

**Featured Topic: Omega-3,  
Phospholipids and Peptides  
(3 slides)**

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# Fish Consumption Advice

- FDA and EPA recently urged pregnant women to increase their fish consumption
- FDA research shows
  - 20% of pregnant women eat no fish
  - 50% ate less than 2 ounces a week
  - 75% ate less than 4 ounces a week
- **Consumer Reports recommends pregnant women avoid ALL tuna consumption because of concerns regarding mercury poisoning**
  - Average of 60 micrograms of mercury in canned albacore tuna, versus 2 micrograms of mercury in a 4 oz serving of salmon
  - Mercury exposure in the womb can lead to learning disabilities, memory problems and movement disorders
- **Omega-3 required during pregnancy:** Fish provides omega fatty acids which are CRUCIAL for a baby's developing brain. Supplemental omega-3 from salmon provides these essential nutrients **without risk** of heavy metal contamination.

# Fish OIL not the best choice for omega-3

- Almost half the supply of fish oil is produced from anchovy and sardines
- **Highly processed** to remove heavy metals and other impurities and neutralize the smell
  - frozen for transport, thawed, and subjected to high heat, pressing, chemical solvents, distillation, bleaching and deodorizing
  - all this processing (and improper storage) destroys freshness and increases the risk of a rancid, unstable oil
  - You get
    - Fish burps
    - Increased risk of oxidative stress and damage
    - Increased risk of inflammation
    - Little or no health benefits

## The better choice: phospholipid omega-3 from salmon

- From the head - not the body of the fish where the toxins are concentrated - very clean and pure and safe for everyone, including pregnant women
- Omega-3 bound to phospholipids, not fish oil triglycerides
  - 2:1 ratio of DHA to EPA – **DHA especially important for developing babies**
  - Efficient transport; well-absorbed – allows for smaller dosage
  - Phospholipids are very healthy for the body, especially the brain
- Also a source of peptides, which have health benefits in their own right
  - Play a role in reducing anxiety, heart disease, inflammation and more
- Minimal processing – no heat, pressing or chemical solvents
- Solid form – not an oil – so **no problems with rancidity**, or need to swallow spoonful of oil – just take one or two daily

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# **Global Antibiotic Use is Soaring (4 slides)**

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# Overuse of Antibiotics

- Antibiotic use has increased 39% world wide between 2000 and 2015
- Overuse of antibiotics is one of the leading causes of **antibiotic resistance** – drugs that don't work against the bacteria they are supposed to fight
- In fact, **47 million unnecessary prescriptions (over 30% of all antibiotic prescriptions)** are given out every year for conditions that don't respond to antibiotics: viral respiratory infections [common cold], bronchitis, asthma, viral pneumonia, and other viral infections
- Antibiotic-resistant bacteria cause 2 million illnesses and 23,000 deaths every year in the US

# Three Natural Antivirals (that don't cause resistance)

## #1: Echinacea

- In a recent trial, echinacea was compared to Tamiflu as a flu treatment (double-blind clinical trial of 473 patients treated for 10 days)
- Results: By day 5, 50% of the echinacea group had recovered versus 49% of the Tamiflu group, and on day 10, 90% of the echinacea group was recovered versus 84% of the Tamiflu group; twice as many people in the Tamiflu group experienced complications as in the echinacea group, and the echinacea group had fewer side effects as well

## #2: Andrographis

- Shown effective against influenza virus
- Also being tested as a treatment for mosquito-borne diseases (including dengue [den-gee], the most prevalent viral infection transmitted by mosquitos – 100 million infections occur every year)

## #3: Pelargonium

- 207 adults with cold symptoms received pelargonium or a placebo for 10 days
- Results: by day 5, symptoms were 50% less in the pelargonium group versus placebo, and by day 10, 90% of the pelargonium group was cured, versus only 21% of the placebo group

## How to use

- Take 275 mg of echinacea, andrographis, and pelargonium 3 times daily
- Use for any viral condition: colds, flu, ear infections, bronchitis, etc
- No significant adverse effects
- REMEMBER: antibiotics do nothing for a viral infection!

**Acetaminophen Use:  
An Unconsidered Cause of Autism?  
(1 slide)**

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# Acetaminophen and the developing brain

- Eight studies have found that acetaminophen (Tylenol) exposure is toxic to the developing human brain
- Most studies have looked at exposure BEFORE birth (when pregnant mothers use acetaminophen)
- One study found that acetaminophen exposure AFTER birth (when the drug is given to an infant) was associated with a **60 times increased risk of autism** versus exposure before birth
- Acetaminophen depletes nutrients used in the body to reduce inflammation and oxidative stress

**5.7 Million (Alzheimer's Patients)  
(2 slides)**

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## 5.7 million

- The number of Americans with Alzheimer's and other dementias has risen to 5.7 million, up 3.6% since last year
- By 2025 (just 7 years away) that number is expected to be over 7.1 million people
- The number of **deaths from Alzheimer's increased by 123%** between 2000 and 2015, although other major causes of death have been declining

# 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