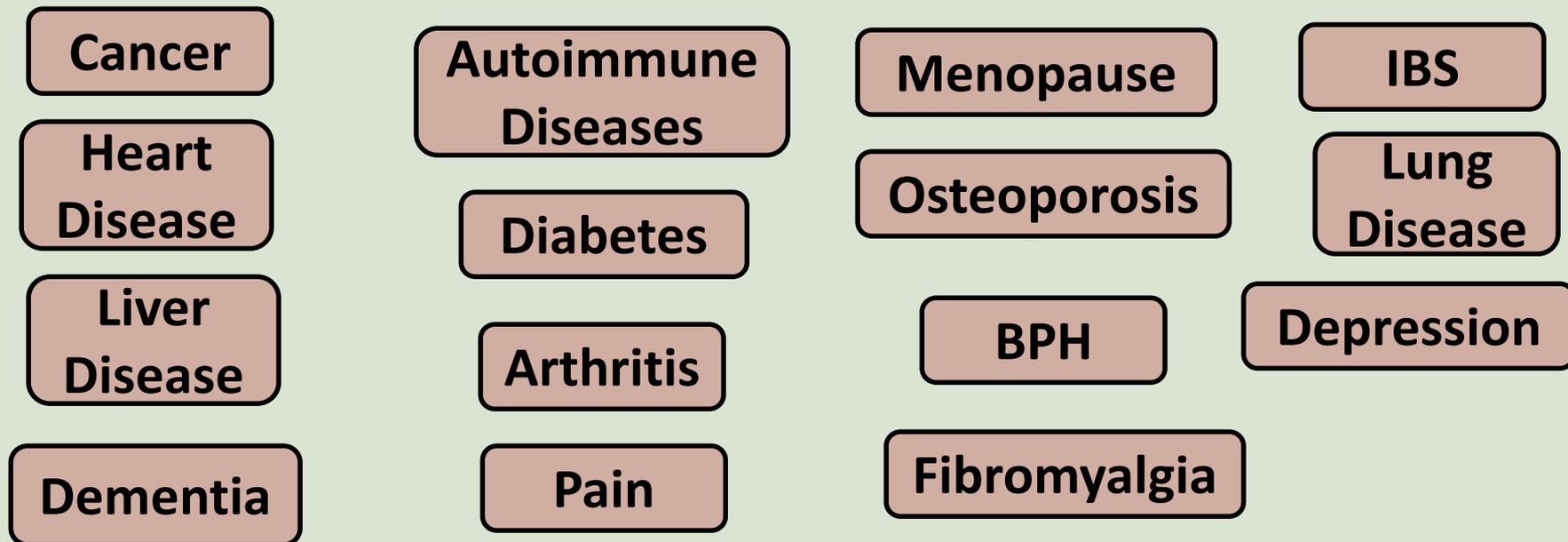


**Featured Topic: Grape Seed and  
Curcumin for Cancer  
(6 slides)**

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# Nature's Most Powerful Combination



No matter your health concern, **curcumin** and **grape seed** can help!

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# What makes curcumin and grape seed so effective for so many different conditions?

- Drugs have one molecular target
- Curcumin and grape seed have **HUNDREDS**
  - Stop inflammation
  - Neutralize free radicals
  - Increase glutathione
  - Normalize immune cell function
  - Reduce blood sugar levels
  - Increase circulation
  - **Stop cancer cell formation and spread**

# New data on OPCs from Grape Seed

- Researchers compared the effects of OPCs from grape seed combined with standard anti-cancer drugs in an animal model of drug-resistant colon cancer
- Results
  - Researchers found that OPCs reduced overactive pathways associated with the development of drug resistance
  - In the animal model, OPC on its own reduced tumor size by 70%; combining OPCs with the anti-cancer drugs improved results even more – **up to 87% reduction in tumor size**
  - Conclusion: OPCs from grape seed make cancer drugs more effective in cancer cells that have developed resistance to treatment

# What to know about grape seed:

- Oligomeric proanthocyanidins (OPCs) are its key compounds
  - 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
  - CHEAP!!
- Look for grape seed that is **tannin free**

## Curcumin is Anti-Cancer

- In a cell study looking at triple negative breast cancer cells, curcumin nearly ***doubled the effectiveness of the chemotherapy drug 5-FU*** in killing breast cancer cells
- Curcumin **prevented chemotherapy-induced kidney damage** (animal model) in the treatment of breast cancer (while also improving the drug's effectiveness)
- Curcumin **reduced the severity of side effects** (problems with urination and urinary frequency) associated with radiation treatment

