

Featured Topic: Sinus Care (4 slides)

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Some signs you have a problem with your sinuses

- Pain around and behind the eyes and on the face
- Headaches
- A stuffed up nose, or nasal discharge and postnasal drip
- Toothaches or tooth sensitivity
- A cough at night
- Bad breath

Two things to understand about sinus congestion: inflammation and cilia

- **Underlying cause** of sinus congestion is **inflammation** in the sinus glands associated with:
 - Viral infections
 - Bacterial infections
 - Exposure to fungi (especially when the immune system is weak)
 - Allergies
- Inflammation triggers increased mucous production
- Normally, **cilia** (hair-like projection inside the sinus glands) flutter and move to push mucous out
- **Bacterial** or **viral infections** can **damage cilia** so they do not move, or move slowly, so congestion does not drain and the sinus glands “fill”

Antibiotics for Sinus Infections?

- In 85-98% of sinus infections, antibiotics are prescribed as a treatment
- BUT – the majority of infections are VIRAL
- Antibiotics won't help!
- **64% of people with allergy and sinus problems do not do ANYTHING** to relieve their symptoms
- Why? Maybe because **two out of five sinus sufferers** say their sinus or allergy medication **does not work**.

Stop Sinus Congestion with Plant Oils

- Concentrated plant oils – safe for internal use
- Eucalyptus and Myrtle
 - Natural anti-inflammatories
 - Have both antiviral and antibacterial activity
 - Increase activity of the cilia
 - Moves mucous out more quickly
 - Opens airways
- Ideal for any type of respiratory congestion
 - Asthma, COPD, cold and flu, etc
- 160 - 320 mg up to three times daily, or when needed

Black Seed Oil for Asthma (2 slides)

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Black seed oil reduces asthma symptoms

- Researchers gave 80 people with asthma either 500 mg of black seed oil twice daily or a placebo for 4 weeks
- Each participant was evaluated using the Asthma Control Test (a patient rated score of asthma symptoms and use of rescue medications)
- Results: black seed group improved their asthma control scores by almost 30% versus an 18% improvement in the placebo group
- Additionally, the black seed group saw a significant decrease in inflammatory compounds, versus a slight *increase* in the placebo group

What to know about Black Seed Oil

- Useful for almost every condition
- No significant adverse effects
- Take 500 mg daily – CO2 extraction ensures beneficial compounds without use of toxic solvents

Vitamin D: An Anti-inflammatory (1 slide)

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Vitamin D to Stop Diabetes

- Researchers compared the results of 20 randomized trials of vitamin D supplementation in patients with Type 2 diabetes
- Results: vitamin D supplementation was associated with **reduced levels of inflammation**, including lower levels of C-reactive protein and tumor necrosis factor-alpha (TNFA) and higher levels of leptin, the hormone that regulates body weight
- Chronic, low level inflammation leads to insulin resistance, which causes diabetes

**Wash your hands, and then air dry.
(1 slide)**

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Hand dryers aren't so sanitary

- Researchers at the University of Connecticut School of Medicine studied 36 bathrooms with hand dryers
- They placed special plates under the dryers for 30 seconds to test the air from the dryers, and then cultured the plates for bacteria, comparing the results to plates that simply sat in the air of the bathroom for 2 minutes (no dryer running)
- Results: up to 60 different bacteria colonies grew on the plates from the dryers, while one or fewer bacteria colonies grew on the plates that sat without dryers running
- Bacteria were also detected inside the dryers
- **Hand dryers suck up the bacteria around the bathroom and then blast them onto the hands** of the next person to use them
- **Don't stop washing your hands**, but consider paper towels or air drying your hands yourself

Drug Induced Vitamin B12 Deficiency (3 slides)

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The Importance of Vitamin B12

- Vitamin B12 is
 - a water soluble vitamin – not stored in the body so needs to be replaced each day
 - necessary for energy, serotonin production and mood, detoxification and many other functions
- Sign of B12 deficiency include:
 - Weakness, tiredness
 - Pale skin
 - Nerve problems like numbness or tingling
 - Mental problems: depression, memory loss, or behavior changes
- Certain drugs interfere with the body's ability to absorb B12 and are associated with low B12 levels

