

Featured Topic: Hemp Oil (5 slides)

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Hemp for pain relief and more...

- One of the most in-demand ingredients of 2018, consumers are flocking to buy 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
 - pain perception
 - 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 (stalk) OR combine 25 mg of hemp oil with 250 mg of curcumin for synergistic effects

**America's Heart Health –
Going from Bad to Worse
(4 slides)**

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Hearts are in bad shape...

- Between 1988 and 2014, heart health went down hill
- Researchers followed over 40,000 American adults (with no history of heart disease) for 25 years, scoring them at different points in the study on indicators of health: blood pressure, blood sugar, BMI, physical activity, and smoking history
- Results: **poor**
 - The percentage of adults who scored as “heart healthy” dropped by as much as 15 points over the years
 - 60-85% of Americans (depending on race) have less than optimal heart function
 - People are now less likely to *die* of heart disease, but that doesn't mean they are healthy – they are just living with chronic heart disease instead

Keep Your Heart Ticking with Grape Seed

Grape seed is great for the heart

- Increases insulin sensitivity and reduces high blood sugar levels
 - **75% reduction in blood sugar levels** – returned blood sugar to *near normal* level (animal model of diabetes)
- Reduces blood pressure levels
 - **6% reduction in high blood pressure levels** in men with pre-hypertension
- Improves blood circulation and strengthens blood vessels

Not all “grape seed” is grape seed!

- Researchers purchased 21 “grape seed extract” products at retail stores and online
- Each sample was tested to determine if it was real grape seed extract, and whether it was potent (the amount of proanthocyanidins)
- Result: **50% of the products were completely fake or sub-potent**
 - 6 products were potent grape seed extracts
 - 9 products were very low potency – **barely any OPCs**, were probably grape seed mixed with peanut skin
 - 6 products had **NO grape seed extract**, they were entirely peanut skin extract
- Price is no guide – **the products with no grape seed at all were equal in price or more expensive** than the authentic grape seed extracts!

Yes to OPCs, No to Tannins!

- Oligomeric proanthocyanidins (OPCs)
 - Low molecular weight
 - Easy absorption
 - Significant health benefits
- Some grape seed extracts contain Polymeric Proanthocyanidins (AKA – **tannins**)
 - High molecular weight
 - Poor absorption
 - No comparison to the documented health benefits of OPCs
 - Sold as beneficial “grape seed extract” although does not have the same benefits as OPCs
- Look for grape seed that is tannin free; 150 – 600 mg daily

Best Bet for Breakfast: Eggs (1 slide)

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Eggs are great for breakfast or any time!

- Eggs are a
 - Complete protein
 - Great source of B vitamins, vitamin D, lutein, choline (great for the brain!), plus carotenoids, vitamins A, E, and K, selenium, iron and phosphorus
- How you cook them can make a difference
 - **Cook briefly at low temperature** to maximize nutritional content – for example, poaching or cook in butter/olive oil
 - Cooking increases protein assimilation by 40% versus eating eggs raw
 - But cooking at too high a temperature, for too long, reduces vitamin and antioxidant content, and oxidizes the cholesterol in the yolk