

**Featured Topic:  
Reduce Blood Sugar with Hintonia  
(6 slides)**

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# Diagnosed with Diabetes

- The number of people with diabetes has **tripled** in the last few decades
- About 9% of the US population – over 30 million people – has diabetes.
- 84 million people – 1 in 3 – have prediabetes (high blood sugar, but not high enough to be diagnosed as diabetes)
  - 9 out of 10 people with prediabetes don't know they have it
- If you have prediabetes, eating a healthier diet and getting regular exercise can reduce risk of going into full-blown type 2 diabetes **by 50%**

# The Cure for Diabetes: *Hintonia latiflora*

- Native to Mexico and Central America
- Known in Europe, especially in Germany, for over 60 years as a treatment for diabetes
- Ideal for people with “pre-diabetes” – fasting blood sugar levels between 100-125 and HbA1C levels of 5.7% – 6.4%

# A Quick Look at HbA1c

- HbA1C is **hemoglobin** (a protein in red blood cells that carries oxygen throughout the body) that is **joined to glucose**
  - The more sugar in your system, the higher your HbA1C levels
- HbA1C levels show long term trends in blood sugar (since HbA1C levels don't change quickly) versus blood glucose levels, which are a “snapshot” of glucose levels at that moment
- **Tiny reductions = Big benefits:** a **1% decrease** in HbA1C can lead to
  - 19% reduction in risk of cataracts
  - 16% reduction in risk of heart failure
  - 43% less risk of amputation or death from peripheral vascular disease

# Clinical Study on Hintonia

- In a 2014 study, 178 people with type 2 diabetes/pre-diabetes were divided into 4 groups treatment groups, all received *Hintonia latiflora* plus their regular diabetes protocol
  - Oral antidiabetics
  - Oral antidiabetics and insulin
  - Insulin only
  - Diet changes only
- After 8 months, significant improvements occurred
  - HbA1c improved **by an average of 10.4%**
  - Fasting glucose improved by an average of 23.3%
  - Postprandial glucose improved by an average of 24.9%
- In 114 participants were taking some kind of medication – at study end, 45 participants reduced their dosage and 10 participants no longer needed it.

## More research

- 41 people with Type 2 diabetes
- Received Hintonia extract with a small amount of essential vitamins and minerals (including B vitamins and zinc); one capsule, twice a day before meals, for 6 months
- Results
  - 11% decrease in HbA1c levels
  - 25% reduction in fasting glucose levels
  - 22% reduction in postprandial glucose levels
- **Research going back to 1950** consistently documents beneficial effects of Hintonia in reducing blood sugar levels

# What to know about Hintonia

- Extremely safe – research going back over 60 years has found it is very well tolerated with no significant adverse effects
- The sooner it is used the better it works – best results were seen in people with mild to moderate increases in blood sugar levels
- In clinical trials, Hintonia was used safely in combination with insulin and oral antidiabetic medications (but always keep your doctor informed)
- Dosage: 20 mg polyphenols from Hintonia (copalchi) one to three times daily, along with essential vitamins and minerals

# **#1 Herb in Natural Health (2 slides)**

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# Curcumin is #1

- The American Botanical Council reports that for the 5<sup>th</sup> consecutive year, turmeric/curcumin was the best-selling herbal ingredient in natural health stores, up 12% over last year
- What makes curcumin so popular? It is good for almost everything
  - Cancer
  - Liver disease
  - Arthritis and joint pain
  - Depression
  - Dementia
  - Inflammatory gut issues
  - Skin problems
  - Pretty much any condition you can think of can benefit from curcumin

# Biggest mistake consumers make when purchasing curcumin products

- Mistake: buying turmeric powder instead of curcumin extract!
  - **curcumin is the medicine**, turmeric is the spice
- Powdered turmeric
  - Has very little curcumin, the active compounds
  - Is poorly absorbed
  - But it's cheap.
- For real health benefits look for curcumin extract, with a full spectrum of curcuminoids: curcumin, demethoxycurcumin, and bisdemethoxycurcumin
- Combining **curcumin** with **turmeric essential oil** is a safe and effective way to ensure absorption
- Dosage: up to 750 of enhanced absorption curcumin with 500 mg of curcuminoids daily; in some cases may increase to 1500 mg daily

# Preventing Muscle Loss (3 slides)

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# Lack of sleep = less muscle tissue

- Adults can lose up to 8% of their muscle mass each decade after age 40
- In a new study, researchers found that **even one night of poor sleep** can increase fat deposits and break down muscle tissue
- Researchers tested 15 healthy young men twice – once after a good night's sleep and once after a night of no sleep
- Results: genetic pathways associated with **fat storage** were up to 7% more active after no sleep, and pathways associated with **muscle breakdown** were also more active

# Consequences of muscle loss

- Loss of muscle strength increases risk of falling
  - Falls are the leading cause of death due to injury in older adults; 87% of all fractures in older adults are due to falls.
  - 40% of people admitted to a nursing home for a fall will never return to independent living; 25% will die within a year
- Loss of muscle strength makes it harder to stay physically active and increases risk of at least 35 chronic diseases – from arthritis to stroke.

## To preserve muscle: sleep, eat protein, and exercise

- Older adults need about .5 grams of protein per pound of body weight OR MORE daily
  - For a 130 lb person, that is a minimum of 65 grams of protein daily; a 180 lb person should get 90 grams or more daily
  - A 3 oz hamburger patty has about 20 grams of protein; 3 oz chicken breast (grilled) is 26 grams
  - In a three year study of older adults, versus people with high protein intakes, those with the lowest protein intakes had a 40% increased loss of muscle mass
- A recent study found that older adults who **strength trained** at least twice a week had
  - **46% lower odds of death** for any reason than those who did not do strength training
  - **41% lower odds of cardiac death** and **19% lower odds of dying from cancer**

# Coffee For a Better Memory (1 slide)

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# Compounds in Coffee Can Improve Your Memory!

