

# Featured Topic: Prevent Heart Disease (5 slides)

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# How to NOT die of heart disease (the #1 cause of death in the United States):

- Get the extra pounds off.
  - A recent study found that for every 8 lb increase in BMI (body mass index) the risk of heart disease goes up 25%
- Get the sugar out of your diet.
  - A 15 year study found that getting more than 25% of your daily calories from sugar **doubled the risk of dying of heart disease** (versus those whose sugar intake was 10% or less of their daily calories)
- Get blood pressure down, prevent oxidative damage to your blood vessels, and stop inflammation.
  - High c-reactive protein levels (a marker of inflammation) were associated with a 52% increase in risk of heart attack or stroke in a recent clinical study
- Five key nutrients: grape seed, P5P, benfotiamine, magnesium, and pomegranate

# Grape seed is Great for the Heart

- **6% reduction in high blood pressure levels** in men with pre-hypertension
- Clinical study of 287 people with arterial plaques: grape seed group saw a **40% reduction in arterial plaque formation** while control group increased almost 30%
- **75% reduction in blood sugar levels** – returned blood sugar to *near normal* level (animal model of diabetes)
- 10 point reduction in total cholesterol and **5 point reduction in oxidized LDL cholesterol levels** in patients with mildly elevated cholesterol levels
- **Mild anticoagulation effects** – reduces risk of dangerous clots but does not impair normal function

## P-5-P (Vitamin B6)

Low levels of the active form of vitamin B6 – **pyridoxal-5-phosphate** – are associated with high levels of inflammation and increased risk of heart disease

- One study found that people with the highest levels of inflammation (including c-reactive protein) had P5P levels 25% lower than people with low levels of inflammation
- A separate study found that people with the highest intake of vitamin B6 had **c-reactive protein levels 50% lower** than people with the lowest vitamin B intake
- Findings from the Nurses Health Study showed that women with the highest levels of P-5-P had a **78% reduced risk of heart disease** versus women with the lowest P-5-P levels

# Benfotiamine (Thiamin)

Fat soluble form of vitamin B1 (thiamin)

- Easily passes the intestinal wall and can enter directly into cells
- Maximum absorption is **5 times higher** than other forms of thiamine
- Supplemental benfotiamine **reduced by 50%** the oxidative stress and restricted blood flow associated with smoking
- Benfotiamine prevented damage to the heart associated with diabetes (animal model)
- In a separate study (also an animal model of diabetes) benfotiamine stopped oxidative stress damage to the heart

# Magnesium

70-80% of Americans do not get the minimum recommended daily intake of magnesium (420 mg daily for men and 320 mg daily for women)

- Increased intake of magnesium reduces risk of metabolic syndrome (a condition linked to heart disease) by 30%
- In a recent study, every small increase in magnesium intake was associated with a **30% lower risk** of heart disease
- High dietary intakes of magnesium linked to **22% reduction in risk of ischemic heart disease** (reduced blood flow to the heart)

# Pomegranate

- In an animal study, **90% prevention** of LDL cholesterol oxidation
- Clinical trial in people with heart disease: blood pressure lowered by over 12% and a **30% reduction** in atherosclerotic plaque; control group (no pomegranate) saw their atherosclerotic plaque **increase** by 9%
- Combine 600 mg of pomegranate and grape seed with 30 mg of P-5-P, 300 mg of magnesium, and 150 mg of benfotiamine and take daily for superior heart health!

# **Diabetes is Bad for Your Brain**

## **(1 slide)**

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# Type 2 Diabetes Makes Brain Function Worse

- Previous research has shown that Type 2 diabetes doubles the risk of dementia
- In a new study, researchers compared brain function in 700 people ages 55-90 years old, with and without diabetes, over a five year period
- Participants underwent testing of thinking, planning, and memory skills three times during the study
- Results: people with diabetes had greater rates of decline in mental function versus people without diabetes
  - People with diabetes had more problems remembering names and finding things, as well as in planning and organizing
  - Even participants who did not have diabetes, but had higher blood sugar levels, performed worse on the assessment tests than those with lower blood sugar

# Stopping Viral Illnesses (3 slides)

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# Viruses Are Number 1

- Most read health article on TerryTalksNutrition.com for 2018: **How to Stop Viruses – Colds, Flu, and Shingles**
- A virus is an infectious agent that can only reproduce (replicate) inside a cell
- Common viral infections: common cold, influenza, chicken pox/shingles, cold sores, warts (caused by a viral infection in the skin)
- A virus cannot be stopped by an **antibiotic**
  - Antibiotics only work on bacterial infections

# 3 Natural Medicines that Stop Viral Infections

- **Elderberry** (colds and flu)
  - Travelers taking elderberry had **half as many illness** (cold or flu) as the placebo group; for those in the elderberry group who did get sick, their **illness lasted only 2/3 as long** as the placebo group, and their **symptoms were not as severe**
- **Propolis** (cold sores, shingles, earaches and respiratory infections)
  - 80% of patients with cold sores had direct healing from the redness stage, **without experiencing blisters or crusting**; physicians rated propolis as good or very good in 90% of cases versus only 40% in the drug group. **Propolis was particularly effective for pain relief.**
- **Calcium lactate** (cold sores and fever blisters)
  - Antiviral form of calcium; strengthens the surface of mucous membranes to keep out viruses

## For more on viruses...

- Look for “Stop Colds, Flu, and Shingles” article on the TerryTalksNutrition.com website
- OR watch “Solutions for Stubborn Viruses” on the Terry Talks Nutrition YouTube channel