

**Featured Topic:  
Olive Polyphenols  
(4 slides)**

Terry Talks Nutrition

IMPROVING THE HEALTH OF AMERICA

# The benefits of olive polyphenols

- Olives (including olive leaf, olive oil, and olive fruit) contain beneficial compounds called **polyphenols**
- Olive polyphenols are: antioxidant, anti-inflammatory, anti-cancer, antimicrobial, antiviral, stop heart disease, reduce blood sugar levels, and have liver and brain protective effects
- Studies have found olive polyphenols beneficial for: chronic inflammation, joint diseases, skin diseases such as eczema, preventing cholesterol oxidation, and protecting the brain from dementia and Alzheimer's disease

# Research on Olive leaf

Once considered “waste” after harvesting olive fruits, **olive leaves** are now known to have as powerful effects for health as the olives themselves

- Anti-cancer
  - At higher concentrations, olive leaf almost **completely wiped out pancreatic cancer cells** (less than 1% cancer cell survival); and was almost **50% more effective** at killing cancer cells than a commonly used cancer drug (gemcitabine) [cell study]
- Antimicrobial
  - Olive leaf effectively stopped both bacterial and fungal pathogens, including candida. One study found it **100% effective against two bacteria**, and **95% effective against E. coli**
- Antidiabetic
  - In overweight men at risk of metabolic syndrome, 12 weeks of olive leaf extract resulted in a **15% improvement in insulin sensitivity** and a **28% improvement** in pancreatic cell responsiveness

# Research on olive fruit extract

- 20 middle age and older adults with painful knees received either olive fruit extract or placebo for 12 weeks
- Results: The olive fruit group experienced
  - a **56% decrease in pain**
  - **15% decrease in the inflammatory marker, c-reactive protein**
  - A small but statistically significant **reduction in body weight and BMI** versus the placebo group

## More research on olive fruit extract

- Relieved pain as effectively as an NSAID drug (animal model)
- Stopped colon cancer cell replication (cell study)
- Reduced blood pressure (animal model)
- Over a 20% reduction in inflammatory triglycerides in people at risk of heart disease
- DOSAGE: 160 mg of olive leaf and fruit extract, and olive fruit oil concentrate, daily

# Listener Question

Terry Talks Nutrition

IMPROVING THE HEALTH OF AMERICA

## Ask Terry

Dear Terry:

My daughter has been getting so many cold sores on her lips. She says they burn and her skin itches. She went to a doctor and they gave her some medication to put on them, but she won't use it because she is afraid to get it in her mouth. She has been putting coconut oil on them. I told her I would ask you.....thank you.

E.B., in Wisconsin

# **Nutrient of the Day: Black Currant (2 slides)**

Terry Talks Nutrition

IMPROVING THE HEALTH OF AMERICA

# Black Currant – another superior nutrient for vision

- More protective for the eyes than bilberry due to unique anthocyanin content
- Improves night vision
  - Supplementation with black currant sharpened nighttime vision and improved the speed at which people adjusted to changing light conditions (bright to dark and back again)
- Nearsightedness
  - Bilberry extracts may help counter changes to the eyes which lead to myopia or nearsightedness. One comparison test found that black currant is superior to bilberry for this use.
- Visual Fatigue
  - Black currant has been shown to reduce eye fatigue, especially eye fatigue associated with electronic screen use
- Cataracts and macular degeneration
  - Cataracts and macular degeneration are connected to free radical formation. Additional of antioxidant anthocyanins, especially those found in black currant, can help prevent these diseases.

# Keep Your Vision Clear

- 68% of people ages 30-40 have technology-related eye or vision problems: dry eyes, eye strain, eye sensitivity, neck/back pain
- Keep your vision clear with 150 mg of black currant once or twice daily, along with lutein, zeaxanthin, and grape seed extract

# **Treat Hypothyroidism (5 slides)**

**Terry Talks Nutrition**

IMPROVING THE HEALTH OF AMERICA

# Too much, or too little?

- According to the American Thyroid Association, 60% of women have an undetected thyroid problem at some point in their life
- Getting the correct diagnosis for certain thyroid problems takes many women an average of **5 years** worth of doctor visits
  - Too little (underactive) thyroid activity = hypothyroid
  - Too much (overactive) thyroid activity = hyperthyroid
  - **Underactive thyroid is up to 5 times more common** than overactive thyroid
- Classic signs of low thyroid
  - Fatigue
  - Weight gain
  - Dry skin
  - Hair loss

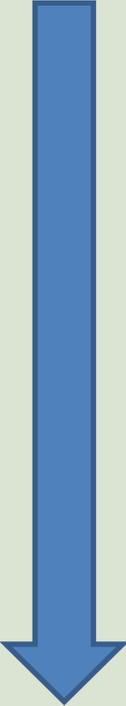
Also: constipation, slow heart rate, sensitivity to cold, and depression

## Treat low thyroid function with Iodine and I-tyrosine

- **Iodine + I-tyrosine = thyroid hormones**
- These nutrients are the building blocks for thyroid hormones – without them, the thyroid gland cannot make thyroid hormones

Thyroid and Breast tissue  
have particularly high  
requirements for Iodine.

