

Featured Topic: Hair

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Hair loss is common – for both men and women

- 40% of women have visible hair loss by age 40, and 80% of women will have noticeable hair loss by age 60
- For women, hair loss is frequently associated with hormonal changes (pregnancy and menopause)
- Other reasons for hair loss
 - Medications (chemotherapy drugs)
 - Extreme stress
 - Traumatic illness or surgery
 - Cosmetic routines: chemical dyes, blow dryers, flat irons
 - Genetics: if your parents had thin hair you are more likely to have thin hair
 - Autoimmune diseases (for example, lupus)
 - Thyroid disorders
 - Anemia

Promoting Hair Regrowth

- Hair is made of a protein called **keratin**
- Amino acids like **L-methionine** and **L-cysteine** are essential for the formation of keratin
- **Millet seed oil** is ideal for promoting hair growth
 - Miliacin, the key compound in millet seed oil, stimulates hair cell growth and regeneration
 - Shown in a clinical study to accelerate the regrowth of hair lost due to cancer chemotherapy treatments
- Hair regrowth nutrients: Combine millet seed oil, L-methionine, and L-cysteine with **vitamins A, E, and B6; riboflavin, folate, biotin, pantothenic acid; zinc, and horsetail extract**
- A listener reports: Use of the millet seed oil formula you recommend, plus coconut oil hair treatment once a week, successfully treated my “OLD LADY HAIR”! Everyone comments on how beautiful my hair looks now.

Sugar/Cancer Connection (1 slide)

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What you eat plays a role in cancer risk

- Researchers followed 400 people with head and neck cancers, and assessed their diets for one year before and one year after treatment
- Results
 - Patients who consumed **the most total carbs and sugar** in the year before their cancer treatment had the **greatest risk of dying**
 - Consuming **fats and small amounts of starchy** (low glycemic index) **foods** was associated with *reduced* risk of dying (any cause) as well as a reduced risk of cancer reoccurrence
- Research has shown that
 - cancer cells can use sugar to stimulate cancer cell growth,
 - Sugar contributes to weight gain, which increases inflammation, which is also a risk factor for cancer

Age Well with Walnuts

(1 slide)

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Walnuts Keep You Healthy

- Researchers analyzed data from the Nurse's Health study, which followed over 50,000 women for more than 30 years
- Eating $\frac{1}{4}$ - $\frac{1}{2}$ a cup of walnuts a week was associated with **greater physical independence** and **reduced need for assisted care** later in life
- Other research has found that walnuts
 - Significantly reduce risk of type 2 diabetes
 - Promote weight loss
 - Reduce risk of fatty liver disease
 - Decrease inflammation
- Walnuts are loaded with omega fatty acids and antioxidants – **one ounce of walnuts has more antioxidants** than the average person gets from their total daily fruit and vegetable intake (which is typically pretty minimal).

**Keep Your Mouth Healthy to Keep Your Body
Healthy
(2 slides)**

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Gum Disease linked to Cancer

- Researchers studied 10 years of data collected from over 68,000 people
- They looked at reported diagnoses of periodontal disease and deaths from cancer
- Results
 - A diagnosis of gum disease was strongly linked to pancreatic cancer
 - An earlier study found that a history of periodontal disease was associated with a 14% increased risk of cancer, especially cancer of the esophagus
 - Esophageal cancer is three times more likely in women with periodontal disease than women with healthy gums
- Why? Inflammation in the gums allows bacteria to enter the bloodstream, spreading to other parts of the body and triggering changes that can lead to cancer

How to have healthy gums

- Brush and floss, see a dentist regularly
- **Curcumin** is antibacterial and in a cell test, almost **completely suppressed** growth of the bacteria that cause gum disease
- In a clinical test, curcumin (applied as a gel) in patients with periodontitis significantly reduced symptoms of gum disease as well as detectable levels of harmful bacteria

**Cruciferous Vegetables
(and Black Mustard Seed)
(4 slides)**

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Veggies are good for the heart

- Cauliflower, cabbage, broccoli, mustard, and Brussels sprouts are all members of the cruciferous vegetable family
 - Unique characteristic: contain lots of glucosinolates – cancer fighting, antioxidant, and anti-inflammatory compounds
- New study of 900 women over the age of 70 looked for association between vegetable consumption and artery wall thickness (thick artery walls are a risk factor for stroke and heart disease)
- Results:
 - Women consuming 3 or more servings of vegetables a day had artery walls about 5% thinner than women who ate 2 or less servings of veggies a day
 - The association between thinner artery walls and diet was especially strong for intake of **cruciferous vegetables**

What if you hate broccoli?

- Your sense of taste is highly influenced by your genetic profile
- Some people (often called **supertasters**) are very sensitive to bitter compounds, including glucosinolates
- Supertasters typically avoid bitter – coffee, grapefruit, and the cruciferous vegetables included!
- **GOOD NEWS!** You don't have to eat broccoli to get the benefits of glucosinolates

Black Mustard Seed: Rich in Glucosinolates

- There are over 100 different glucosinolates: **sinigrin** is one of the most potent
 - Sinigrin converts in the body into another metabolically active compound: allyl-isothiocyanate
- While broccoli and brussels sprouts contain some sinigrin, one of the richest sources is **black mustard seed**
- Sinigrin is
 - Anti-inflammatory
 - Antibacterial
 - Antifungal
 - Antioxidant
 - Anticancer

Black Mustard Seed – how to use and what to look for

- 100 mg of black mustard seed standardized to 25% glucosinolates daily
- Use for: cancer prevention – especially bladder cancer, gastrointestinal and colorectal cancers, inflammation, diabetes, and more
- For extra power, take a combination of 500 mg curcumin and black mustard seed (standardized to glucosinolates) up to three times daily