

**Featured Topic:  
Reduce Blood Sugar with Hintonia  
(6 slides)**

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# Death by Diabetes

- New study finds that nearly **4 times as many Americans die from diabetes** as previously thought
- Researchers looked at the death certificates of people who they knew had diabetes (because of participation in national health surveys) to see if diabetes was listed as a cause of death – usually not!
- They found that **people with diabetes made up more than 12% of deaths**, significantly higher than the 3% diabetes death rate previously recorded
- This makes diabetes the **3<sup>rd</sup> leading cause of death**, after heart disease and cancer
- Additionally, people with diabetes had a 90% higher death rate than people with normal blood sugar levels

# The Cure for Diabetes: *Hintonia latiflora*

- Native to Mexico and Central America
- Known in Europe, especially in Germany, for over 60 years as a treatment for diabetes
- Ideal for people with “pre-diabetes” – fasting blood sugar levels between 100-125 and HbA1C levels of 5.7% – 6.4%

# A Quick Look at HbA1c

- HbA1C is **hemoglobin** (a protein in red blood cells that carries oxygen throughout the body) that is **joined to glucose**
  - The more sugar in your system, the higher your HbA1C levels
- HbA1C levels show long term trends in blood sugar (since HbA1C levels don't change quickly) versus blood glucose levels, which are a “snapshot” of glucose levels at that moment
- **Tiny reductions = Big benefits:** a **1% decrease** in HbA1C can lead to
  - 19% reduction in risk of cataracts
  - 16% reduction in risk of heart failure
  - 43% less risk of amputation or death from peripheral vascular disease

# Clinical Study on Hintonia

- In a 2014 study, 178 people with type 2 diabetes/pre-diabetes were divided into 4 groups treatment groups, all received *Hintonia latiflora* plus their regular diabetes protocol
  - Oral antidiabetics
  - Oral antidiabetics and insulin
  - Insulin only
  - Diet changes only
- After 8 months, significant improvements occurred
  - HbA1c improved **by an average of 10.4%**
  - Fasting glucose improved by an average of 23.3%
  - Postprandial glucose improved by an average of 24.9%
- In 114 participants were taking some kind of medication – at study end, 45 participants reduced their dosage and 10 participants no longer needed it.

## More research

- 41 people with Type 2 diabetes
- Received Hintonia extract with a small amount of essential vitamins and minerals (including B vitamins and zinc); one capsule, twice a day before meals, for 6 months
- Results
  - 11% decrease in HbA1c levels
  - 25% reduction in fasting glucose levels
  - 22% reduction in postprandial glucose levels
- **Research going back to 1950** consistently documents beneficial effects of Hintonia in reducing blood sugar levels

# What to know about Hintonia

- Extremely safe – research going back over 60 years has found it is very well tolerated with no significant adverse effects
- The sooner it is used the better it works – best results were seen in people with mild to moderate increases in blood sugar levels
- In clinical trials, Hintonia was used safely in combination with insulin and oral antidiabetic medications (but always keep your doctor informed)
- Dosage: 20 mg polyphenols from Hintonia (copalchi) one to three times daily, along with essential vitamins and minerals

# **Alzheimer's Cases Expected to Double (2 slides)**

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# Aging Baby Boomers will lead to more cases of Alzheimer's disease

- Number of Americans with dementia expected to more than double by 2060
  - By 2060, about 6 million people will have mild memory impairment and **9 million will have full blown Alzheimer's**
- Mild memory impairment mostly involves short term memory
  - “Where did I put my car keys?”
- Alzheimer's disease symptoms are more severe: memory loss, impaired judgement and thinking, problems with normal daily activities, and sometimes personality changes
  - “What am I supposed to do with these keys?”

# Stop Alzheimer's with Natural Ingredients

- In a recent double blind four-week trial of people aged between 60-80, those taking **curcumin** had a marked improvement in memory after one dose, and coped better with stress after four weeks.
- In one week, **curcumin** reduced the average size of beta-amyloid plaques by 30% (animal model of Alzheimer's disease)
  - Curcumin is **more effective in inhibiting formation of beta amyloid protein fragments** than many other drugs being tested as Alzheimer's treatments!
- When compared to people who have optimal **vitamin D** levels, once you reach 65, low levels of vitamin D make it **twice as likely** that you will suffer some degree of mental decline
- **Rosemary** – the “herb of remembrance” – contains compounds shown to reduce brain inflammation associated with Alzheimer's disease
- In healthy adult volunteers, **Spanish sage** improved memory and word recall and in patients with Alzheimer's, Spanish sage oil reduced symptoms and improved attention

# **Vitamin D for IBS**

## **(2 slides)**

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# Vitamin D relieves IBS symptoms

- Researchers compared placebo *versus* vitamin D supplement (3,000 IU) *versus* vitamin D (3,000 IU) + probiotic in patients with IBS
  - They also wanted to compare people deficient in vitamin D with people who had adequate vitamin D levels, but almost everyone they tested was vitamin D deficient! They could not find enough people with IBS who had normal vitamin D levels to include in the test.
- Results
  - Although almost everyone was vitamin D deficient or insufficient at the start of the study, the higher the vitamin D levels the less severe the impact on the person's quality of life
  - At the study end, the Vitamin D groups (vitamin D and vitamin D plus probiotic) had double the reduction in their IBS symptoms as the placebo group [although the results did not reach statistical significance]

# But don't forget the magnesium!

- A new review study reports that vitamin D **can't be metabolized without sufficient magnesium** – they found that vitamin D is stored and inactive for up to 50% of Americans who are getting vitamin D *but not enough magnesium*
- At least half of Americans are getting only 50% of the daily recommended magnesium intake
  - Magnesium levels are most often low in people who eat diets high in processed foods
- With adequate magnesium levels, less vitamin D supplementation is required to keep vitamin D levels up
- Magnesium also works with vitamin D to build bones and keep hearts healthy

# No Reduction in Childhood Obesity (1 slide)

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# Obesity rates still on the rise

- Looking at data from 1999-2016, researchers found no improvement in childhood obesity rates
- They found a continuous upward trend, with significant increases among young children and teen girls versus previous years
- In 2015-2016, 14% of two year olds were mildly obese, up from 9% in 2013-2014
- Overall, the percentage of obese children ages 2 to 19 increased from 14% in 1999, to 18.5% in 2016