4,500 teen, **23% of non multivitamin users had at least one nutrient deficiency**, versus just 11% of teens who regularly took a daily multiple
- In a review of data from over 10,000 people in the National Health and Nutrition Examination Survey, **regular intake of a daily multiple** (at least 21 of the last 30 days) **eliminated deficiencies of key nutrients**, including: Vitamins A, C, E, and K, folate and choline, and potassium
 - Calcium, vitamin D, and magnesium intake was still low, even in regular users of daily multiples

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

**Where your brain is concerned, not
much difference between
“really tired” and “drunk”
(1 slide)**

Terry Talks Nutrition

IMPROVING THE HEALTH OF AMERICA

Tired brains don't function well

- Researchers monitored brain function in 12 tired patients with epilepsy who had electrodes implanted in their brains (to help determine the cause of their seizures)
- The participants stayed awake all night, and then were asked to complete mental function tests as quickly as possible
- Result: Lack of sleep caused brain cells to respond more slowly, and nerve cell transmission took longer than normal
- The sleepier the participant, the slower the brain cell function
- Also, some sections of the brain still appeared to be in a sleep-like state, even while the rest of the brain was awake
- The effects on the brain were similar to alcohol intoxication
- Don't drink and drive, and **don't drive while sleep deprived!**