

Featured Topic: Curcumin for Pain (3 slides)

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Americans have a lot of pain

- Chronic pain affects more Americans than diabetes, cancer, and heart disease COMBINED
- 1/3 of Americans live with chronic pain
 - This number has increased 10% in a 12 year timespan, according to a study published in 2016
- Pain might predict death: people experiencing severe pain have **double the risk of dying** in the next two years

New research on curcumin for pain

- 201 people with arthritis received curcumin (blended with turmeric essential oil), a curcumin/boswellia combination, or a placebo for 12 weeks
- Result: pain (as measured by a standardized pain rating scale) decreased
 - 2.26 points in the placebo group
 - 6.34 points in the curcumin group
 - 7.38 points in the curcumin/boswellia group
 - In tests of physical ability, both groups improved versus placebo in time required to climb stairs and time needed to get up from a chair and walk a short distance
- No significant adverse effects were reported

Curcumin combination for for effective, safe pain relief

- Curcumin, plus boswellia, DLPA and nattokinase
 - Curcumin + boswellia **relieved arthritis pain** more effectively than a prescription NSAID (14% of patients were pain free after 3 months, versus 7% of the drug group patients) **WITHOUT** adverse effects
 - In rheumatoid arthritis patients, **curcumin reduced pain and swelling** more effectively than the prescription drug – 14% of patients in the drug group dropped out because of adverse effects, while ZERO participants in the curcumin group dropped out
 - In a study of curcumin vs ibuprofen in arthritis patients, **curcumin group had less pain and better ability to walk up stairs and walk a distance** than the ibuprofen group – without adverse effects!
- 2,181 mg of the combination daily – increased if needed

More Americans are Drinking More Coffee (1 slide)

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Americans drinking more coffee

- The numbers of Americans drinking a daily cup of coffee is at its highest level in 6 years
- In a recent survey, 64% of Americans had consumed a cup of coffee the previous day
- Coffee consumption has increased as soda and juice consumption has declined
- A recent study found that coffee consumption (at least 3 cups per day) was associated with a lower risk of death from any cause, especially heart and digestive diseases, as well as better liver function and blood sugar control

A Closer Look at: Antioxidants (4 slides)

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To understand antioxidants, you must first know what oxidants are...

- Oxidants, also called free radicals, are unstable molecules that damage normal cells and our DNA
- Oxidants are generated as a normal part of our metabolism
- High levels of oxidants can also occur as a result of our environment – smoking, pollution, chemicals and pesticides in our foods, fried and processed foods, chemicals in cleaning products and air fresheners, and more!
- An overload of oxidants (oxidative stress) that is not stopped plays a role in almost every type of chronic disease: inflammation, heart disease, cataracts, cancer, aging, dementia, ...

Antioxidants stop Oxidants

- Antioxidants neutralize (stop) oxidants
- Our body can make antioxidants
- We can also get antioxidants from our diet.
Nutrients that are also antioxidants include:
 - Vitamins A, C, E and the minerals zinc, selenium, and copper
 - Lycopene, beta-carotene, flavonoids, and polyphenols
- Foods that are high in antioxidants include:
berries, grapes, nuts, dark green veggies, and tea

Antioxidants are Not Interchangeable

- Some work in fats (fat soluble) some in water (water soluble), a few work in both
- Different antioxidants take different pathways to neutralize specific types of oxidants – that is why getting a variety of antioxidants is important
- As we age, antioxidant levels can decline, and they get used up quickly when oxidant levels increase
- In an animal study, young animals never lost more than 65% of key antioxidants when oxidant levels increased; **older animals used up 90% of their antioxidants** when exposed to the same level of oxidants

3 key antioxidants

- Curcumin (fat soluble)
- Grape Seed OPC (water soluble)
- Glutathione (the “master antioxidant”)
- Not only do these powerful antioxidants neutralize free radicals, they can also regenerate other depleted antioxidants (such as vitamin E) to restore their antioxidant ability
- In human cells exposed to an oxidizing compound, antioxidant levels declined by 30%. When exposed to curcumin, the reduction was less than 10%.
- Look for: curcumin and grape seed OPC, 575 mg once or twice daily, plus 300 mg glutathione daily

Do Non-Stick Pans Make You Fat? **(1 slide)**

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Chemicals in non-stick pans linked to weight gain

- Chemicals (called PFAS) used in non-stick pans as well as stain resistant fabrics and waterproof mattress covers have been linked to
 - **Hormone disruption**
 - Immune dysfunction
 - Cancer
- New study looked PFAS blood levels in 621 overweight and obese people who had followed a weight loss program for 6 months
- On average, by 18 months after the weight loss program ended, **people gained back half the weight they had lost**
- **Women with the highest blood levels of PFAS gained about 4.5 pounds** more than the women with the lowest PFAS levels
- Additionally, these women had the lowest metabolic rates and slowest metabolisms