

# Featured Topic: Fibromyalgia (5 slides)

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# Fibromyalgia is a Pain condition

- Two key symptoms
  - Pain, all over, all the time
  - Extreme fatigue
- Exact cause not fully understood, but probably involves
  - Hormone disturbances – including low serotonin levels
  - Stress
  - Sleep disorders
  - Genetics
  - Inflammation – fibromyalgia often occurs with other inflammatory conditions such as arthritis

# Stopping the Pain of Fibromyalgia- Curcumin and Boswellia

- Curcumin has been shown in several studies to reduce muscle pain, including one study that found a **20% reduction in inflammatory markers** and a **17% reduction in pain scores** in adults with muscle pain (from exercise)
- Curcumin + boswellia **relieved arthritis pain** more effectively than a prescription NSAID: 14% of patients were pain free after 3 months, versus 7% of the drug group patients WITHOUT adverse effects
- In rheumatoid arthritis patients, **curcumin reduced pain and swelling** more effectively than the prescription drug – 14% of patients in the drug group dropped out because of adverse effects, while ZERO participants in the curcumin group dropped out
- In a study of curcumin vs ibuprofen in arthritis patients, **curcumin group had less pain and better ability to walk up stairs and walk a distance** than the ibuprofen group – without adverse effects!

# Enhancing the effects of curcumin and boswellia

- Turmeric essential oil – from the same turmeric plant that gives us curcumin – is a powerful anti-inflammatory in its own right
  - In a comparison study, curcuminoids and turmerones from turmeric essential oil each reduced painful swelling (animal model) MORE effectively than 2 prescription drugs
  - Up to a 70% reduction for the drugs, versus **70-75% reduction for curcuminoids and turmerones**
- Frankincense oil contains compounds that help reduce cortisol levels to manage stress, while increasing proteins in the brain that are important for learning, memory and clear thinking
- **Dosage:** 600 mg of curcumin, boswellia, turmeric essential oil with turmerones, and frankincense oil twice daily

# For more information on Fibromyalgia and Chronic Fatigue

- Visit the TerryTalksNutrition.com channel on YouTube
  - [www.YouTube.com/TerryTalksNutrition](http://www.YouTube.com/TerryTalksNutrition)
  - Look for “Effective Treatment of Fibromyalgia” presented by Dr. Jacob Teitelbaum

# **A Closer Look at: Omega-6 (3 slides)**

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# Omega-6 is essential

- Omega-6 is an essential fatty acid, meaning it is required by the human body; because the body can't make it, it must be consumed in the diet
- Omega-6 is important for
  - wound healing
  - bone density
  - Metabolism
  - reducing the risk of diabetes

# Moderate your omega-6 intake

- The problem with omega-6: **you are getting too much of it**
- Intake of omega-6 for most Americans has **increased over 250%**, while omega-3 intake has **fallen by 40%**
- **Why so much?** Omega-6 is found in vegetable oil (corn and soybean), mayonnaise, cookies and cakes, fast food, salad dressing, processed pork
  - **The more processed food you eat, the more omega-6 you ingest**
  - The typical American diet is around 15 to 16 times more omega-6 than omega-3

# Optimal ratio of omega-6 to omega-3

- Generally speaking, the lower the omega-6 to omega-3 ratio, the better the health outcome
  - 4:1 ratio = 70% reduction in death from heart disease
  - 2.5:1 ratio = reduction in cancer cell growth in patients with colorectal cancer
  - 3:1 ratio = reduction in inflammation in patients with rheumatoid arthritis
- Omega-6 is essential – your body must have it, you probably just don't need as much of it
- Reduce your intake of processed foods and vegetable oil, and increase intake of nuts, seeds, and fish

# Coffee for Cancer Prevention (1 slide)

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# Coffee drinkers have decreased risk of cancer

- New study: drinking 4 cups of coffee a day reduced postmenopausal cancer risk by 10%
  - Study looked at results from 13 clinical trials including almost 1 million women
  - Both caffeinated and decaf were equally effective

This is not the first study to link coffee drinking and decreased cancer risk

- Men who drank more than 3 cups a day of Italian style coffee had a 53% reduced risk of prostate cancer
- One study found that colon cancer survivors who drank **four or more cups of coffee a day were 42% less likely to have their cancer come back** than non-coffee drinkers. **They were 33% less likely to die of their cancer** or of anything else during the study.

