

Featured Topic: Christmas Message

Terry Talks Nutrition

IMPROVING THE HEALTH OF AMERICA

Wishing You Peace and Health

I would like to extend a holiday greeting to each of you. At the close of the year, I hope you take some time to reflect positively on the year that is almost past and the year to come. We can give thanks for our successes, our health, and look forward to our plans for the future.

While I celebrate this season because it marks the birth of Jesus Christ, the Son of God, I believe there is a sense of rebirth in each of us and a recognition that we are blessed and fortunate.

Whatever your belief, this time of year is a chance to reconnect with friends, family, and gather a sense of grace and peace that we want to share with those around us.

Be sure to create some space in your life to enjoy the season. We have a lot to be thankful for, and many wonderful things to anticipate. I wish you all the best in the months ahead, and a Happy New Year filled with joy and abundance.

Nutrient of the Day: Ginger

(3 slides)

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New study on ginger

- Researchers fed rats a high calorie diet, or a high calorie diet plus ginger for 10 weeks
- Results for the ginger group
 - 13% less weight gain
 - 50% reduction in inflammatory triglycerides
 - Double the levels of beneficial HDL cholesterol
- Conclusion: ginger is extremely effective at preventing weight gain and suppressing inflammation

Additional benefits of ginger

- **Protection against radiation damage** (animal model of cancer therapy)
 - **up to a 70% reduction in DNA damage** to bone marrow cells
 - **Normalized glutathione levels to be equal to levels before radiation treatment** - versus a 50% decline in glutathione levels in animals who did *not* get ginger before radiation treatment
- **Fatty liver**
 - Ginger oil protected against liver damage associated with fatty liver disease (animal model) including **returning elevated markers of liver disease to normal**
- **Protection against ulcer formation**
 - Ginger oil was associated with a **26% reduction in ulcer formation** associated with aspirin (animal model) and **stopped a 50% decrease in protective gastric wall mucus** triggered by aspirin exposure

What to look for:

- Ginger oil standardized to 25% **gingerols** and **shogaols**, combined with turmeric oil standardized to 60% **turmerones**, including the powerful **ar-turmerone**
- Use this combination for cancer or any inflammatory condition (diabetes, heart disease, etc)
- 250 mg or more of the combination daily

Superbugs (4 slides)

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Superbugs kill 33,000 Europeans every year

- Superbugs are harmful bacteria that are resistant to antibiotic drugs
- A new report in the medical journal Lancet finds that 33,000 people in Europe die each year because of superbugs
 - Previous studies found that superbugs are associated with 2 million illnesses and 23,000 deaths annually in the US
- Almost 2 in five cases of bacterial infections are caused by bacteria that are resistant to even the strongest antibiotics
- Scientists believe that about 70% of infectious bacteria are resistant to at least one of the antibiotics that would normally be prescribed to fight it

Stop Antibiotic Resistance

- In a 2012 survey, **36% of people responding believed that antibiotics are an effective treatment for viral infections** such as the common cold
 - Antibiotics are **useless** in fighting viral infections
- Taking antibiotics when they are not going to help leads to antibiotic resistance
 - Bacteria that are repeatedly exposed to antibiotic drugs “learn” to resist them - the antibiotics are no longer effective treatments
 - For example, in some areas of the world **E. coli is resistant to almost every drug** known to treat it

Natural Immune Products Don't Lead to Resistance

- Synthetic antibiotics are **one** specific compound
- Plant extracts may contain **many or even hundreds of different nutrients and compounds** with small natural variations in their ratios and numbers
- It is much more difficult for bacteria and viruses to develop resistance to plant extracts because they are never EXACTLY the same (antibiotics drugs are ALWAYS the same)

Nature's Antibiotics

All these natural herbal extracts have been found effective against common bacteria as well as superbugs (including MRSA: methicillin-resistant *Staphylococcus aureus*), both alone and to increase the effectiveness of antibiotic drugs

- Propolis
- Essential oils, especially thyme and eucalyptus oil
- Curcumin
- Elderberry
- Garlic

Do Cold Sores Cause Alzheimer's Disease?
[recap from previous discussion]
(2 slides)

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Herpes virus linked to Alzheimer's disease

- Herpes virus (HSV-1) is the virus that causes cold sores
- Once infected, the virus remains for life – stays dormant in nerve cells until reactivated
- Researchers have now linked herpes virus to Alzheimer's – they found that the brains of people who died from Alzheimer's had up to **twice the levels of viral infection** with herpes virus than people who did not have Alzheimer's
- Researchers think that the virus can migrate into the brains of older people as their immune system function declines
- Once in the brain, the virus triggers inflammation and damages brain cells, especially in people who carry a gene, APOE4, that is linked to Alzheimer's
 - The risk of Alzheimer's is 12 times higher in people with the APOE4 gene who *also* have HSV-1

3 Ways to Preserve the Immune System and Protect Against Viral Infections

- Propolis
 - As effective as the drug acyclovir in treating cold sores from herpes simplex virus
 - In an animal model, propolis reduced HSV-1 activity in the brain by over 90% (Alzheimer's prevention??)
- Curcumin
 - Modulates a range of immune system cells, including T cells, B cells, macrophages, neutrophils, and natural killer cells
 - Useful treatment for a number of disease associated with increased age: arthritis, atherosclerosis, heart disease, Alzheimer's disease, diabetes, and cancer
- Vitamin D
 - Has antiviral effects, as well as other important immune system functions
 - Low or deficient levels of vitamin D can increase risk of Alzheimer's disease by as much as **122%**

The Healthiest Food on the Planet (1 slide)

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5 reasons you should eat these every day

#1: It contains small amounts of almost every vitamin and mineral required by the human body including B12, selenium, Vitamin A, and riboflavin

#2: It's the perfect low carb food: 77 calories per serving, including 6 grams of protein and 5 grams of fat

#3: It raises your good cholesterol levels (HDL)

#4: It's a great source of choline which is essential for the brain

#5: Eat them for breakfast and lose weight: women eating these felt fuller and ate fewer calories for the rest of the day versus women eating the same calories from carbohydrates

What is this food? EGGS!