

**Featured Topic: New Research on
Grape Seed and Cancer
(4 slides)**

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New Research on Grape Seed Extract and Cancer

- Researchers exposed colon cancer cells to a specific, tannin-free grape seed extract containing only the small, active, absorbable and beneficial OPC compounds
 - Result: **70-80% reduction in number of live cancer cells**
- In an animal model of colon cancer, the same grape seed extract **suppressed the growth of tumors by up to 90%**
- The researchers found that grape seed inhibited a pathway in the body called HIPPO-Yap that leads to cancer cell formation

OPC is not the same as generic “grape seed” extract

- Researchers compared the effects on colon cancer of small size, tannin-free OPCs from grape seed, versus standard grape seed extract (unstandardized and containing large, unabsorbable tannins)
- Results on tumor formation (animal model)
 - 100 mg of plain grape seed extract: 13% reduction in tumor size
 - 100 mg OPCs from grape seed: **65% reduction** in tumor size

Remember: not all “grape seed” is grape seed!

- Researchers purchased 21 “grape seed extract” products at retail stores and online
- Each sample was tested to determine if it was real grape seed extract, and whether it was potent (the amount of proanthocyanidins)
- Result: **50% of the products were completely fake or sub-potent**
 - 6 products were potent grape seed extracts
 - 9 products were very low potency – **barely any OPCs**, were probably grape seed mixed with peanut skin
 - 6 products had **NO grape seed extract**, they were entirely peanut skin extract

Yes to OPCs, No to Tannins!

- Oligomeric proanthocyanidins (OPCs)
 - Low molecular weight
 - Easy absorption
 - Significant health benefits
- Some grape seed extracts contain Polymeric Proanthocyanidins (AKA – **tannins**)
 - High molecular weight
 - Poor absorption
 - No comparison to the documented health benefits of OPCs
 - Sold as beneficial “grape seed extract” although does not have the same benefits as OPCs
- Look for grape seed that is tannin free; 150 – 600 mg daily

New Study on Statin Drugs (1 slide)

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No benefits to taking statin drugs to prevent heart disease

- Researchers analyzed data from 47,000 people aged 75 and older with no history of heart disease
- Results
 - **Statin drugs were not associated with a reduced risk of heart disease or death from any cause** *except* for one specific group: people ages 75 to 84 with type 2 diabetes
 - After age 85 no benefit for statin drugs was found, including in people with diabetes
 - Widespread use of statin drugs, especially in otherwise healthy people, is of no benefit

30 Million Americans Have Diabetes (3 slides)

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New Statistics on Diabetes

- CDC reports that **1 in 7 Americans** has diabetes and 1/3 of them (over 1 million people) don't know it
- Type 2 Diabetes is a **Lifestyle Disease**
 - The average American eats at least **3 pounds of sugar a week**; 200 years ago, Americans ate 2 pounds of sugar in a YEAR
 - The average American spends about 2 hours a week being physically active, less than half the recommended minimum activity level
- Prevention is the Best Treatment: Make the right choices about food and get regular exercise, and you can completely prevent type 2 diabetes

3 Signs Your Blood Sugar is Out of Control

- You are extra thirsty and need to visit the bathroom often
 - When sugar builds up in the bloodstream and the kidneys can't process it, the sugar is flushed from the body in urine
- Your vision is blurred
 - High blood sugar can lead to fluid accumulation in the lenses of the eye, causing the shape of the eye to change and making focusing difficult, and also causing frequent headaches
- Your hands and feet tingle or go numb
 - Uncontrolled blood sugar damages the nerves, causing “pins and needles”, numbness, or even pain in the hands and feet

Lower blood sugar (and A1c) with 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, one to three times daily, along with essential vitamins and minerals

Hemp: Safe for Dogs? (1 slide)

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Is hemp safe and effective for dogs?

- Hemp oil from the stalk **can safely be given** to dogs
- THC – the psychoactive compound from cannabis - is toxic to dogs at high levels. THC toxicity has been reported when dogs ingest **medical marijuana**, which can be as high as **20% THC**, or marijuana-infused foods such as butter
- Hemp oil from agricultural hemp stalks contains **less than 0.3% THC** – even a tiny dog would have to consume **many bottles** of hemp oil in one sitting before coming close to ingesting a dangerous amount of THC
- Hemp oil from the stalks can be used for dogs for the same benefits as people, including for pain relief and cancer

What is in your supplements? (2 slide)

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Illegal ingredients in some supplements

- A new study published in JAMA reports that researchers found stimulant drugs not approved for use in humans in several dietary supplement products (weight loss and sports products)
- A study earlier this month (also in JAMA) reports that in the last 10 years, the FDA found 776 dietary supplement products that contained prescription drug ingredients (for example, Viagra or steroid drugs)
- Majority of these products were marketed for sexual enhancement, weight loss, or muscle building

Finding for quality products

- Dietary supplements containing undeclared drugs are not the only problems consumers need to pay attention to
- Counterfeit, fake, and expired products are becoming a big problem online – beware when making internet purchases!
- Use caution when you see “deep discounts” on a website, especially on brands that usually cost more – it is highly likely the product is counterfeit or expired
- The most expensive product you can buy is the one that does NOTHING – stick with reputable stores and brands