# What to know about curcumin: it isn't turmeric!

- Turmeric is the spice – **curcumin** is the medicine
  - Only 3 to 5% of turmeric is actually curcumin
- Curcumin is poorly absorbed
- For best effects, boost curcumin absorption with turmeric essential oils
  - TEO is a source of turmerones, which are anti-cancer in their own right
- Don't be fooled by unproven “curcumin” products that contain a tiny percentage of curcumin in a dose of synthetic absorption agents
- Look for a blend of curcumin and French grape seed extract, 575 mg daily

# **Nutritional Support for the Autistic Child**

## **(3 slides)**

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# Autism is Increasing

- In April of 2018, the Centers for Disease Control reported that 1 in 59 American children is autistic, an increase of 15% since 2012
- In December of 2018, another new study reported autism prevalence at 1 in 40 American children, or about **1.5 million** kids
- Autistic children are
  - 1.6 times more likely to be overweight
  - 3.6 times more likely to develop schizophrenia
  - 3 times more likely to experience potentially deadly injuries

# Key nutrients for the autistic child

- Glutathione
  - Children with autism have 20-40% lower glutathione levels than typical children
  - Glutathione is critical to protect brain cells from toxins, free radicals, and inflammation
  - Look for: Active glutathione taken sublingually; digestion changes glutathione to its inactive (oxidized) form
- Omega-3 fatty acids and Vitamin D
  - Omega-3 supplementation significantly improved social responsiveness and attention in children with autism in a 12 week study
  - Two clinical trials report that vitamin D supplementation improves symptoms in about 75% of children with autism

## Studies have shown about half of autistic children benefit from supplementing with **Vitamin B6** and **magnesium**

- The enzyme needed to convert vitamin B6 to its active form may not work effectively in children with autism, leaving them at risk of deficiency
- Low levels of magnesium, required for mental function, is common in autistic children
- Supplemental B6 and magnesium has been reported to improve social response and decrease aggression in children with autism
- Dosage: 10 mg of P-5-P (active B6, no conversion needed) plus 100 mg of magnesium for kids ages 6-12

# **Winter Season Problems: Dry Skin, Cough, Cold Hands & Feet (3 slides)**

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# Problem: Dry Skin

- Cold air has low humidity
- It pulls moisture from your skin, eyes, nose, and throat, leaving you dried out
- Solution: **omega fatty acids**
  - Omega fatty acids build cell membranes, the “wall” around the cells, including skin cells. When skin cells have strong membranes they are better able to hold water, which leads to fuller, softer skin
  - **Omega-7** from sea buckthorn was shown in a clinical study to **improve skin moisture by 49% and skin elasticity by 29%**
  - Also consider: Low levels of thyroid hormones can cause rough, dry skin, especially on the palms of the hand and the soles of the feet
  - 15 - 30 mg **iodine**/200-400 mg **I-tyrosine**

# Problem: Cough

- Cough may be the only symptom of a type of asthma called “cough variant asthma”
- Cold air, or exercising in cold air, can trigger the cough
  - Cold air triggers histamine release; histamine increases inflammation
  - In a clinical study, patients with asthma experienced a 30% decline in lung function when exposed to cold air
- Solution: **boswellia**
  - stabilizes the cells responsible for histamine release, opens airways, and reduces inflammation
    - **70% of asthma patients treated with boswellia had improved lung function** versus only 27% of participants in the control group
  - use boswellia in combination with oils of thyme, ravintsara, and myrtle for maximum respiratory system support

# Problem: Cold Hands and Feet

- Cold hands and feet, and fingers and toes that turn white and get numb when exposed to cold air, is a sign of Raynaud's disease
- Caused by narrowing of the arteries that supply blood to the skin, temporarily reducing circulation and limiting blood supply to fingers and toes
- Solution: **mesoglycan**
  - In a 12 month study in 25 patients with Raynaud's, mesoglycan significantly reduced the frequency of Raynaud's attacks and improved circulation, without adverse effects
  - Take 50-100 mg daily

**How to have a heart that looks 30  
years younger than you do!  
(1 slide)**

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# Lifelong exercise keeps your heart younger

- Researchers were interested in the effects of lifelong exercise
- They recruited three groups of study participants
  - Lifelong exercisers, average age 75 years, who regularly participated in running or cycling at least 4-6 times a week for the past 50 years
  - Non exercisers, average age 75 years, who did not have structured exercise regimens but were otherwise healthy
  - Young exercisers, average age 25 years, who worked out with the same frequency and intensity as the lifelong exercisers
- Results: lifelong exercisers had
  - Oxygen capacity up to 44% higher versus the sedentary adults
  - Cardiovascular system function of young people – circulation and aerobic enzyme activity was **identical** in the older and younger exercisers – up to 90% higher than the sedentary adults