

Featured Topic: Black Seed Oil (3 slides)

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The Universal Remedy: Black Seed, *Nigella Sativa*

- Also known as black cumin
- Prescribed in ancient Egypt, Greece and Turkey as a tonic and cure for virtually everything
- Recognized for: anticancer, antidiabetic, antihypertensive, antimicrobial, analgesic, immunomodulatory, anti-inflammatory, liver protective, kidney protective, gastro-protective, bronchial dilator and antioxidant activities
 - Khan MA. *Oncotarget*. 2017; 8(31): 51907–51919.
- A recent meta analysis found black seed extremely effective for type two diabetes – one study reported a 12% drop in blood sugar levels and a 4% reduction in HbA1c levels
- Key compound: thymoquinone

Thymoquinone Research

- **Cancer:** breast, bladder, prostate, pancreatic, and other types of cancers
 - Breast cancer (cell study): thymoquinone induced a 20% breast cancer cell death rate, the drug tamoxifen a 35% cancer cell death rate, and the combination of the two a 55% cancer cell death rate
 - Reduced inflammatory, pro-cancerous molecules by 92 – 94% (animal model of colon cancer) when combined with vitamin D
- **Kidney disease:** reduced kidney damage associated with diabetes (animal model)
- Returned **low testosterone levels** (animal model of diabetes) to 80% of normal [after a 60% decline]
- 45% reduction in **seizure intensity** (animal model of epilepsy)
- Prevented gastric ulcers, protects the brain against oxidative stress, anti-parasitic activity and more!

What to know about Black Seed Oil

- Useful for almost every condition
- No significant adverse effects
- Take 500 mg daily – CO₂ extraction ensures beneficial compounds without use of toxic solvents

Dogs are Good Medicine (1 slide)

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Dogs are Good for Your Heart

- Largest study ever attempted to measure the health benefits of owning a dog
- Researchers in Sweden looked at data from their national registry of dog owners as well as health records from their public health service, and death from heart disease
- Results
 - On average, dog ownership was associated with a 23% decrease in deaths associated with heart disease, and a 20% decrease in deaths from any cause
- Previous studies have found that dog owners get more exercise, especially walking, and dog ownership reduces social isolation and depression - one study found that people's blood pressure dropped 10% when petting a dog

Vitamin D: what form is best?

(1 slide)

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D3 versus D2

- D3 is the animal form of vitamin D (humans are animals!)
 - cholecalciferol
- D2 is the plant form of vitamin D
 - ergocalciferol
- Researchers compared supplemental vitamin D (D3 and D2) [600 IU] or placebo in 335 women during two consecutive winters
- Results
 - Placebo group saw a 25% decline in vitamin D levels
 - Vitamin D2 group had a 34% increase in vitamin D
 - Vitamin D3 group had a 75% increase in vitamin D
 - **Vitamin D3 was twice as effective** at increasing vitamin D levels

A Closer Look At: Perchlorate (1 slide)

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Perchlorate and the Thyroid

- Perchlorate naturally occurs in the soil, but is also manufactured as a synthetic chemical for use in propellants and fireworks, and in food packaging
- Almost all **human exposure to perchlorate comes from ingesting contaminated food and water**
- It was recently found that perchlorate exposure has increased by **34% in infants** and **23% in toddlers** since 2005
- This is important because: perchlorate blocks iodine from reaching the thyroid gland!
- Iodine is crucial for brain development in children – iodine intake is especially important during pregnancy
 - Only 20% of pregnant women and 15% of breastfeeding women get the minimally recommended level of iodine (150 mcg) daily

SIBO
(Small Intestinal Bacterial Overgrowth)
(3 slides)

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SIBO – excessive bacteria in the small intestine

- SIBO means bacteria from the large colon move into the small colon
 - In healthy adults, the small intestine has few microorganisms
- Symptoms include: gas and bloating, abdominal pain, and diarrhea
- Most common causes
 - Low gastric acid secretion
 - Gastric acid keeps bacteria in check
 - Poor motility (lack of intestinal contractions)
 - Food lingers too long in the small intestines
- Older adults are at more risk of SIBO
 - Have reduced stomach acid
 - Often take medications that slow intestinal function: antidepressants, anti-histamines, and calcium channel blockers, among others

Curing SIBO with Enteric Coated Peppermint

- Peppermint oil is extremely effective against pathogenic bacteria including E. coli and H. pylori
- In a clinical study of children with IBS (often associated with SIBO), 75% of those receiving enteric coated peppermint oil (ECPO) had a significant reduction in abdominal pain
- A case report of a woman with IBS and SIBO treated with ECPO for 20 days found a 30% reduction in SIBO, decreased bloating, pain, and gas, and an increase in normal bowel movements

How to Use and What to Look For

- Use for:
 - SIBO, IBS and inflammatory bowel
 - Chronic indigestion (also called functional dyspepsia)
 - Digestive upset: gas, bloating, and abdominal cramps and pain
- **Enteric coated** capsules
 - Open in the intestines for best effects
- Combine with caraway, cardamom, and coriander
- Take 2-3 times daily: peppermint oil (187 mg), caraway oil (50 mg), cardamom (20 mg), coriander (20 mg)

Sodium versus Salt

(2 slides)

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It's the sodium, not the salt

- All salt is sodium, but not all sodium is salt – this is why foods high in sodium (like breads and cold cuts) don't necessarily taste “salty”
- Canada is considering new rules to require a special symbol on the FRONT of packaged foods containing high levels of sodium
- The American food supply has **35% more sodium per person** than it did in the early 1990s
 - Typical daily intake of sodium is 3400 mg, about 47% more than the recommended amount
- Too much sodium causes
 - Fluid retention
 - Which increases blood volume
 - Which increases blood pressure
 - Which puts strain on the kidneys, heart and blood vessels and makes them work harder

Where is the sodium if it isn't in the salt shaker?

- **75%** of the average American's sodium intake comes from **processed foods**
 - **Worst offenders:** canned soups, packaged bagels, pasta sauce, salad dressing and frozen dinners
- In processed foods, sodium can be found as
 - Sodium chloride, sodium bicarbonate, monosodium glutamate, sodium benzoate, sodium saccharin and sodium nitrate
- **The simple way to cut sodium intake?** Put down the package and eat fresh food instead.