

Featured Topic: Boswellia (5 slides)

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The new “everything herb”?

- New study: women who experienced heavy menstrual bleeding took ibuprofen plus either 300 mg of boswellia or a placebo, 3 times daily, during 7 days of their menstrual cycle for two cycles
 - Results: versus placebo, boswellia reduced heavy menstrual bleeding by almost 25%, and improved quality of life scores by 45%
 - Many women take NSAIDS such as ibuprofen during their menstrual cycles – long term use of NSAIDs is associated with gastrointestinal ulcers and bleeding
 - **No adverse effects associated with long term use of boswellia**
- Boswellia is also useful for:
 - Cancer
 - Lung diseases
 - Liver protectant
 - Heart disease
 - Relieving pain and reducing inflammation

What makes boswellia so good for so much?

- Boswellia stops the 5-LOX inflammation pathway
 - One part of the 5-LOX pathway leads to inflammatory **leukotrienes**, which are associated with asthma and allergies, arthritis, and inflammatory bowel diseases
 - The other part of the 5-LOX pathway involves compounds that **interfere with the body's ability to kill cancer** cells
- Non-Steroidal Anti-inflammatory drugs (NSAIDS) stop inflammation on the COX pathway but do **NOTHING for the 5-LOX pathway**
 - This is why asthma isn't treated with ibuprofen
 - NSAIDS have a lot of adverse effects
 - In fact, **25% of individuals using NSAIDs experience some type of side effect**, and as many as 5% develop serious health problems

Boswellia Research: Brain Cancer

- In Europe, boswellia is an orphan drug for the reduction of brain swelling associated with cancer
- Clinical trial: 44 patients treated with radiation therapy for brain cancer received either boswellia or placebo
- Results: **60% of the boswellia group had a 75% or greater reduction in brain swelling**, versus only 26% of the placebo group participants
- Additionally, in cases of malignant brain cancer, animals treated with boswellia extract had **double the survival time** versus the placebo group

More Research on Boswellia

- **Cancer Treatment and Prevention**
 - In a cell study of pancreatic cancer, exposure to AKBA, the key compound in boswellia, **suppressed pancreatic cancer cell formation by 50 – 90%**
 - In an animal model of pancreatic cancer, animals receiving AKBA had a **70% reduction in tumor size** versus untreated animals
- **Asthma and Allergies**
 - **70% of asthma patients treated with boswellia had improved lung function** versus only 27% of participants in the control group
- **Colitis and Inflammatory Bowel Diseases**
 - **63% of patients with chronic diarrhea and colitis achieved remission** after 6 weeks of boswellia treatment versus 26% in the placebo group
- **Arthritis and Joint Diseases**
 - After treatment with boswellia (plus curcumin) **93% of people with arthritis of the knee could walk 1000 meters** versus just 85% in the drug treatment group

How to pick a boswellia extract

- The beneficial activity of boswellia is strongly associated with the key compounds, boswellic acids and AKBA
- However, one specific boswellic acid – beta boswellic acid – actually CAUSES inflammation, it doesn't reduce it
- Look for boswellia extracts which are labeled to contain less than 5% beta boswellic acids and at least 10% AKBA – the most powerful compound in boswellia
- Take 500 mg boswellia, or take in combination with curcumin or other natural anti-inflammatories
- Boswellia has no known adverse effects

Two Foods that Prevent Heart Disease (2 slides)

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An Egg a day keeps the Heart Doctor away

- Researchers in China looked at health data collected over a 10 year period from about half a million adults between the ages of 30-79, who were free of heart disease, cancer, and diabetes at the start of the study
- They sorted the participants based on their egg consumption: daily, occasionally, or never
- Result: versus not eating eggs, daily egg eaters had
 - 26% lower risk of experiencing a stroke
 - 28% lower risk of DYING from a stroke
 - 18% lower risk of DYING from heart disease
- Why? Eggs contain phospholipids which boost beneficial HDL cholesterol levels; protein in eggs increases satiety and reduces blood sugar and insulin levels

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Nuts Keep Your Heart Healthy

- Researchers collected 20 years of data from more than 16,000 people, before and after they were diagnosed with type 2 diabetes
- Results
 - Eating 5 or more servings (serving = 1 oz) of nuts weekly reduced risk of heart disease by 20%
 - Eating more nuts was also associated with a 30% reduction in premature death from heart disease or other causes
 - Best results from tree nuts – walnuts, cashews, almonds, Brazil nuts, pecans, macadamias, and hazelnuts [not peanuts, which grow underground]
- Why? Nuts contain high amounts of fiber (promotes satiety), omega fatty acids, and other healthy fats

A Closer Look at: Pancreatic Cancer

(3 slides)

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Pancreatic Cancer

- Alex Trebek (host of Jeopardy) was recently diagnosed with pancreatic cancer
- Pancreas is an abdominal organ with 2 primary functions
 - Secretes enzymes that enable digestion
 - Produces the hormones insulin and glucagon that regulate blood sugar levels
- Pancreatic cancer is the third leading cause of cancer deaths in the United States
- symptoms are vague and it often spreads quickly to other parts of the body before it is detected
 - Back or stomach pain
 - Bloating
 - Loss of appetite and trouble digesting food
 - Unintended weight loss
 - Recent diabetes diagnosis, or a sudden change in blood sugar levels in previously stable diabetes

Preventing pancreatic cancer

- Advanced pancreatic cancer is difficult to treat and survival rates are low
- However, prevention can significantly reduce risk
- Avoid processed meat
 - 1 serving of processed meat a day increases risk by 19% (processed = smoked, cured, salted, etc)
- Maintain a healthy weight
 - Data from over 150,000 people followed for 20 years found that obese individuals were **72% more likely to have pancreatic cancer** than people at a healthy BMI
- Don't smoke
 - Up to 20% of all pancreatic cancer cases are associated with smoking

Natural ingredients that may be effective against pancreatic cancer

- Grape seed
 - Up to a 60% decrease in pancreatic cell death when exposed to grape seed extract (cell study)
 - Grape seed inhibited pancreatic cancer cell spread by up to 82% (cell study)
- Curcumin
 - Curcumin inhibited pancreatic cell spread by 50-90% (cell study)
 - In patients with advanced pancreatic cancer, adding curcumin to conventional chemotherapy nearly doubled overall survival time (from 5 months for the drug alone to 10 months for the drug/curcumin combination)
- Consider 575 mg of curcumin/grape seed combination once or twice daily