## Going Down



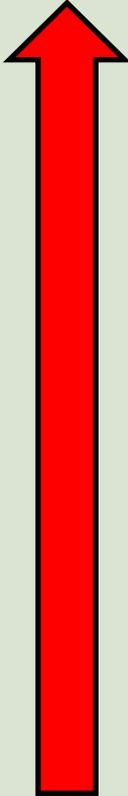
**Iodine levels** in American women of reproductive age have decreased 55% since the 1970s

**Iodine status** overall has fallen about 50%

## Going UP

**Thyroid Cancer** incidence has tripled in the last 30 years

**Synthroid:** Number #1 Most Prescribed Drug

1. Synthroid
  2. Crestor
  3. Nexium
- 

# Iodine – not just for underactive thyroid

- Thyroid cysts and nodules
- Breast Cancer
- Prostate Cancer
- Menopause symptoms
- Fertility
- Autism/ADHD
- Fibromyalgia/Brain Fog
- Weight management
- Energy

# What to know about Iodine

- RDA for iodine is 150 micrograms (0.15 mg) daily
  - Enough to prevent goiter but not sufficient to improve health
- Iodine experts recommend 6.25 to 12.5 mg of iodine daily for most people
  - Dosage can range from 3 mg to 25 or even 50 mg daily
- For thyroid conditions, take 15 to 30 mg of iodine with 200 – 400 mg of l-tyrosine daily
- Look for three forms of iodine: potassium iodide, sodium iodide, molecular iodine
  - Breast tissue prefers molecular iodine
  - Thyroid prefers potassium iodide
  - Sodium iodide enhances iodine absorption

# More Vitamin D, Less Risk of Heart Attack (1 slide)

Terry Talks Nutrition

IMPROVING THE HEALTH OF AMERICA

# Higher Vitamin D levels = Less Chance of Dying from Heart Disease

- Researchers analyzed data from over 180,000 people
- For every 10 ng/mL increase in blood levels of vitamin D
  - Risk of heart attack, stroke, or heart failure went down 10%
  - Risk of dying from heart disease went down 12%
- Vitamin D is important for regulating smooth muscle tissue in the heart and veins, keeping blood pressure levels normal, and inhibiting the formation of plaques (the beginning of heart disease) in the arteries

# **Boost Your Memory with Blueberries**

## **(1 slide)**

Terry Talks Nutrition

IMPROVING THE HEALTH OF AMERICA

# Blueberries Keep the Mind Sharp

- 12 week study of 26 healthy adults ages 65-77
  - Group 1: placebo
  - Group 2: blueberry concentrate with 387 mg anthocyanins
- Results: Blueberry group had
  - a **5-8% increase** in blood flow in the brain, versus a 1-3% DECLINE in blood flow for the placebo group
  - increased brain activity
  - increased working memory
- Recently published study (Feb, 2017) found that **each 100 gram increase** in daily fruit and vegetable consumption (equivalent to 1 small apple or ½ a cup of green beans) reduces risk of dementia by 13%

# Healthy Snacking: Perception and Reality (1 slide)

Terry Talks Nutrition

IMPROVING THE HEALTH OF AMERICA

# Are you being honest about your snacking habits?

- A research firm surveyed 3,500 people
- First, participants tracked their daily snacks in a food diary, and then they were asked to describe what they ate, including how often they had snacked on 33 different foods
- Results
  - 34% said they ate fruit the previous day, when only 16% actually did
  - 34% said they ate vegetables the previous day, when only 4% did
  - 21% said they had eaten a salty snack the previous day, when 41% actually did
- Most consumers eat 4-5 snacks a day

**High Vitamin D = Lower Risk of Cancer  
(1 slide)**

Terry Talks Nutrition

IMPROVING THE HEALTH OF AMERICA

# Increase Vitamin D to Reduce Cancer Risk

- Several studies have found that low vitamin D levels are associated with increased risk of cancer
- New study looks at cancer risk after supplementing with additional vitamin D and a calcium
- 2,094 women received 2,000 IU vitamin D plus calcium daily or a placebo for 4 years
- Results
  - Women taking vitamin D saw an average 33% increase in their vitamin D levels
  - While the effect did not reach statistical significance, the women in the vitamin D group as a 30% reduction in cancer risk (of any type)
  - Of note, the women in the vitamin D group with did develop cancer during the study period still had lower vitamin D levels than those who stayed cancer free