

# Featured Topic: Mesoglycan (4 slides)

Terry Talks Nutrition

IMPROVING THE HEALTH OF AMERICA

# 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!**

Terry Talks Nutrition

IMPROVING THE HEALTH OF AMERICA

# 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



Terry Talks Nutrition

IMPROVING THE HEALTH OF AMERICA

## 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

# **Weight Loss Reverses Type 2 Diabetes**

## **(1 slide)**

Terry Talks Nutrition

IMPROVING THE HEALTH OF AMERICA

# Reversing Diabetes with Weight Loss

- 298 people with type 2 diabetes received either standard medical care, or a low calorie diet and nutrition program plus a weight loss support counselor for 3-5 months
- Results
  - 4% of the people in the standard care group reversed their diabetes diagnosis (remission)
  - 9 out of 10 people (86%) who managed a weight loss of 33 lbs or more went into remission
  - 57% who lost 20-30 lbs went into remission
  - 34% who lost 10-20 lbs went into remission
- Substantial weight loss reduces fat around the liver and pancreas and they return to normal function!

# High Fructose Corn Syrup During Pregnancy

(1 slide)

Terry Talks Nutrition

IMPROVING THE HEALTH OF AMERICA



# HFCS during Pregnancy = kids with asthma

- Researchers tracked 1000 women's consumption of fruit and soda drinks containing high fructose corn syrup during pregnancy
- Results: **mothers who consumed the most HFCS during pregnancy were over 60% more likely to have children who developed asthma** between 7 and 9 years of age than women who rarely or never drank sweetened beverages during pregnancy
- Additionally, kids who had the most fructose in their diets were 77% more likely to have asthma, independent of what their mothers drank during pregnancy

# **3 Health Conditions Men Should Think About (4 slides)**

Terry Talks Nutrition

IMPROVING THE HEALTH OF AMERICA

# Men - how do you spend your time?

- The average man spends
  - 304 minutes per day (over 5 hours!) watching TV
  - 3 hours a week sitting on the toilet
  - 16 minutes every morning looking in the bathroom mirror
  - Time spent thinking about health: ?
- Did you know:
  - men die at higher rates than women from heart disease, cancer, and stroke
  - on average, women outlive men by over five years

## #1 Thing to Think About

### Heart Disease - #1 cause of death for American men

- Get the extra pounds off.
  - A recent study found that for every 8 lb increase in BMI (body mass index) the risk of heart disease goes up 25%
- Get the sugar out of your diet.
  - A 15 year study found that getting more than 25% of your daily calories from sugar **doubled the risk of dying of heart disease**
- Get some exercise.
  - Regular physical activity can reduce the risk of heart disease by as much as 50%
- Get blood pressure down, prevent oxidative damage to your blood vessels, and stop inflammation.
  - High c-reactive protein levels (a marker of inflammation) were associated with a 52% increase in risk of heart attack or stroke in a recent clinical study
  - Nutrients that help: P5P, benfotiamine, magnesium, grape seed and pomegranate

## #2 Health Risk to Think About

### Prostate Cancer – the most common cancer (after skin cancer) in men

- Most men will be encouraged to get a PSA screening test for prostate cancer
- BUT - 80% of positive PSA test results are actually false-positives – leading to unnecessary biopsies
- In men with confirmed prostate cancer, a recent study found that 10 years later, **there was no difference in survival** between that those who were treated with surgery or radiation and those who just monitored their health
- Nutrients that help: curcumin, grape seed, pomegranate, vitamin D, and silybin

## #3 Health Risk to Think About

# Diabetes

- Boys born in 2000 or after have a 1 in 3 chance of developing diabetes
- Moderate weight loss and 30 minutes of exercise a day reduced risk of diabetes by 50% in men at high risk in a recent study
- A study of over 32,000 men found that lifting weights for an hour or less, once a week, reduced risk of diabetes by 12%, and lifting regularly (30 minutes a day, 5 times a week) reduced diabetes risk by 34%
- Nutrients that help: Hintonia