

Featured Topic: Curcumin for Pain (3 slides)

Terry Talks Nutrition

IMPROVING THE HEALTH OF AMERICA

Americans have a lot of pain

- Chronic pain affects more Americans than diabetes, cancer, and heart disease COMBINED
- 1/3 of Americans live with chronic pain
 - This number has increased 10% in a 12 year timespan, according to a study published in 2016
- Pain might predict death: people experiencing severe pain have **double the risk of dying** in the next two years

New research on curcumin for pain

- 201 people with arthritis received curcumin (blended with turmeric essential oil), a curcumin/boswellia combination, or a placebo for 12 weeks
- Result: pain (as measured by a standardized pain rating scale) decreased
 - 2.26 points in the placebo group
 - 6.34 points in the curcumin group
 - 7.38 points in the curcumin/boswellia group
 - In tests of physical ability, both groups improved versus placebo in time required to climb stairs and time needed to get up from a chair and walk a short distance
- No significant adverse effects were reported

Curcumin combination for for effective, safe pain relief

- Curcumin, plus boswellia, DLPA and nattokinase
 - Curcumin + boswellia **relieved arthritis pain** more effectively than a prescription NSAID (14% of patients were pain free after 3 months, versus 7% of the drug group patients) **WITHOUT** adverse effects
 - In rheumatoid arthritis patients, **curcumin reduced pain and swelling** more effectively than the prescription drug – 14% of patients in the drug group dropped out because of adverse effects, while ZERO participants in the curcumin group dropped out
 - In a study of curcumin vs ibuprofen in arthritis patients, **curcumin group had less pain and better ability to walk up stairs and walk a distance** than the ibuprofen group – without adverse effects!
- 2,181 mg of the combination daily – increased if needed

Flu Season Still Going Strong (1 slide)

Terry Talks Nutrition

IMPROVING THE HEALTH OF AMERICA

Flu Season still with us

- Centers for Disease Control report that as of February, 2018, 24 states are reporting high levels of flu activity and flu season has not “peaked” yet
- H1N1 is still the most common influenza strain
- Keep up your immune support protocol: daily multivitamin; elderberry; andrographis; propolis!

Is High Cholesterol Good for Your Brain? (2 slides)

Terry Talks Nutrition

IMPROVING THE HEALTH OF AMERICA

Cholesterol and Brain Function

- Researchers collected data from almost 2,000 older adults, recording cholesterol levels and mental function
- Results: for the “oldest old,” ages 85-94, total cholesterol higher than it was in midlife was associated with a **32% reduction** in dementia risk
- In a separate study, researchers measured mental function in 185 people without dementia, aged 85 years or older
- Results: high total cholesterol and high LDL cholesterol levels were associated with higher memory scores

Brains need cholesterol

- 25% of the body's cholesterol is found in the brain
- A study that had **32 years of data** (from 1968 – 2001) on cholesterol levels and mental function collected from 1500 women found **declining cholesterol levels** from midlife to late life **increased** risk of dementia
- Memory loss, confusion, and forgetfulness are known adverse effects of statin drugs

A Closer Look at: Phosphate (4 slides)

Terry Talks Nutrition

IMPROVING THE HEALTH OF AMERICA

Phosphate – what is it?

- Phosphate is a key nutrient for bone and tooth formation (bone contains 85% of the body's phosphate), plus energy production
- **BUT:** up to 25% of Americans consume **3 or 4 times more** than the daily recommended intake of phosphate

Where is all this phosphate coming from?

- Inorganic Phosphate is used as a additive/preservative in processed foods
 - Cola drinks
 - Frozen foods
 - Dry food mixes
 - Packaged meat, bread, and bakery products
- NOTE: added, inorganic phosphate in processed food is not the same as **natural, organic phosphate in whole, unprocessed foods**. Inorganic phosphate is rapidly absorbed and quickly raises blood phosphate levels, putting pressure on the kidneys

Consequences of the 'high phosphate diet'

- High phosphate levels
 - Weaken bones
 - Lead to calcium buildup in the blood vessels and eyes, lung, and heart
- A 2018 study linked high phosphate levels with increased risk of lung and heart disease, and an overall increased risk of death
- A recently published study looking at the effects of high phosphate intake in animals and people found that
 - In animals, increased phosphate intake reduced exercise capacity by 18% and oxygen consumption by 26%
 - In humans, higher phosphate levels were associated with reduced time spent in physical activity, and increased sedentary time

Keep phosphate levels in balance

- Look for “PHOS” in the ingredient name on the label:
 - **Phosphoric acid**
 - Dicalcium **phosphate**
 - Monosodium **phosphate**
- Better yet, steer clear of soda and packaged foods, especially if you have reduced kidney function
 - Phosphate is metabolized by the kidneys, so people with kidney disease need to monitor their phosphate intake
 - Poorly functioning kidneys cannot keep phosphate at healthy levels

How Safe Are Supplements? (1 slide)

Terry Talks Nutrition

IMPROVING THE HEALTH OF AMERICA

Supplements are Very Safe

- Researchers looked at over 40,000 adverse event reports for dietary supplements
- Majority were dizziness, gastrointestinal upset (nausea, vomiting) and headache
- Less than 1% were “serious”- the user sought medical treatment from an emergency room
 - One common reason people visit the ER after taking a supplement is because they choke on the capsule!
- Compare with Drug safety statistics:
 - 16,500 deaths annually from gastrointestinal complications of NSAIDs
 - 400,000 hospitalizations annually due to adverse drug events
 - 177,000 emergency medical visits annually by older adults experiencing adverse drug reactions

Nutrient of the Day: Ar-turmerone

(3 slides)

Terry Talks Nutrition

IMPROVING THE HEALTH OF AMERICA

Curcumin's cousin- aromatic turmerone

- Curcumin is the best known medicinal compound found in turmeric
- Researchers are now finding that aromatic turmerone – **ar-turmerone** – from turmeric is almost as powerful as curcumin
 - Antifungal
 - Anticancer
 - Anti-inflammatory
 - Anti-ulcer

Research on ar-turmerone

- Exposure to ar-turmerone **increased nerve cell formation in the brain by 10%** (animal model)
- In animal research
 - ar-turmerone **nearly doubled levels of brain derived neurotrophic factor**, a compound associated with the formation of brain cells
 - ar-turmerone was associated with up to a **30% reduction in depression** symptoms
 - Reduced skin changes associated with psoriasis (inflammation, scaling, redness and thickening) by almost **50%**

Ar-Turmerone – Turmeric Essential Oil

- Look turmeric oil standardized for 60% **turmerones**, including the powerful **ar-turmerone**
- Combine with ginger oil standardized to 25% **gingerols** and **shogaols**
- Use this combination for cancer or any inflammatory condition

Heart Disease is still #1 (2 slides)

Terry Talks Nutrition

IMPROVING THE HEALTH OF AMERICA

Heart disease is the #1 cause of death for Americans

- After many years of decline, new data finds that deaths from heart disease have increased by about 4,000 people per year
- 48% of Americans now have heart disease – high blood pressure, heart failure, stroke, or coronary artery disease
- 8 out of 10 cases of heart disease can be prevented by controlling blood pressure and blood sugar levels, and maintaining a healthy lifestyle

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
- Combine grape seed with P5P, benfotiamine, magnesium and pomegranate to prevent heart disease