# **Ketogenic Diet for Seizure Control**

## **(3 slides)**

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# Ketogenic diet helps kids with seizures

- Ketogenic diet = emphasis on natural fats and protein but NOT a high protein diet (majority of calories from natural fats)
- **KEY POINT:** Restrict carbohydrates to 2-4% of daily calories
- New study on 60 kids with epilepsy that could not be controlled by drugs
  - Kids were ages 3 months to 7 years
  - Trial lasted 12 weeks
- Results: treatment was effective in 56% of participants
  - At study end, **14 patients were seizure free, 9 had a significant reduction in seizures, and 6 had at least 50% fewer seizures** than before going on the Keto diet
  - Effects were seen quickly – in the first 2 weeks of the study

# What happens to a body on the ketogenic diet

- HOW the ketogenic diet stops seizures is not clear
- When carbohydrate intake is reduced, and fat and protein intake increased, the body switches from sugar to fat (ketones) as the primary energy source
- Something about the effect of ketones seems to reduce seizure activity in the brain
- A ketogenic diet also reduces cancer risk and is helpful for type 1 diabetes

# More information on the ketogenic diet

- Ellen Davis, author of “Fight Cancer with a Ketogenic Diet” and more
- [www.ketogenic-diet-resource.com](http://www.ketogenic-diet-resource.com)
- Also see the Terry Talks Nutrition channel on YouTube:  
**YouTube.com/TerryTalksNutrition.com** for a webinar with Ellen Davis on the Ketogenic Diet

# **New Guidelines on Colon Cancer Screening (1 slide)**

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# Colon cancer is happening to younger people

- The American Cancer Society released new guidelines on colon cancer screening, dropping the age for first screening from 50 down to 45 years old
- Why? The rates of colon cancer have increased 50% in younger people
- People born in 1990 will have **double the risk of colorectal cancer** and **four times the risk of rectal cancer** before age 50, compared to people born in 1950
- However, a colonoscopy is not without risk: for every 1000 colonoscopies, 16 people will be hospitalized within a week
- More people are turning to a fecal test instead – it can cost as little as \$25 versus \$1000 or more for a colonoscopy, and does not require bowel prep work or anesthesia
- Talk to your doctor about what cancer screening test and when is best for you

# 5 Habits That Can Add 10 Years to Your Life (2 slides)

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# New research on living longer

- The United States ranks 31<sup>st</sup> in longevity for life expectancy at birth (among developed nations)
  - #1. Japan: 83.7 years
  - #31. United States: 79.3 years
- New study looks at data collected from 123,000 Americans since the 1980s to see what lifestyle factors were associated with increased longevity

# 5 Habits to Lengthen Your Life

- Results: These 5 “health habits” were key to adding another decade to the participants’ expected lifespan
  - Didn’t smoke
  - Ate healthy (more healthy fats, less sugar)
  - Exercised regularly (30 minutes a day)
  - Maintained a normal weight
  - Drank in moderation (1 or 2 drinks daily)
- Study participants who followed these five habits were
  - 74% less likely to die during the study period
  - 82% less likely to die of heart disease or stroke
  - 65% less likely to die of cancer
- Only 8% of Americans meet these five goals

# Get up and Move, It's Good For Your Brain (1 slide)

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# Sitting is Bad for Your Brain

- 35 middle-aged and older adults ages 45-75, with normal brain function, reported their time spent sitting, and underwent brain scans to measure brain thickness – the thicker the brain tissue the less risk of dementia and Alzheimer's
- Results:
  - Average time was 7.2 hours of sitting daily
  - The greater the number of hours spent sitting, the thinner the brain tissue in areas of the brain that control memory
  - Those who spent 8 or more hours a day sitting had about 7% less thickness in their brains versus those who sat for 5 or fewer hours
  - Why? One possibility is that sitting for long periods decreases blood flow to the brain, leading to poor tissue development
- Conclusion: a 25% reduction in sedentary behavior could prevent more than 1 million cases of Alzheimer's disease globally

# **Sugar Intake in Young Children (1 slide)**

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# Don't let your child grow up a sugar baby

- New research finds even American toddlers are getting too much sugar
  - Sugar is bad, but too much sugar for kids is REALLY BAD, as it “wires” them to prefer sweet tastes for the rest of their lives
- Researchers looked at food diaries for 800 children ages 6 months to 23 months, and calculated their “added sugar” consumption in a 24 hour period
- Results
  - For ages 6-11 months, added sugar made up 61% of the sugar they consumed
  - For children between 1 and 2 years of age, 99% of the sugar they ate was “added sugar”
  - This means NO natural sugars as found in fruits or vegetables, they are eating only **processed food sugar**