

**Featured Topic:  
New Year, New Resolutions  
(3 slides)**

Terry Talks Nutrition

IMPROVING THE HEALTH OF AMERICA

# January 1 = time for new resolutions!

This year, **resolve to focus on one small thing you can do for your health, and make it a new habit.** The more specific you are the more likely it is the habit will stick.

For example:

DON'T resolve to “exercise more”

DO resolve to “swing the kettle bell for 10 minutes every day”

Here are three healthy choices to consider...

# #1. Eat more protein

- First tiny step: always keep nuts or jerky with you to snack on
- Advantage: these snacks are easily portable and don't need to be refrigerated
- Benefits:
  - Protein builds muscle which burns calories
  - Protein promotes satiety so you are less likely to pick up sugar or carb-based snacks
  - Daily nut intake reduces your risk of heart disease

## #2. Brush your teeth twice daily

- 80% of Americans have some form of gum disease
- Up to 27% of people have all their natural teeth extracted by age 74
- Make brushing a habit
  - Set a daily notification on your phone so you get an alert that it's time to brush
  - Put a sticky note on your mirror or the back of your bathroom door to remind yourself to brush
  - Keep tooth brushing supplies at work and brush after lunch
  - **You are not that busy** - you can take TWO MINUTES to brush!

## #3. Increase your water intake

- Up to 75% of Americans are chronically dehydrated
- Over time, failure to drink enough water can lead to fatigue, joint pain, headache, ulcers, high blood pressure and kidney disease
- First tiny step: drink ONE more glass of water every day
- To calculate your optimal water intake
  - Take your body weight in pounds and divide by 2 to find **ounces of water** needed daily
  - Divide that number by 8 (8 oz is one glass) to find the number of **glasses of water** per day
  - Example: 130 lb woman. Divide by 2 is 65 ounces. Divide that by 8 ounces in a glass, to get 8.1 glasses of water daily

50% of Americans will make a resolution to change or improve their life on January 1.

By February 1, almost half of them will have given up.

Make your plan, write it down, and stick to it.

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# **The Big 3 {heart medications} and Who Really Needs Them (2 slides)**

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# The Big Three Heart Drugs – Who Needs Them?

*Before stopping any medication check with your doctor.*

## #1: Blood Pressure Medications (beta blockers, calcium blockers, etc)

- Reduce blood pressure
- Adverse effects: cough, dizziness, headache, nausea
- **Do you need them?** High blood pressure is serious. 75% of American who have a stroke also have high blood pressure. But if your blood pressure is only *borderline high* you might be able to avoid the need for medication, or reduce your dosage if you
  - Lose weight: even a 5 lb weight loss can significantly reduce blood pressure
  - Take grape seed: A meta analysis of **16 trials on grape seed in over 800 patients** confirmed that grape seed is effective at reducing blood pressure levels – without significant adverse effects

## #2. Blood thinners (warfarin/Coumadin)

- These drugs reduce the risk of blood clots, which cause heart attacks or stroke
- Adverse effects: bruising and dangerous heavy bleeding, many potential interactions with foods and other drugs
- **Do you need them?** Prevention is the key to avoiding the need for blood thinners; keep your heart and veins healthy with
  - **Healthy fats**, especially olive oil: almost a 20% reduction in arterial stiffness and a 21% decrease in inflammatory triglyceride levels in a clinical study
  - **Mesoglycan**: building block to strengthen weak blood vessels and prevent bulging, tears and ruptures; reduces fibrinogen (protein associated with blood clot formation) WITHOUT having adverse effects on clotting

### #3. Cholesterol lowering drugs (statin drugs, Lipitor)

- Prescribed to reduce risk of heart disease and heart attack
- Adverse effects: muscle pain, liver damage, diabetes, and more
- **Do you need them?** studies have shown that for every person with a heart attack “prevented” by a statin drug, **two or more people suffered liver damage, kidney failure, cataracts or extreme muscle weakness**
  - Boost your good HDL with amla (Indian gooseberry) – can increase HDL as much as 25%