

Featured Topic: Neuropathy (6 slides)

Terry Talks Nutrition

IMPROVING THE HEALTH OF AMERICA

Do you have burning feet?

- Weakness, numbness, tingling and pain - often described as “burning feet” – are signs of nerve damage called **peripheral neuropathy**
- Peripheral neuropathy is often associated with diabetes
 - 60-70% of people with diabetes have some sort of nerve damage

Complications of diabetic neuropathy:

- People with neuropathy have **5 times increased risk of falling**
- Almost **90% of diabetic foot ulcers** are associated with diabetic neuropathy

High Blood Sugar and Damaged Nerves

- High blood sugar is very irritating to nerves
- The “Why” is not fully understood
- What is important...
 - Keeping blood sugar levels down can prevent nerve damage
 - Once the damage has occurred, it is very difficult to reverse
 - **The earlier** you take action, **the better** the results will be

Easing Painful Nerves

- 3 areas which need to be addressed
 - **Circulation** – proper blood flow carries nutrients and oxygen to the nerves
 - **Inflammation** – plays a significant role in the development and progression of nerve damage
 - **Repair** of nerves and nerve sheath (myelin)
- Promote nerve repair and pain relief with a combination of Bioactive B vitamins, Zinc, Chromium, and Alpha lipoic acid

Bioactive B Vitamins

- Benefits:
 - No liver conversion required
 - Increase nitric oxide, which expands blood vessels and improves blood circulation
 - Reduce nerve pain and allow nerve healing to occur
- What to look for
 - Methylcobalamin: most effective form of B12 in treating nerve pain; essential for nerve repair and regeneration; shown in clinical trials to ease nerve pain, tingling and burning associated with neuropathy
 - P-5-P: reduces nerve pain; shown to prevent progression of nerve damage associated with diabetes
 - L-methylfolate reduces homocysteine; homocysteine interferes with nitric oxide activity
- **This specific combination shown in a clinical trial to reduce nerve pain by almost 90%**
- Combine with other B vitamins for best results: thiamin, riboflavin, biotin, niacin, pantothenic acid

Zinc and Chromium

- Diabetes is frequently associated with low zinc and chromium levels
- Zinc supplements have been shown to improve blood sugar control
- Chromium is very effective at reducing blood sugar levels by increasing the effectiveness of insulin (increasing transport of sugar into cells)
- Additionally, chromium reduces inflammation associated with diabetes

Alpha Lipoic Acid

- Antioxidant that is both fat and water-soluble
- Shown to lower blood sugar levels in people with diabetes
- Regularly used in Germany to treat diabetic neuropathy
 - Shown in clinical trials to reduce symptoms of neuropathy and slow its progression

14 Ways Sitting all Day Can Kill You

(2 slides)

Terry Talks Nutrition

IMPROVING THE HEALTH OF AMERICA

Sit for six hours a day or more, and your risk of dying from these causes increases almost 20%

Analyzing data from over 125,000 adults found that those who sat six or more hours a day were about 20% more likely to die earlier from these 14 conditions versus people who minimized their time sitting when the workday is over:

1. Cancer
2. Heart disease
3. Stroke
4. Diabetes
5. Kidney disease
6. Suicide
7. Chronic obstructive pulmonary disease
8. Lung disease
9. Liver disease
10. Peptic ulcer and other digestive diseases
11. Parkinson's disease
12. Alzheimer's disease
13. Nervous disorders
14. Musculoskeletal diseases

A recent study in Australia found that most people spend **90% of their non work time sitting** – and more than half of their sitting time is spent watching TV or using a computer.

“I don’t have time to exercise!” is not an excuse

- One study of 55,000 adults found that **5 minutes of aerobic exercise daily** reduces risk of heart disease by 45% AND the risk of dying of any cause by 30%
- A study in Australia found that **sprint training for 60 minutes a week (~8 minutes a day)** is as effective in burning male body fat as **jogging for seven hours** per week
- A study at Arizona State University found that **jumping rope for 10 minutes** was as efficient as a 30 minute jog
- **Did you know?** Swinging a kettlebell for 20 minutes can burn as much as 20 calories a minute!

**Improving Male Fertility
(with nuts and Ashwagandha)
(3 slides)**

Terry Talks Nutrition

IMPROVING THE HEALTH OF AMERICA

Improving male fertility with nuts

- An international team of scientists looking at data from 43,000 men found that male sperm counts have **dropped by 60%** over the past 40 years
 - Why? Pollution, poor diets, stress, and obesity may all contribute to reduced fertility
- Fertility specialists examined the sperm of 119 healthy young men before and after a 14 week study; half of the men were assigned to eat about a half cup of mixed nuts (almonds, hazelnuts, and walnuts) daily
- Results: men who ate the mixed nuts had sperm counts 16% higher than the control group (not eating nuts)
 - Additionally, the mixed nuts group had higher proportions of living sperm

Ashwagandha for male fertility

- The Ayurvedic herb ashwagandha has also been shown to increase sperm counts
- 68 men with low sperm counts (infertile) received either a placebo or a standardized ashwagandha extract (KSM-66, 225 mg capsule) three times daily for 12 weeks
- Results versus placebo:
 - Sperm concentration increased 167%
 - Sperm volume increased 53%
 - Sperm motility increased 57%
 - Serum testosterone increased 17% (no change in the placebo group)

How to use Ashwagandha

- In addition to fertility, can be taken daily for energy, immune support, mental clarity, etc.
- Or, use when needed during times of increased stress or illness
- Combine with rhodiola for additional support for energy and libido
- Take on an empty stomach if possible
- 500 – 1500 mg of the combination daily