

Featured Topic: Alzheimer's (5 slides)

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The Rise of Alzheimer's Disease

- Mild memory problem: where did I put my car keys?
- Alzheimer's: what am I supposed to do with these keys?

Scary Statistics:

- Between 2000 and 2013, **the number of deaths from Alzheimer's increased by 71%**
- By 2050
 - the number of people living with Alzheimer's will grow by **10 million** cases
 - one new case of Alzheimer's will develop **every 33 seconds**

The brain with Alzheimer's

- The **what** is better understood than the **why**
- **What** happens to the brain: **brain cell death**
 - Formation of **beta-amyloid plaques** that destroy brain cells
 - Beta amyloid plaques cause **inflammation**, which in turn damages brain-signaling pathways
- **Why** does this happen? Scientists don't know for sure but think it is a combination of genetic, environmental and lifestyle factors over time
- Some known risk factors for Alzheimer's: age, high blood pressure, diabetes, smoking, diet (lack of fruit and vegetables)

Stop Alzheimer's with Curcumin

- Curcumin protects brain cells (neurons) from toxins
 - Increased number of healthy brain cells by up to 75% in a study of fluoride toxicity (animal model)
- Curcumin stimulates the formation of new brain cells
 - Low dose curcumin nearly doubled the number of new brain cells (animal model)
- In one week, curcumin **reduced the average size of beta-amyloid plaques by 30%** (animal model of Alzheimer's disease)
 - Curcumin is **more effective in inhibiting formation of beta amyloid protein fragments** than many other drugs being tested as Alzheimer's treatments!
- In a recent double blind four-week trial of people aged between 60-80, those taking curcumin had a marked improvement in memory after one dose, and coped better with stress after four weeks.

Vitamin D

- The “sunshine vitamin” (actually a pro-hormone)
- Research findings
 - participants deficient in vitamin D were 88% more likely to have a mood disorder such as depression or anxiety.
 - compared to people with higher vitamin D levels, participants deficient in vitamin D performed worse on mental performance tests
 - When compared to people who have optimal vitamin D levels, once you reach 65, low levels of vitamin D make it **twice as likely** that you will suffer some degree of mental decline

By the time we are 65, changes to the structure of the skin reduce production of vitamin D by up to 60%!

Spanish Sage and Rosemary Oil

- Inhibit an enzyme, acetylcholinesterase, which disrupts signals in the brain
- Protect the brain from free radical damage
- Rosemary – the “herb of remembrance” – contains compounds shown to reduce brain inflammation associated with Alzheimer’s disease
- In healthy adult volunteers, Spanish sage improved memory and word recall
- In patients with Alzheimer’s, Spanish sage oil reduced symptoms and improved attention
- No significant side effects
- Use these oils in combination with curcumin and 2000 IU of vitamin D

Stop Waking Up At Night (2 slides)

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The Importance of a Good Night's Sleep

- Did you know that losing sleep due to daylight savings time in the spring is linked to an increased risk of heart attack?
- Researchers in the state of Michigan collected data from over 40,000 hospital admissions for heart attack, over a four year period
- Results
 - The Monday after “springing forward” and *losing* an hour of sleep was associated with a **24% increase** in heart attacks
 - The Tuesday after “falling back” and *gaining* an hour of sleep in the fall was associated with a **21% decrease** in the rate of heart attacks
 - Researchers think that a change in the sleep/wake cycle plus the stress of starting a new week can make a heart attack more likely

4 Answers to Problems that Keep You From a Good Night's Sleep

Problem #1: Racing mind, can't fall asleep

- Answer: Essential oils an hour before bed: lavender, lemon balm, ravintsara, mandarin are relaxing and calming, leading to restful sleep without morning grogginess

Problem #2: Fall asleep, but wake up in the middle of the night

- Answer: Protein snack (cheese) before bed or on awakening, plus check your blood sugar levels and consider Hintonia if they are high; essential oils in problem 1 may also be helpful

Problem #3: Really tired, but too much pain to sleep comfortably

- Answer: curcumin and boswellia reduce inflammation and relieve pain, plus P5P, DLPA, and melatonin for additional pain relief and sleep support

Problem #4: Have to use the bathroom

- Answer: *Angelica archangelica* – in a clinical study, reduced nighttime bathroom trips **by up to 50% and nearly tripled the time asleep** before needing to use the bathroom

1 in 4 Antibiotic Prescriptions are Not Needed (4 slides)

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Is that antibiotic really necessary?

- Researchers looked at the health records of 19 million people (kids and adults) who were prescribed antibiotics
- For 1 in 4 cases (25% of the time) an antibiotic was not appropriate – the patient had a **viral** infection: cold, cough, or chest congestion
- Every year, 2 million Americans develop antibiotic-resistant infections and 23,000 people die

Don't use antibiotics for viral infections!

Try these natural antivirals instead:

#1: Echinacea

- In a recent trial, echinacea was compared to Tamiflu as a flu treatment (double-blind clinical trial of 473 patients treated for 10 days)
- Results: By day 5, 50% of the echinacea group had recovered versus 49% of the Tamiflu group, and on day 10, 90% of the echinacea group was recovered versus 84% of the Tamiflu group; twice as many people in the Tamiflu group experienced complications as in the echinacea group, and the echinacea group had fewer side effects as well

#2: Andrographis

- Shown effective against influenza virus
- Also being tested as a treatment for mosquito-borne diseases (including dengue [den-gee], the most prevalent viral infection transmitted by mosquitos – 100 million infections occur every year)

#3: Pelargonium

- 207 adults with cold symptoms received pelargonium or a placebo for 10 days
- Results: by day 5, symptoms were 50% less in the pelargonium group versus placebo, and by day 10, 90% of the pelargonium group was cured, versus only 21% of the placebo group

How to use

- Take 275 mg of echinacea, andrographis, and pelargonium 3 times daily
- Use for any viral condition: colds, flu, ear infections, bronchitis, etc
- No significant adverse effects
- REMEMBER: antibiotics do nothing for a viral infection!