

Featured Topic

**The “Silent” Killer: High Blood Pressure
(3 slides)**

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High blood pressure – common and often undetected

- Researchers in Canada set up mobile clinics in shopping malls, community centers, and other public spaces in a large city
- They checked the blood pressure of 1,100 random volunteers
- **Half the people they tested had high blood pressure – and didn't know it.**
- High blood pressure is the most important risk factor for stroke – over 50% of all strokes are due to high blood pressure

What to know about high blood pressure

- Blood pressure is the force of blood against the artery walls
- The more blood the heart pumps and the narrower the arteries, the higher the blood pressure
- High blood pressure is more likely to occur if you are
 - Overweight
 - Not physically active
 - Smoke
 - Get **too much sodium** in your diet
 - Get **too little potassium** and **vitamin D** in your diet
- Symptoms of high blood pressure: none
 - Most people have no signs or symptoms, even when blood pressure reaches dangerously high levels

Grape seed reduces blood pressure

- 29 adults with pre-hypertension took 300 mg grape seed extract (in a juice) or placebo for six weeks
- GSE reduced **systolic blood pressure** by an average 5.6%
 - the higher the initial reading the greater the reductions
 - High **systolic blood pressure** (the top number) is a greater risk factor than high diastolic (the bottom number) blood pressure for brain, heart, and kidney problems and even death, especially in middle aged and older adults
- A meta analysis of **16 trials on grape seed in over 800 patients** confirmed that grape seed is effective at reducing blood pressure levels – without significant adverse effects

Olive Leaf Lowers Blood Pressure

- Specialized, standardized **olive leaf extract** clinically tested to reduce blood pressure
 - lowered systolic pressure by 11 points and diastolic pressure by 5 points - results equal to prescription blood pressure medication
 - Olive leaf group also had a significant reduction in inflammatory triglyceride levels – no reduction in the drug group
 - no significant adverse effects for olive leaf
- In a study of identical twins with borderline high blood pressure, one of the pair received olive leaf while their twin was not treated
 - Results: the twins receiving olive leaf **saw a reduction of up to 13 points in systolic blood pressure and 5 points in diastolic blood pressure**, while the twins in the placebo group saw no reduction
- What to look for: 500 mg olive leaf standardized to oleuropein, with 100 mg tannin-free French grape seed extract – take twice daily

Acetaminophen Exposure and Language Delays in Children (1 slide)

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Acetaminophen and language delays

- Researchers collected data from 754 women and evaluated their use of acetaminophen during pregnancy, and the language development of their children at 30 months of age
- Results
 - 60% of the women reported using acetaminophen during their first trimester of pregnancy
 - Girls born to women who used 6 or more doses of acetaminophen were **5 times more likely to have language delays** than girls born to non-acetaminophen users
 - Girls born to women who used the most acetaminophen were **10 times more likely to have language delays** than girls whose mothers used the least amount of acetaminophen
 - The study will continue, and the children will be evaluated again at 7 years old

Why is acetaminophen so bad during pregnancy?

- Acetaminophen is a drug. It is a fever reducer and pain reliever.
 - Acetaminophen DOES NOT reduce inflammation and is not an NSAID drug (non-steroidal anti-inflammatory) like ibuprofen, Celebrex, etc.
- Acetaminophen is a liver toxin that depletes the body of one of its most important antioxidants – glutathione
 - Acetaminophen toxicity is the number one cause of acute liver failure in the United States
- Other studies have shown that acetaminophen use during pregnancy is associated with **lower IQ, behavioral and attention problems, and communication difficulties in children**

Eat the Whole Egg

(1 slide)

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Skip the egg white omelets and eat the whole egg

- Researchers gave healthy young men either whole eggs or egg whites (matched for protein content, each egg source contained 18 grams of protein) after a single bout of resistance exercise
- Then they measured amino acid levels and protein synthesis in muscle
- Results
 - Up to 70% of the amino acids from whole egg and egg whites were detectible in the blood stream
 - BUT whole egg (with nutrients AND protein) significantly increased muscle protein synthesis versus egg white
 - Whole egg in its natural matrix was better for muscles than isolated protein in egg white
 - Egg yolks have nutrients not found in the whites: carotenoids, DHA, vitamin K, D, E and A, and more B6, B12, folate and other vitamins and minerals

**Do you have magnesium deficiency?
(2 slides)**

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You probably need more magnesium

- **70-80% of Americans** do not get the minimum recommended daily intake of magnesium (420 mg daily for men and 320 mg daily for women)
- Signs of magnesium deficiency
 - Sleep problems (can't stay asleep)
 - Eye twitch (magnesium regulates muscle movement)
 - Skin problems
 - Muscle spasms (leg cramps and muscle tightness)
 - Fatigue (magnesium is used in energy production)
 - Mood swings (and depression)
 - Migraines
 - Cravings (especially chocolate)
 - Irregular heartbeat (magnesium regulates heart rhythm)

Forms of magnesium

- Magnesium, as a dietary supplement, is found in many forms
 - Magnesium citrate (magnesium + citric acid)
 - Magnesium oxide (magnesium + oxygen)
 - Magnesium hydroxide ALSO known as “Milk of Magnesia”
- These forms of magnesium are poorly absorbed and in fact some of them have laxative effects
- Magnesium glycinate chelate is bound to an amino acid
 - Very well absorbed
 - No laxative effects
- Take with P-5-P (active form of vitamin B6) and Zinc

Olive Oil versus Canola Oil for Brain Health (1 slide)

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Olive oil is better for your brain

- Mice bred to be susceptible to Alzheimer's disease were fed the equivalent of a tablespoon of canola OR a tablespoon of extra virgin olive oil daily OR regular diet without oil – all mice received the same number of calories daily
- Study lasted 6 months
- Results
 - Canola group: gained weight, performed 50% worse on short term memory tests versus regular diet mice, had more amyloid plaque formation versus regular diet mice
 - EVOO group: no change in weight, **40% improvement in memory, 60% less amyloid plaque** versus regular diet mice
- Researchers noted that olive oil is richer in phenolic compounds, which “are well known to have potent anti-inflammatory and antioxidant properties”

A few things to know about canola oil

- Canola oil was developed by Canadian scientists
“Canadian” + “Ola [for oil]” = canola oil
- Produced by crushing, heating, extraction and bleaching of the oil from the seeds of the rapeseed plant
- Almost all rapeseed is genetically modified to be “Roundup resistant”
- Hexane is the chemical solvent typically used for extraction
- Because it is heavily processed canola oil is unstable and more prone to rancidity