

Featured Topic: Headaches (3 slides)

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Headache Relief

- Up to 80% of people suffer from tension headaches
- A survey of US pharmacists found their top brand recommendations for OTC headache products were:
 - Advil (52%) [ibuprofen]
 - Excedrin (24%) [acetaminophen + caffeine]
 - Tylenol (20%) [acetaminophen]
 - Motrin (15%) [ibuprofen]
 - Aleve (14%) [naproxen]

But is the “cure” the cause of your pain?

- Did you know? Frequent use of OTC pain relievers – **especially ibuprofen (Advil)** can CAUSE headache pain?
- Daily or frequent use of OTC pain relievers like Advil to treat your chronic headaches is a bad idea
 1. After long term use, OTCs like Advil **don't work** that well
 2. Chronic use of OTC medications for headaches **makes other medications less effective** for headache treatment
 3. If you have used them long term, stopping leads to “detox” and **rebound headaches**
 4. In addition to more headaches, other withdrawal symptoms include **vomiting, low blood pressure, irregular heartbeat, sleep disturbances, restlessness, anxiety, and nervousness**

Stopping headache pain the natural way

- **Inflammation** is one of the root causes of many types of headaches
 - **Curcumin** and **boswellia** are powerful anti-inflammatories with no adverse effects!
 - Boswellia has been shown to reduce the intensity and frequency of chronic cluster headaches
- **DLPA** helps increase the brain's natural pain-killing compounds (endorphins and enkephalin)
- About half of migraine sufferers are **magnesium** deficient;
 - 41% reduction in migraine frequency after 600 mg of magnesium daily (12 week study)
 - Magnesium versus a steroid drug/anti-nausea combination in 70 patients with acute migraine headache – **pain reduction was about 50% better in the magnesium group** than in the drug group
- Many headache sufferers are also serotonin deficient – **P-5-P** has been shown to increase serotonin levels and reduce the pain and frequency of headaches

Quick Efficient Strength Training: The Farmer's Carry (1 slide)

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Hold a kettlebell or dumbbell in each hand and start walking

- Tips from *Men's Health* magazine:
 - Keep your shoulders tight to improve joint stability
 - Straighten your back
 - Grip hard to increase tension in your core muscles
 - Short strides (less than 12 inches) give you a strong support base
 - Tuck your chin and keep your ears over your shoulders to align your spine
- How much and how far?
 - Carry 100% of your body weight 50 feet to build strength
 - Carry 50% of your body weight 300 feet to build endurance
- Variations: **suitcase carry** (weight in one hand) and **bear hug** (hold a sandbag or large rock wrapped in both arms)

Keep Your Skin Looking Younger (3 slides)

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Don't let your skin age faster than you do

- Minimize these to keep your skin looking youthful:
 - Excessive sun (UV radiation)
 - Stress
 - Poor nutrition
 - Insufficient sleep
 - Environmental pollutants
- The only protection your skin has is **antioxidants**

**Damaged Skin is
Wrinkled Skin!**

Build Beautiful Skin

- Clinical research study: 35 women with dull complexions took a combination of ingredients with strong antioxidant activity (French grape seed extract, vitamin C, French melon and zinc citrate) for 8 weeks
- Results
 - 18% reduction in the appearance of dark circles, redness and spotting
 - 8% increase in skin elasticity
- The women in study also reported that they saw a
 - 25% increase in skin luminosity (skin tone)
 - 62% increase in skin radiance
 - 55% increase in skin firmness

Combination for beautiful skin

- How do these nutrients improve skin quality?
 - Increases collagen and elastin production for **firmer skin**
 - Improves microcirculation for **better skin tone**
 - Antioxidant protection to **prevent wrinkles and lines**
- Take a combination of 150 mg of French grape seed extract, French melon fruit concentrate, zinc and Vitamin C, plus 350 mg of boswellia and curcumin for additional antioxidant and anti-inflammatory support

Excess Weight Ups Your Cancer Risk (1 slide)

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At least 13 cancers linked to obesity

- Excess weight is the second most important cause of cancer (after smoking)
- Excess weight is linked to
 - **Excess estrogen:** obese postmenopausal women have estrogen levels 3 times higher than normal weight women. Estrogen fuels breast and uterine cancer
 - **Excess inflammation:** chronic, low level inflammation increases risk of cancer
 - People with obesity are 5 times more likely to get esophageal cancer, and obese women have up to a 7 times higher risk of endometrial cancer