

# Featured Topic: Omega-7 (5 slides)

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# New review of sea buckthorn

- A new research summary on sea buckthorn was recently published
- The author reviewed 15 published studies on sea buckthorn oil, including 5 studies showing sea buckthorn's beneficial effects for the heart
- The author notes that sea buckthorn is an approved clinical medicine in hospitals in Russia and China
- Some of the conditions reviewed in this new paper that benefited from treatment with sea buckthorn include:
  - Liver fibrosis
  - Chronic hepatitis
  - Skin burns
  - Atopic dermatitis and other skin diseases
  - As well as protection against heart disease and hardening of the arteries

# Sea Buckthorn is Special

## Over 200 beneficial compounds, including

- Omega fatty acids
  - Seeds (-3, -6, -9)
  - Berry (-7, -9)
- Vitamin E and C
- Beta carotene
- Plant sterols
- Minerals
- 60 different antioxidants!

## How does it work?

- Neutralizes cancer-causing free radicals
- Anti-inflammatory
- Immune System Modulator
- Strengthens the Cardiovascular System
- **Mucous Membrane Tissue Regenerator**



The Multipurpose Wonder Plant:  
Natural High Levels of Omega-7

# Sea Buckthorn research

- Vaginal symptoms in postmenopausal women
  - women taking sea buckthorn had less thinning of the vaginal wall (which causes dryness and discomfort) versus the placebo group
  - Applied as a topical cream twice daily, **vaginal dryness was decreased by 79%** (as measured by a standardized score), including the symptoms of burning, itching, stinging and pain
- Dry eyes
  - Participants taking 2 grams of sea buckthorn oil daily had less redness and burning, and increased fluid in their eyes versus the placebo group
- Dry Skin
  - 48% improvement in skin hydration and 25% improvement in skin elasticity
- Dry Mouth
  - Participants with severe dry mouth (Sjogren's syndrome) had improved moisture versus no changes in the placebo group

## Uses for Omega-7 Sea Buckthorn Oil

- Dry Mouth and Dry Eyes
- Sjogren's Syndrome
- Peptic Ulcers
- Irritated, itchy skin and treating/preventing wrinkles, dryness and other symptoms of prematurely aging skin
- Prevention of atherosclerosis and heart disease
- Menopause problems, including dry vaginal tissues
- **Any health condition involving inflammation, especially involving the mucous membranes**

# How Much to Take and What to Look For

- For basic health maintenance, 500 mg daily of Sea Buckthorn Oil
  - Treatment dosage is 2 to 3 grams daily
  - Look for: Sea Buckthorn Oil from berry (pulp) AND seed, supercritical CO2 extract, hand harvested, 150 mg of omega-7 per capsule
  - Capsules can be chewed and the oil swished in the mouth – the taste is relatively mild and bathing the mouth tissues directly can be helpful for certain conditions
- For vaginal dryness, apply sea buckthorn cream up to 4 times daily

# Migraine Management (2 slides)

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# Migraine Headache Pain

- Headache pain is the 4<sup>th</sup> most common reason that people visit the emergency room
- Opioids are commonly prescribed (35% of the time) in the emergency room to treat migraine headache pain
- Opioids (related to morphine)
  - Have many **adverse effects**: euphoria, sleep problems, nausea, seizures, constipation, breathing problems, and sedation
  - **Addiction**: tolerance develops after 2 weeks of continuous use, with a 35 times reduction in potency; tolerance leads to **increasing frequency of use** and then **dependence**

# Stopping headache pain the natural way

- **Inflammation** is one of the root causes of many types of headaches
  - **Curcumin** and **boswellia** are powerful anti-inflammatories with no adverse effects!
  - Boswellia has been shown to reduce the intensity and frequency of chronic cluster headaches
- **DLPA** helps increase the brain's natural pain-killing compounds (endorphins and enkephalin)
- About half of migraine sufferers are **magnesium** deficient;
  - 41% reduction in migraine frequency after 600 mg of magnesium daily (12 week study)
  - Magnesium versus a steroid drug/anti-nausea combination in 70 patients with acute migraine headache – **pain reduction was about 50% better in the magnesium group** than in the drug group
- Many headache sufferers are also serotonin deficient – **P-5-P** has been shown to increase serotonin levels and reduce the pain and frequency of headaches

# **A Closer Look At: Hemp Oil**

## **(4 slides)**

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# Hemp is Hot!

- The sales of hemp products is expected to grow 22% in the next two years, to almost 2 billion dollars in 2020
- Consumers are buying hemp oil for
  - Pain
  - Sleep problems
  - Stress/anxiety
  - PTSD and depression
  - Cancer
  - And more!

# How does it work?

- Compounds in hemp oil called **phytocannabinoids** trigger receptors in the body called endocannabinoid receptors (part of the **endocannabinoid system**)
  - CBD is the one of the best known but it isn't the only one!
  - There are 80-100 phytocannabinoids in hemp oil
- The endocannabinoid system affects many different functions in the body, including
  - brain and nervous system function
  - mood and memory
  - immune system
  - appetite and metabolism
  - energy and more

# Hemp Oil is Not Marijuana

- Marijuana plants are low and bushy, and contain lots of THC – the compound in Cannabis that causes euphoria and a “high”
- Hemp plants are tall and skinny, and do not have much THC, but *do* have a lot of CBD and other health promoting phytocannabinoids
- By law, retail hemp oil must have less than 0.3% THC

# What to know about hemp oil:

- Legal hemp oil contains less than 0.3% THC and is from the hemp stalk
  - Not legal to obtain hemp oil from leaves or flowers of the cannabis plant
- Products that are **hemp seed only** do not contain CBD or other beneficial phytocannabinoids – must have extract **from the hemp stalk** to get the phytocannabinoids
- Dosage: 50 mg of hemp oil OR combine 25 mg of hemp oil with 250 mg of curcumin for synergistic effects

**Which is the healthier choice:  
a protein bar or a donut?  
(1 slide)**

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# How much protein is in your “protein bar”?

- Many consumers choose a protein bar as a healthy alternative to chips or donuts
- But how healthy are protein bars?
- New study looked at 56 different protein bars
  - **64% were 1/3 (30%) or more carbohydrates**
    - **18% of the protein bars contained more sugar than a Krispy Kreme donut**
    - The worst offender was **39% sugar**
  - On average, the “protein” bars that were 30% or more carbohydrates had 25% *less* protein content versus low carb (less than 30% carbs) protein bars
- Be a label reader!