

Featured Topic: Joint Pain (4 slides)

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Supplements for painful joints

- About 15% of people with arthritis take a supplement to help reduce their joint pain
- Most commonly purchased: glucosamine plus chondroitin
 - Overall, sales of glucosamine/chondroitin are down about 10% since last year
 - Why? Recent negative studies on glucosamine; more people are avoiding shellfish
- Fastest growing NON-shellfish ingredient for joints? **Boswellia** (sales up 111% at the end of 2016).

Boswellia and Curcumin for joint pain

- Boswellia plus curcumin shown to stop knee arthritis pain as effectively as celecoxib (prescription drug known as Celebrex)
 - Curcumin/boswellia group had better reductions in pain and greater increases in walking distance than celecoxib group
 - At study end, 92% could walk a distance versus 85% in the drug group
 - No adverse effects in the herb group; adverse effects of celecoxib include: headache, abdominal pain, indigestion, diarrhea, nausea, bloating, gas, dizziness, nervousness, headache, runny or stuffy nose, sore throat, rash, and insomnia, and serious stomach and intestinal ulcers

Devil's Claw for Joint Pain

- Double-blind, randomized trial of Devil's claw versus prescription anti-inflammatory drug for knee and hip arthritis pain
 - Both Devil's claw and the drug were equally effective at reducing arthritis pain
 - Three times as many people in the drug treatment group experienced adverse effects versus the Devil's claw group
- Devil's claw is **Anti-inflammatory**
 - Reduces inflammatory COX-2 by 31%
 - COX-2 is an enzyme which triggers the production of inflammatory compounds in the joints (and other areas of the body)
- Devil's claw **rebuilds cushioning cartilage** between the joints
 - 38% increase in glycosaminoglycans – natural building blocks of tissue that acts as a shock absorber between the joints
 - 41% increase in chondrocytes – cells that maintain cushioning cartilage in the joints

Stop joint pain

- Combine curcumin, boswellia, and devil's claw for relief of arthritis pain
 - Reduces inflammation
 - Increases joint lubrication
 - Stops pain
- Dosage: 800 mg of the combination daily

Quick Snack: Almonds (1 slide)

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Snack with Almonds

A 1 ounce (28 grams, or small handful) serving of almonds contains:

- **Fiber:** 3.5 grams
- **Protein:** 6 grams
- **Fat:** 14 grams (9 of which are monounsaturated).
- Also vitamin E, manganese, magnesium, copper, vitamin B2 (riboflavin) and phosphorus
- 3 ounces of nuts and a low calorie diet increased weight loss versus a low calorie diet enriched with carbohydrates.
The almond group
 - lost 62% more weight
 - lost 56% more fat
 - and lost 50% more around the waist than the carbohydrate group!

**Loss of Muscle Mass Can Be An Early
Sign of Dementia
(1 slide)**

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Late Life Weight Loss = Dementia Risk Factor

- New study finds that weight loss (muscle wasting) in late life might be an early sign of dementia
- Researchers measured brain mass (cortical thickness) in almost 800 Australians ages 44-66
- Results
 - People who had lost BMI also showed loss of mass in areas of the brain associated with speech, decision making, and thought and sensory processing
- A previous, similar study also found that weight loss in older adults was associated with loss of brain mass and brain cell atrophy - risk factors for dementia
- Why? Thinning of the cerebral cortex can also cause a loss of the sense of smell
- Reduced sense of smell can influence food choices and lead to decreased calorie intake

Drink Coffee to Live Longer (1 slide)

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3 cups a day for better health

- Researchers followed over 500,000 people for 16 years, recording diet and cause of death (if any) during the study period
- Results
 - Coffee consumption (at least 3 cups per day) was associated with a lower risk of death from any cause, especially heart and digestive diseases
 - Increased coffee intake was also associated with better liver function and blood sugar control
- Previous research has also found health benefits for coffee drinkers
 - One study found that colon cancer survivors who drank **four or more cups of coffee a day were 42% less likely to have their cancer come back** than non-coffee drinkers. **They were 33% less likely to die of their cancer** or of anything else during the study.
- Keep your coffee healthy – skip the sugar and non-dairy creamer!
 - Most non-dairy creamer = corn syrup, up to a gram of processed trans fat (hydrogenated fats) per tablespoon, MSG and synthetic ingredients like sodium caseinate, a chemically altered form of casein