3 Drugs that Deplete Vitamin B12

1. Metformin (diabetes)

- Alters bacteria in the intestines needed for B12 absorption
- Associated with a 20% reduction in B12 levels, as well as a 5% increase in inflammation-causing homocysteine
- Up to 30% of people taking metformin will have low B12 levels

2. Proton pump inhibitors [Nexium] (heartburn)

- Lack of stomach acidity interferes with enzymes needed for B12 metabolism
- Associated with a 65% increase in risk of B12 deficiency
- H2 blockers [Pepcid/Zantac] for heartburn are also associated with a 25% increased risk of B12 deficiency

3. Oral contraceptives

- Associated with up to a 20% reduction in B12 levels
 - Also known to reduce levels of folic acid, B6, vitamins C and E, magnesium, zinc, and selenium
- Replenish B12
 - Look for Vitamin B12 (**as methylcobalamin**) on the label
 - Dosage is 1000 – 1500 mcg daily, or up to 6,000 mcg depending on the health concerns faced
 - Very well tolerated and no known toxicity
 - Can combine with other B vitamins (B6 as P-5-P, Folate as 5-methylfolate)

Update on Shingles (4 slides)

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Shingles – what is it?

- Shingles is caused by the same virus that causes chicken pox
- This virus can hide in nerve cells for **years** after the initial chicken pox infection has passed
- If your immune system weakens the virus reactivates
 - Red, painful rash and blisters that often occurs on the head and upper body
- Shingles is more common with age
 - people over 60 are **10 times more likely** to experience an outbreak than young people
 - **50% of Americans** will have experienced a shingles outbreak by age 80
 - About 20% of people will continue to experience nerve pain after the initial shingles outbreak is over – for some the pain lasts for years

New shingles vaccine

- A new shingles vaccine was recently approved by FDA
- Now recommended for all people 50 and older
- However
 - No long-term safety data – trials lasted 3 years
 - Contains polysorbate 80 (Tween 80) a synthetic compound linked to infertility and cancer
 - Tested in a limited number of people

Relieve shingles pain and strengthen your immune system, naturally, with propolis

- 60 patients experiencing shingles outbreak were treated with oral drugs (acyclovir), and half also received a lotion containing **propolis** (GH2002) to apply to the shingles rash 2-3 times per day, while remaining patients received a placebo lotion
- Results
 - **Pain reduction was better and faster** in the propolis group
 - Day 3, 54% pain reduction in propolis group, versus 20% reduction in placebo lotion group
 - Day 14, 80% pain reduction for propolis, versus 42% in placebo group
 - **Healing was faster** in the propolis group
 - On day 7, 21% of propolis group showed skin healing, versus no patients in the placebo group
 - 50% of the propolis group was completely healed in 14 days, while it took until day 28 before at least 50% of the placebo group was free of lesions

Picking Your Propolis

- Clinical studies were on a purified propolis – removing wax, resin and impurities yields a more powerful concentrated extract
- Use topically for shingles as well as cold sores/fever blisters
- Orally, 100 – 200 mg daily for
 - General immune support
 - Cold and flu
 - Yeast
 - GI Problems (peptic ulcer)
 - Any bacterial, viral, or fungal infection

Early to Bed, Early To Rise...

(1 slide)

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Early Birds are healthier than Night Owls

- Researchers in the United Kingdom tracked half a million adults for 6.5 years
- Participants were asked to identify whether they were definitely or mostly a “morning” or “evening person”
- Results:
 - Night owls were twice as likely to report a psychological illness, and 10% more likely to die, than the early birds
 - Night owls were also more likely to have diabetes, as well as neurological, gastrointestinal, and respiratory disorders
 - Other research has found that night owls are more likely to develop heart disease and certain types of cancer
- Why? One theory is that late nighters may spend more time staying up watching TV and snacking, instead of being physically active and making better food choices