

**Featured Topic:
Reduce Blood Sugar with Hintonia
(6 slides)**

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Diabetes Can Literally Be A Pain in the Neck

- Researchers looked at 8 previously published studies (a meta analysis) on people with diabetes and associated pain
- Results: people with diabetes are **24% more likely to experience neck pain**, and **35% more likely to experience back pain**
- Why do people with diabetes have more pain? The answer is unclear but could be:
 - **Obesity**: people with higher BMI are over 9 times more likely to develop diabetes than underweight people, and 30% more likely to develop chronic pain
 - High blood sugar causes **tissue damage**, which leads to inflammation and pain
 - **Low level of physical activity**: regular exercise reduces both low back pain and risk of diabetes

The Cure for Diabetes: *Hintonia latiflora*

- Native to Mexico and Central America
- Known in Europe, especially in Germany, for over 60 years as a treatment for diabetes
- Ideal for people with “pre-diabetes” – fasting blood sugar levels between 100-125 and HbA1C levels of 5.7% – 6.4%

A Quick Look at HbA1c

- HbA1C is **hemoglobin** (a protein in red blood cells that carries oxygen throughout the body) that is **joined to glucose**
 - The more sugar in your system, the higher your HbA1C levels
- HbA1C levels show long term trends in blood sugar (since HbA1C levels don't change quickly) versus blood glucose levels, which are a “snapshot” of glucose levels at that moment
- **Tiny reductions = Big benefits:** a **1% decrease** in HbA1C can lead to
 - 19% reduction in risk of cataracts
 - 16% reduction in risk of heart failure
 - 43% less risk of amputation or death from peripheral vascular disease

Clinical Study on Hintonia

- In a 2014 study, 178 people with type 2 diabetes/pre-diabetes were divided into 4 groups treatment groups, all received *Hintonia latiflora* plus their regular diabetes protocol
 - Oral antidiabetics
 - Oral antidiabetics and insulin
 - Insulin only
 - Diet changes only
- After 8 months, significant improvements occurred
 - HbA1c improved **by an average of 10.4%**
 - Fasting glucose improved by an average of 23.3%
 - Postprandial glucose improved by an average of 24.9%
- In 114 participants were taking some kind of medication – at study end, 45 participants reduced their dosage and 10 participants no longer needed it.

More research

- 41 people with Type 2 diabetes
- Received Hintonia extract with a small amount of essential vitamins and minerals (including B vitamins and zinc); one capsule, twice a day before meals, for 6 months
- Results
 - 11% decrease in HbA1c levels
 - 25% reduction in fasting glucose levels
 - 22% reduction in postprandial glucose levels
- **Research going back to 1950** consistently documents beneficial effects of Hintonia in reducing blood sugar levels

What to know about Hintonia

- Extremely safe – research going back over 60 years has found it is very well tolerated with no significant adverse effects
- The sooner it is used the better it works – best results were seen in people with mild to moderate increases in blood sugar levels
- In clinical trials, Hintonia was used safely in combination with insulin and oral antidiabetic medications (but always keep your doctor informed)
- Dosage: 20 mg polyphenols from Hintonia, one to three times daily, along with essential vitamins and minerals

Drug Prices Continue to Soar
Two Drugs You Might Not Need
(3 slides)

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Recently Published in the New York Times

- New York Times Editorial: “Drug prices are soaring in a way that defies reason”
- A vial of insulin (a drug that has been on the market for almost a century) that cost less than \$200 10 years ago, costs \$1500 today
- An osteoporosis drug that costs \$350 a month in Britain costs \$26,000 a month in the United States
- A researcher comparing the costs of commonly prescribed drugs found they **cost 80% more in the United States** versus other countries
- 1 in four Americans don't fill prescriptions, or skip or cut doses because they can't afford the medications

Two Drugs You Might Not Need

Always discuss your use of prescription drugs with your doctor, weighing risks and benefits.

#1: Proton pump inhibitors: prescribed for GERD (gastroesophageal reflux disease) and H. pylori infection

- Use them short term [if at all]
 - People who take these drugs are 16-21% more likely to have a **heart attack**
 - 2.5 times more likely to have **memory problems**
 - 30% increased risk of **pneumonia**
- **Instead:** Reduce heartburn symptoms with d-limonene and sea buckthorn oil (600 mg once or twice daily); heal ulcers and treat H. pylori with DGL, 75 mg twice daily

#2: Statin drugs: prescribed to reduce cholesterol levels

For every 100 patients with elevated cholesterol levels who take statins for five years, a heart attack will be prevented in **one or two patients**. However, by taking statins, **one or more patients will develop diabetes and 20% or more will experience disabling symptoms**, including muscle weakness, fatigue, and memory loss.

Instead: keep your heart healthy with a diet of healthy fats and nutrients such as grape seed extract, pomegranate, benfotiamine, and magnesium

OPCs for Glaucoma Prevention (3 slides)

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Glaucoma the “silent thief of sight”

- Glaucoma is the second leading cause of blindness in the United States (after diabetic retinopathy caused by diabetes)
- Blindness results from damage to the optic nerve caused by increased pressure in the eye (because of fluid not draining properly)
- No symptoms in the early stages – by the time it is detected permanent damage may have already occurred
 - 50% of people with glaucoma don't know it
- No cure and no way to restore vision once it is lost

Help for Glaucoma Prevention – OPCs from Grape Seed

- Researchers exposed retinal cells to extreme oxidative stress (cellular model of glaucoma) – about 70% survived
- When the retinal cells were treated with oligomeric proanthocyanins and then exposed to oxidative stress **all the cells survived** – OPCs **completely protected** them from oxidative damage
- OPCs have also been shown to limit the retinal cell damage associated with diabetic retinopathy – in an animal model, OPCs reduced oxidative stress in diabetic retinas by 30% versus untreated animals, and reduced retinal cell death by 45%

A Closer Look at: Melanoma (2 slides)

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The most dangerous skin cancer

- Skin cancer is the most common type of cancer: melanoma is the most dangerous of the skin cancers
- Melanoma can develop anywhere on the body – most often on areas that had sun exposure (back, legs, arms and face)
- ‘Hidden melanomas’ can also appear on the soles of the feet, palms of the hands, and fingernail beds
- When diagnosed and treated early, melanoma survival rates are very high – 99% five year survival rate
- Advanced melanoma that has spread to the lungs, brain, or liver is much more difficult to treat, and the five year survival rate is 15-20%

Minimizing melanoma

- Watch moles carefully and keep an eye out for new growths, especially moles that change color or size quickly – talk to a doctor if you have any concerns
- And consider the following nutrients:
 - **Fiber (prebiotic)**: recent study found that people eating a high fiber diet were 5 times more likely to respond to their cancer treatment than people eating a low fiber diet (greater gut microflora diversity = better immune response during cancer treatment)
 - **Curcumin**: up to 80% effectiveness against human melanoma cells (cell test)
 - **Grape seed**: 66% reduction in tumor size (animal model of melanoma); almost a 60% decrease in human melanoma cells (cell test)
 - **Ashwagandha**: up to 70% inhibition of human melanoma cells (cell test); approximately 70% inhibition of melanoma cancer spread (animal model)