

# Featured Topic: Boswellia for IBS (4 slides)

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## IBS and 5-LOX

- Question: What do diseases including asthma, rheumatoid arthritis, and irritable bowel (IBS) have in common?
- Answer: Inflammation. Especially inflammation from compounds called **leukotrienes** produced by the enzyme **5-LOX** (5-lipoxygenase)
- Clinical trial: Inflammatory leukotriene levels were almost **45% higher** in women with IBS than healthy women in the control group

# What stops 5-LOX?

- If IBS is caused by inflammation, why don't doctors prescribe NSAIDS (like Tylenol) to treat it?
- Because NSAIDS do NOT stop 5-LOX inflammation
- Boswellia (*Boswellia serrata*) is a natural anti-inflammatory that acts on the 5-LOX pathway without adverse effects
- This makes boswellia ideal for treating diseases associated with inflammatory leukotrienes and 5-LOX activity
  - Clinical trials show that **60-70% of people using boswellia will experience a reduction in their symptoms** (arthritis, colitis, asthma, ulcerative colitis, IBS, and more)

# Boswellia for IBS

- 71 people with IBS were randomized to receive antispasmodic drug treatment when needed, or boswellia extract (250 mg) daily for four weeks
  - Boswellia participants could also use “rescue” medications if symptoms got worse
- IBS symptoms (abdominal pain, changes in bowel movements, cramping) were evaluated for a week before starting the trial and during week 4 of the trial
- Results:
  - The number of people with active symptoms declined by 80% in the boswellia group versus 50-60% of patients in the drug group
  - 13% of the drug group needed additional medical treatment, versus 8% in the boswellia group
  - 28% of the drug treatment group experienced side effects versus only 8% in the boswellia group who experienced mild constipation

# Essential oils

- **Coriander:** reduces overgrowth of harmful bacteria in the intestines
- **Fennel:** normalizes digestion and reduces oxidative stress and damage to the intestinal lining
- **Caraway:** relaxes smooth muscle cells in the intestines, relieves gas and bloating
- **Peppermint:** many studies on IBS; particularly effective for abdominal pain - reduced abdominal pain by 20% in a recent clinical study

# How to use boswellia for IBS

- The beneficial activity of boswellia is strongly associated with the key compounds, boswellic acids and AKBA
- However, one specific boswellic acid – beta boswellic acid – actually CAUSES inflammation, it doesn't reduce it
- Look for boswellia extracts which are labeled to contain less than 5% beta boswellic acids and at least 10% AKBA – the most powerful compound in boswellia
- Take in combination with coriander, fennel, caraway and peppermint essential oils: 400 mg, two or three times daily

# **Ketogenic Diet Boosts Cancer Treatment**

## **(3 slides)**

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# Background: PI3K and Cancer

- PI3K is an enzyme that is activated by insulin; it binds to insulin receptors, and can cause **tumors that have insulin receptors to grow faster**
  - If you have insulin resistance and your cells don't take up glucose, the excess sugar can get funneled to tumors, where abnormal (mutated) PI3K helps them take it up and they grow
  - **“Sugar Feeds Cancer”** is absolutely true!
  - Endometrial, breast, and colorectal cancers are associated with abnormal PI3K activity
- Drugs that inhibit abnormal PI3K have been developed
- BUT they have many side effects AND they cause glucose levels to rise, triggering the pancreas to release more insulin – which **reactivates PI3K** despite taking drugs to inhibit it

## Keto Diet makes PI3K inhibitors more effective

- Research Goal: prevent high insulin levels and PI3K reactivation during cancer treatment
- Researchers tested two diabetes drugs (including metformin) or a ketogenic diet in combination with PI3K inhibitor
- Results: the ketogenic diet was **more effective** than the diabetes drugs at reducing serum insulin levels during PI3K treatment
- AND combining the ketogenic diet with a PI3K inhibitor “**causes a dramatic shrinkage of tumors compared to either therapy alone**”

# 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)

# **3 Proven Benefits of Hemp Oil**

from *Natural News*

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# Proven benefits of cannabinoids from Hemp

## #1: Pain Relief

- In patients with nerve pain and cancer, cannabinoids reduced chronic pain by 39%
- in a small study of patients undergoing kidney transplants (unable to take NSAID drugs), 30% had total pain relief and 57% had partial relief after 15 days of use

## #2: Relieves stress and depression

- Cannabinoids reduce depression as effectively as prescription anti-depressants

## #3: Improves sleep

- In patients with fibromyalgia and chronic insomnia, cannabidiol (CBD) improved sleep as effectively as a prescription sleep medication

# What to know about hemp oil:

- Legal hemp oil contains less than 0.3% THC and is from the **hemp stalk**
  - Not legal to obtain hemp oil from leaves or flowers of the cannabis plant
- Products that are **hemp seed only** do not contain CBD or other beneficial phytocannabinoids – must have extract **from the hemp stalk** to get the phytocannabinoids
- Dosage: 50 mg of hemp oil (stalk) OR combine 25 mg of hemp oil with 250 mg of curcumin for synergistic effects