

Featured Topic: Curcumin for Cancer (6 slides)

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Curcumin – for cancer

- Curcumin's amazing properties
 - Anti-inflammatory
 - Antioxidant
 - Antiviral and antifungal
 - **Anticancer**

There is almost no condition, including cancer, that cannot benefit from curcumin!

Curcumin is anti-cancer

- Why the interest in curcumin as a cancer treatment?
- Curcumin stops
 - Cancer cell formation
 - Cancer cell growth
 - Cancer cell spread
- Also, curcumin activates the body's own cancer-killing system, the p53 pathway
 - p53 stops mutated, potentially cancerous cells from dividing and calls in DNA repair teams
 - If DNA can be repaired, p53 allows the cell to go back to work
 - If DNA cannot be repaired, p53 causes the cell to self-destruct (apoptosis)
- All this **without the toxic effects** associated with conventional chemotherapy and radiation therapy

A look at some research...

- In a lung cancer cell study, curcumin reduced the metastatic spread of **lung cancer** by over 30%
- Curcumin inhibited the spread of invasive **bladder cancer** cells by 40% (cell study)
- Curcumin reduced the size of **pancreatic tumors** by 17% (animal model)
- In a study using **breast cancer** cells, curcumin reduced cancer cell proliferation (reproduction) by as much as 60-70%
- In an animal model of **prostate cancer**, animals receiving supplemental curcumin experienced a reduction in tumor size of up to 65% versus animals who did not receive curcumin

Curcumin can be used with conventional cancer treatment

- Chemotherapy or radiation therapy can be very toxic to the entire body, not just cancer cells
- Sometimes a less than optimal dose has to be used in order for the patient to tolerate the adverse effects
- Curcumin can help these treatments work more effectively so a smaller (less toxic) dose can be used
- Curcumin can help reduce the adverse effects of these treatments as well

A look at some research

- In a cell study looking at triple negative breast cancer cells, curcumin nearly **doubled the effectiveness of the chemotherapy drug 5-FU** in killing breast cancer cells
- Curcumin **prevented chemotherapy-induced kidney damage** (animal model) in the treatment of breast cancer (while also improving the drug's effectiveness)
- Curcumin **reduced the severity of side effects** (problems with urination and urinary frequency) associated with radiation treatment for prostate cancer
- Curcumin has been shown to **increase the effectiveness of drugs** used to treat bladder, breast, colon, pancreas, gastric, liver, blood, lung, prostate, cervix, ovary, head and neck, and brain cancers, as well as multiple myeloma, leukemia, and lymphoma

What to remember

- Curcumin is the medicine, turmeric is the spice
- Combining **curcumin** with **turmeric essential oil** is a safe and effective way to ensure absorption
- Curcumin can be combined with other anti-cancer ingredients such as grape seed or boswellia
- Dosage: up to 750 of enhanced absorption curcumin daily; in some cases may increase to 1500 mg daily

What is “whole grain”? (3 slides)

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Definition of Whole Grains

- The FDA defines “whole grain” as containing ALL the part of a grain kernel: bran, germ and the endosperm (the innermost part of the kernel)
- Whole grains
 - take longer to digest and have less of an impact on blood sugar levels than processed grains [refined flour]
 - have more fiber, promoting satiety
- The more a grain is processed (refined), the more the vitamins, fiber, and nutrients in it can be destroyed or lost
- **Did you know?** Brown “wheat” bread is usually just refined white flour that is colored brown with molasses or caramel food coloring

Whole grain does not mean HEALTHY

- “made with whole grain” foods can be **almost all refined flour** with a *pinch* of whole grains
- “Whole grain” products claiming to be “high in fiber” often have ADDED cellulose fiber, not the naturally occurring fiber from the grain
- Multigrain just means more than one grain source – **all of which may be refined** (not whole) and low in fiber
- “whole grain” foods can also be loaded with sugar, sodium, and artificial, unhealthy ingredients

Trade the grains and carbs for fat and protein

- Researched tracked the regular food intake of over 135,000 people for seven years, and recorded heart attacks, stroke, death from any cause, and death due to heart disease
- Results
 - **Highest risk of mortality was associated with the high carb diet** (>60% total calories from carbs)
 - Highest intake of fat (>35% total calories) was associated with a **23% lower risk of death**
 - Diets **with the most saturated fats** correlated with *the lowest risk of death* versus diets with the least amount of saturated fats
 - Replacing 5% of calories from carbs with calories from saturated fats reduced risk of stroke by 20%
- www.TerryTalksNutrition.com/diet for more information on healthy eating

**Easy Way to Prevent Diabetes:
Take Your Daily Multiple and Omega-3
(1 slide)**

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Take a multiple to keep blood sugar levels down

- Researchers followed 1000 people (both normal and with prediabetes) for up to 2 years, some received Vitamin D only, some received Vitamin D plus a multivitamin and omega-3 supplement
- Results
 - Both groups had increased blood levels of vitamin D
 - 16% of vitamin D only, and 8% of D plus a multiple and omega-3 went on to develop prediabetes/diabetes
 - 8% of the vitamin D only, and **44% of the combination nutrient group**, moved from prediabetes back to normal blood sugar levels