

Featured Topic: Low Thyroid (5 slides)

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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

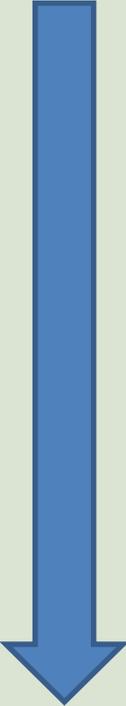
Also: constipation, slow heart rate, sensitivity to cold, and depression

Treat low thyroid function with Iodine and L-tyrosine

- **Iodine + L-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



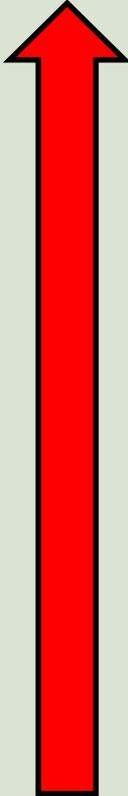
Iodine levels in American women of reproductive age have decreased 55% since the 1970s

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

Vitamin D for a Healthy Pregnancy (1 slide)

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Moms-to-be need Vitamin D

- Researchers in China followed 160 women who gave birth to healthy full-term babies
 - 80 had vitamin D deficiency, 80 had normal vitamin D levels
- The women who were deficient in vitamin D had children who were more likely to have lower mental and physical function scores than the children whose mothers had adequate vitamin D levels
- Previous research has found that **vitamin D-deficient babies are more likely to be underweight, have impaired language development, and are at increased risk for autism**
- **Don't wait until pregnancy** occurs to begin vitamin D supplementation – one study found that starting in the first 10 weeks of pregnancy may be too late; ideally, women should **have ample vitamin D intake well before becoming pregnant**

New Guidelines on High Blood Pressure (4 slides)

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High blood pressure: New guidelines

- The American College of Cardiology and American Heart Association have released new guidelines regarding blood pressure levels
- The new guidelines have done away with “prehypertension” and lowered the threshold for high blood pressure to 130/80
- Under this new definition, almost half of American adults have high blood pressure, and 1/3 of adults have blood pressure high enough that doctors will now recommend medication

The Silent Killer

- High blood pressure is dangerous: it is the leading risk factor for stroke
- High blood pressure has no obvious symptoms
- Some people will notice
 - Buzzing in the ears
 - Headaches
 - Tiredness
 - Confusion
 - Vision changes
 - Heart pounding
 - Swelling of the hands and legs
 - Nosebleeds

Grape seed reduces blood pressure

- 29 adults with pre-hypertension took 300 mg grape seed extract (in a juice) or placebo for six weeks
- GSE reduced **systolic blood pressure** by an average 5.6%
 - the higher the initial reading the greater the reductions
 - High **systolic blood pressure** (the top number) is a greater risk factor than high diastolic (the bottom number) blood pressure for brain, heart, and kidney problems and even death, especially in middle aged and older adults
- A meta analysis of **16 trials on grape seed in over 800 patients** confirmed that grape seed is effective at reducing blood pressure levels – without significant adverse effects

Olive Leaf Lowers Blood Pressure

- Specialized, standardized **olive leaf extract** clinically tested to reduce blood pressure
 - lowered systolic pressure by 11 points and diastolic pressure by 5 points - results equal to prescription blood pressure medication
 - Olive leaf group also had a significant reduction in inflammatory triglyceride levels – no reduction in the drug group
 - no significant adverse effects for olive leaf
- In a study of identical twins with borderline high blood pressure, one of the pair received olive leaf while their twin was not treated
 - Results: the twins receiving olive leaf **saw a reduction of up to 13 points in systolic blood pressure and 5 points in diastolic blood pressure**, while the twins in the placebo group saw no reduction
- What to look for: 500 mg olive leaf standardized to oleuropein, with 100 mg tannin-free French grape seed extract – take twice daily

Nuts and HbA1C (1 slide)

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Nuts

- Researchers randomized 117 people with Type 2 diabetes treated with oral medication to eat either
 - A calorie reduction diet including ½ cup of mixed nuts
 - A calorie reduction diet with 1 whole wheat muffin
 - Both diets had the same number of calories, but the mixed nuts provided more healthy fats and less carbohydrates
- Results: the nut diet reduced HbA1C levels by 2 points versus the muffin group
- HbA1C is a marker of long term blood sugar levels – even a 1% drop in HbA1C can lead to a
 - 19% reduction in risk of cataracts
 - 16% reduction in risk of heart failure
 - 43% less risk of amputation or death from peripheral vascular disease