

**Featured Topic:  
New Year, New Resolutions  
(3 slides)**

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# January 1 = time for new resolutions!

This year, **resolve to read**. Here are three suggestions:

## **Wheat Belly**, by Dr. William Davis

“Weight is lost from the deep visceral fat that resides within the abdomen - represented on the surface as “love handles,” “muffin top,” or a darned good imitation of a near-term baby, what I call a “wheat belly.” This is because wheat contains a protein (gliadin) that yields a potent appetite stimulant upon digestion. *Remove it and appetite drops within days.*”

# **Fight Cancer with a Ketogenic Diet, and Conquer Type 2 Diabetes with a Ketogenic Diet – both by Ellen Davis**

***Conquer Type 2 Diabetes with a Ketogenic Diet*** provides the practical information you need to implement the diet while managing insulin and diabetic medication needs.

Coauthored with a physician who treats his own type 1 diabetes with a ketogenic diet (with the result of an HbA1c of 5.0) the book contains over 200 pages of referenced, applicable information on getting off the blood sugar roller coaster and minimizing the risk of low blood sugar and diabetic complications.

# Grain Brain, by Dr. David Perlmutter

Carbs are destroying your brain. And not just unhealthy carbs, but even healthy ones like whole grains can cause dementia, ADHD, anxiety, chronic headaches, depression, and much more.

Dr. Perlmutter explains what happens when the brain encounters common ingredients in your daily bread and fruit bowls, why your brain thrives on fat and cholesterol, and how you can spur the growth of new brain cells at any age.

Almost half of all Americans will make a resolution to change or improve their life on January 1.

By February 1, almost half of them will have given up.

Make your plan, write it down, and stick to it.

# Omega-3 reduces risk of death (2 slides)

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# Omega-3 for a healthier heart

- Researchers pooled the results of 14 clinical trials including over 70,000 people
- Each trial lasted longer than six months, included death from heart disease as the primary outcome, and considered omega-3 intake versus control groups
- Results
  - 8% risk reduction for death related to heart disease for omega-3 consumption in general
  - 30% risk reduction for death related to heart disease in people taking high doses of omega-3s
- These studies did not consider how omega-3s work, but other research has documented their anti-inflammatory effects, as well as ability to prevent abnormal blood clots

## Where to get omega-3 and more...

- From the head - not the body of the fish where the toxins are concentrated - very clean and pure and safe for everyone, including pregnant women
- Omega-3 bound to phospholipids, not fish oil triglycerides
  - 2:1 ratio of DHA to EPA – DHA especially important for developing babies
  - Efficient transport; well-absorbed – allows for smaller dosage
  - Phospholipids are very healthy for the body, especially the brain
- Also a source of peptides, which have health benefits in their own right
  - Play a role in reducing anxiety, heart disease, inflammation and more
- Minimal processing – no heat, pressing or chemical solvents
- Solid form – not an oil – so **no problems with rancidity**, or need to swallow spoonful of oil



# Winter Allergies (3 slides)

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# Tis the season for indoor allergens

- Lots of time indoors with windows closed and furnaces running brings more exposure to indoor allergens
  - Dust mites
  - Mold
  - Animal dander
- **Is it a cold or is it allergies?** The symptoms can be similar: coughing, sneezing, headache, sore throat, and fatigue
- fever and body aches, it is probably a cold or the flu
- itchy eyes and ears, it is probably allergies
- feel sick but then gradually the symptoms go away, it is probably a cold
- feel sick and it lasts and lasts, it is probably allergies

# Stopping Winter Allergies

- Powdered cellulose (FastBlock)
  - Puffed gently into the nostrils will block allergens from entering the body
- Clinical research
  - **43% reduction in runny nose** in patients allergic to dust mites
  - **2.5 times as many people** in the test group (powdered cellulose) **experienced symptom relief** versus the placebo group
  - No adverse effects and safe for everyone – including children and pregnant women

# More ways to get allergies under control!

- Allergies and asthma involve a particular inflammation pathway called the 5-LOX pathway
  - Calming the activity of the 5-LOX pathway can reduce breathing problems and asthma symptoms
- Boswellia is excellent for restoring an over-reactive immune system to normal function!
  - **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

# Preventing “Weight Creep” with Flavonoids (3 slides)

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# Aging bodies burn fewer calories

- A 2011 study found that beginning as young as the mid-30s, most of us begin to gain about a pound a year as we age
  - Most of middle-age weight gain is fat and not muscle
- Unfortunately, appetites don't decline to match slowing metabolisms
  - The difference between holding steady and gaining a pound a year is 50-100 calories a day
  - New research finds that diets high in flavonoids helped in weight maintenance

# Flavonoids

- Researchers looked at diet, exercise, and lifestyle data from 124,000 middle-aged and older people over four years
- The greater the intake of flavonoids, the less weight gained
  - Each greater percentile intake of flavonoids was associated with up to a quarter pound less weight gained over the four year interval (each percentile increase was equivalent to the flavonoid content in ½ cup of blueberries)
  - Greatest effects were seen specifically for a subclass of flavonoids called anthocyanins – found in blueberries, grapes, cherries, and black currant

# Grape seed – potent source of anthocyanins

- Animal study - rats were fed standard rat chow, or rat chow plus 3 different dosages of grape seed extract
- The animals in the highest dosage of grape seed extract **ate 20% less food** than the control animals
  - The animals receiving the most GSE also had higher levels of a hormone (GLP-1) that is associated with satiety and delayed gastric emptying (feeling “full” longer)
- In a study in humans, grape seed extract reduced energy intake by 4%, which translates to an 8 lb weight loss (or preventing an 8 lb weight gain)
- Grape seed extract has also been shown to prevent the buildup of abdominal fat
- Look for 150-600 mg daily of grape seed extract with small size OPCs



**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