

Featured Topic: Silica (4 slides)

Terry Talks Nutrition

IMPROVING THE HEALTH OF AMERICA

Bone health is not just a talk about calcium

- Everyone KNOWS calcium is best for bones, right?
 - Most abundant mineral in the human body
 - 99% of the body's calcium is stored in bones and teeth
 - 60% of women don't consume enough Calcium
- Yes, calcium is important but it is only one player
- The countries with the lowest calcium intake have the lowest rate of osteoporosis
 - People in these countries get more exercise because they walk everywhere instead of driving a car
- Calcium needs to be balanced by other nutrients
 - One study reported that taking calcium by itself actually reduced bone calcium levels; adding magnesium – without changing the amount of calcium – led to increased bone density and more calcium in the bones

Silica from Horsetail

- *Horsetail* is a plant related to ferns
- It contains almost 80% silica – rich source of this mineral
- **Increases** calcium absorption and retention in bones **by over 50%**
 - Stronger bones – less risk of fractures, faster recovery after a fracture
- **Increases** collagen formation by **over 50%**
 - Thick hair, strong nails, healthy skin
- **Strengthens** dental implants and reduces implant failures

How to take Silica

- For basic bone support: 20 mg daily
- If you have experienced a bone fracture, have osteoporosis, have had dental implants, or have any other bone concerns: 40 to 80 mg daily for 4 to 8 weeks

Food is Your Medicine

A health promoting diet is more powerful at preventing and treating disease than any drug.

(3 slides)

Terry Talks Nutrition

IMPROVING THE HEALTH OF AMERICA

Food can CAUSE disease, and Food can CURE disease!

- Disease *Cause* or Disease *Cure*, the **choice** is **yours!**
- Make the right choice, and you can prevent and reverse diseases of all kinds: Alzheimer's dementia, diabetes, arthritis, heart disease, cancer, allergies, migraines,... AND MORE
- Drugs do not ensure health – Food Does.
- Your body rebuilds itself entirely 4 times during your lifetime
- Give it the tools it needs – a healthy diet and good health choices – to make a strong body

AVOID Foods that Cause Disease

#1 to Avoid: Sugar.

- Restrict carbohydrates to less than 10% of the diet, approximately 20-40 grams daily, not the typical 300-400 grams consumed on the Standard American Diet (SAD).
- Eat less fruit (high in fructose - too much sugar).
- Do not eat roots or tubers - too much starch;(potatoes, beets, carrots, etc.)
- Absolutely avoid sugar and especially high fructose corn syrup. No soft drinks of any kind and no juice.
- No to all grains and dairy.

Foods that Cure Disease - Recommended

- Adequate **animal protein**, 1 to 1-1/2 grams of protein per kg of body weight (30% of the diet).
- **Healthy fats** (60-70% of the diet); animal fats, eggs, olive oil, avocado oil, butter, MCT oil, coconut oil, and lard.
- **Nuts**, especially almonds and walnuts, (not peanuts).
- **Low sugar fruits** and berries in moderation.
- **Greens, salads, and veggies** grown above the ground.
- A glass of red wine daily for women and two for men is okay, (science says so) but not necessary.
- Restrict calories to 2,000 or less for women and less than 2,500 calories for men.

There is no reason for Americans to be the unhealthiest people of all the developed countries in the world.

Terry Talks Nutrition

IMPROVING THE HEALTH OF AMERICA

A Closer Look at: Testosterone

(3 slides)

Terry Talks Nutrition

IMPROVING THE HEALTH OF AMERICA

Testosterone

- Testosterone is the primary male sex hormone
- However, women also make small amounts of testosterone
 - Low levels of testosterone in women has been linked to a 48% increased risk of stress incontinence
- Signs of low testosterone in men include
 - Low libido/erectile dysfunction
 - Low sperm count
 - Enlarged or tender breasts
“man boobs”
 - Fatigue and low energy
 - Feel “down” or “have the blues”
 - Irritability
 - Reduced muscle mass and more body fat

As a man ages, testosterone levels decline – some men lose about 10% of their testosterone every decade.

Testosterone Replacement Therapy

- Testosterone – injected, creams, or orally – is used to increase muscle mass and improve sex drive
- Adverse effects of “Low T” therapy
 - Anger
 - Irritability
 - Acne
 - Increased risk for blood clots and stroke
 - Possible link to prostate cancer
 - The body stops producing testosterone when on testosterone replacement, so it is hard to stop this therapy once it is begun

How to Naturally Increase Testosterone

- Eat right
 - Excess sugar/carbs leads to stored body fat
 - **Body fat cells** produce estrogen (high levels of estrogen in men can cause breast tissue to develop)
 - **Healthy dietary fats** form testosterone NOT BODY FAT
 - **Throw out all your polyunsaturated vegetable oils and use only extra virgin olive oil, coconut oil, sesame seed oil, and avocado oil.**
- Natural aromatase inhibitors – help reduce the conversion of testosterone to estrogen
 - **Pomegranate seed oil and grape seed extract**
 - Recent studies prove the herbal aromatase inhibitors are 80-90% as effective as the drugs used for this purpose - and no side effects!

Obese Millennials at Greater Risk of Cancer (1 slide)

Terry Talks Nutrition

IMPROVING THE HEALTH OF AMERICA

Rates for Cancer Linked to Obesity is Rising

- New study finds that rates for 6 cancers tied to obesity – colorectal, endometrial, gallbladder, kidney, multiple myeloma, and pancreas – are increasing for millennials
- For obesity-related cancer, **people born in the 1980s have double the rate of cancer risk** at the same age compared with those born from 1945-1954
- Why? Lack of exercise and nutrient-poor diets high in sugar are major contributors to increased cancer risk