- 16 week, randomized, double-blind, placebo controlled trial of 38 people ages 50-69 years
- Received 300 mg of chlorogenic acids purified from coffee bean 30-60 minutes before bedtime
- Given standardized tests to measure memory, attention, and decision making before and after the study
- Results at study end:
  - Intake of chlorogenic acids was associated with increased decision making, attention, reaction time, and memory
  - The chlorogenic acids group saw a 2% increase in lipoprotein ApoA1 versus a 4% *decrease* in the placebo group – reduced levels of this lipoprotein are associated with increased risk of Alzheimer's disease
- A 7oz cup of coffee contains up to 350 mg of chlorogenic acids (lightly roasted coffee has the highest amount and dark roasted the least)

# Intestinal Inflammation (4 slides)

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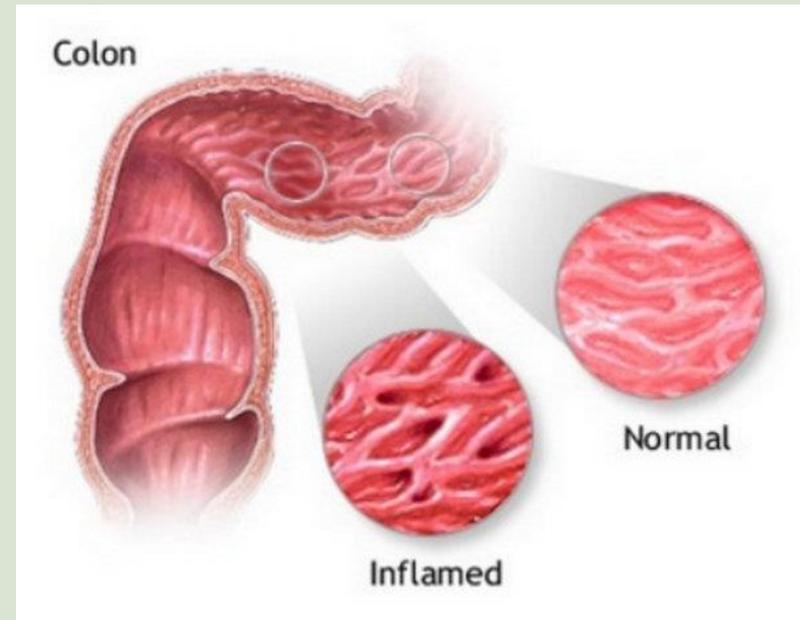
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# Inflammatory Bowel Disease, or chronic intestinal inflammation

Inflamed intestines increases

- **Risk of Parkinson's disease** by 22%
- **Risk of colon cancer** by 5 to 13 times
- **Risk of Nutrient deficiency:** more than 50% of people with IBD are deficient in iron, zinc, selenium, and vitamins B6, B12, D, K, and folic acid

Key underlying causes of intestinal inflammation?  
Sedentary lifestyles, combined with high sugar, low fiber diets



# Reducing Intestinal inflammation

- New study finds that strawberries reduce intestinal inflammation
- Researchers fed mice with inflammatory bowel disease either a standard diet, or the standard diet plus whole strawberry powder
- Results
  - mice receiving the equivalent of  $\frac{3}{4}$  a cup of strawberries daily for humans saw significant reduction in diarrhea, weight loss, and inflammation in the colon
  - The mice receiving strawberries also saw a shift in their intestinal bacteria, with a reduction in harmful bacteria and an increase in beneficial bacteria

# Boswellia also reduces intestinal inflammation

- Key inflammation pathway associated with intestinal inflammation: 5-LOX and leukotrienes
- A clinical trial found that inflammatory leukotriene levels were almost **45% higher** in women with irritable bowel syndrome than healthy women in the control group
- Boswellia effectively reduces leukotrienes and stops IBS symptoms; clinical trial results
  - The number of people with active IBS 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

# 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

**Middle Age is a Dangerous Time  
for Your Heart  
(3 slides)**

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# Middle Age is Hard on the Heart

- 1 in 3 cardiovascular events (heart attack or stroke) happens to middle aged adults, ages 35-64
- Up to 80% of premature heart attacks and strokes are PREVENTABLE
- Two of the biggest risk factors for premature heart disease are
  - High blood pressure: 40 million adults don't have their blood pressure under control
  - Smoking: More people in the US are addicted to nicotine than any other drug; 88% have tried to quit smoking at least once, and most have to try multiple times before they are successful

## 2 ways to make middle age less dangerous for your heart

**#1. Cut sugar.** A recent research review including over 1000 participants found that reducing intake of high glycemic index foods led to a significant decrease in blood pressure.

A 15 year study on added sugar and heart disease found that people getting 25% or more of their daily calories as sugar were more than twice as likely to die from heart disease than people getting less than 10% of their calories from sugar.

## #2. Add grape seed extract.

### Grape seed is great for the heart

- Increases insulin sensitivity and reduces high blood sugar levels
  - **75% reduction in blood sugar levels** – returned blood sugar to *near normal* level (animal model of diabetes)
- Reduces blood pressure levels
  - **6% reduction in high blood pressure levels** in men with pre-hypertension
- Improves blood circulation and strengthens blood vessels