

**Featured Topic: New News On Curcumin  
Metabolic Syndrome and Fatty Liver  
(6 slides)**

**Terry Talks Nutrition**

IMPROVING THE HEALTH OF AMERICA

## First: what is curcumin?

- Start with the plant called turmeric
- Harvest, dry and grind up the rhizome (an underground stem) into a powder
- From the powder, extract the medicinal compounds – curcumin and turmeric essential oil with ar-turmerone
- Turmeric is the spice, curcumin is the medicine

**PUBMED medical database now contains over 15,000 studies on curcumin and turmeric**

Terry Talks Nutrition

IMPROVING THE HEALTH OF AMERICA

# New study #1: Metabolic syndrome

- Study: 44 people with Type 2 diabetes received either a placebo or a curcumin with turmeric oil (BCM-95; 500 mg three times daily) for 10 weeks
- Result – curcumin reduced two critical factors related to metabolic syndrome: weight and blood sugar levels!

Curcumin (BCM-95)	Placebo
Weight ↓	Weight ↑
Hip circumference ↓	Hip circumference → (no change)
Fasting blood sugar ↓	Fasting blood sugar ↑

# Why is this important?

- Metabolic syndrome: abdominal obesity (apple shape), High blood pressure, High triglycerides, Low HDL cholesterol, High blood sugar levels (insulin resistance)
- Significantly increases risk of heart disease, heart attack, and stroke
- **Almost 1/3 of US adults** have metabolic syndrome, including **50% of people 60 and older**
- In addition to curcumin, **weight loss** impacts all five factors related to metabolic syndrome

## New Study #2: Fatty Liver

- 50 people with fatty liver received 1500 mg of curcumin (BCM-95) daily or placebo for 12 weeks
- Results:
  - 37% reduction in scar tissue formation on the liver in the curcumin group versus placebo
  - 26% reduction in inflammation marker TNF-alpha versus placebo

# Why is this important?

- Fatty liver is the first step on the road to permanent liver damage
- BUT If caught early enough, **fatty liver disease can be stopped and reversed, no drugs necessary**
  - Cut sugar intake
  - Lose weight
  - Add **curcumin**

# Choosing Your Curcumin

- Curcumin is fat soluble
  - Dissolves in fat, not water
- In other words it absorbs best when paired with a fat
- Combining **curcumin** with **turmeric essential oil with ar-turmerone** is a safe and effective way to ensure absorption
- Dosage: up to 750 of enhanced absorption curcumin daily; in some cases may increase to 1500 mg daily

# **Cancer is Arriving Sooner (2 slides)**

Terry Talks Nutrition

IMPROVING THE HEALTH OF AMERICA



# More Young People are Getting Cancer

- Increasing obesity rates in young people is linked to earlier onset of cancer
  - 40% of all cancers are linked to being overweight or obese
  - Between 1988 and 2016, obesity rates doubled for 20-39 year olds, and increased from 28% to **43%** for 40-59 year olds
- Obesity is associated with these cancer risk factors
  - Chronic inflammation
  - Increased insulin production
  - Increased hormone production (especially estrogen) which is associated with breast, ovarian, and thyroid cancers
- Obesity-linked cancer rates have increased from 25% - 200% for men and women ages 50-64, while declining for seniors over age 65

# Cancer Prevention Plan

- Weight loss
  - Cut sugar intake: sugar feeds cancer
- Reduce inflammation
  - Cut sugar intake: sugar causes inflammation
  - Increase intake of anti-inflammatory foods: olive oil, nuts, and healthy fats, vegetables and antioxidant fruits
- If you smoke, stop
- Consider anti-cancer nutrients: curcumin, boswellia, grape seed, and andrographis

**Are you having a heart attack?  
(3 slides)**

Terry Talks Nutrition

IMPROVING THE HEALTH OF AMERICA

## Would you know if you are having a heart attack?

- Heart attack in the movies: older man clutches chest, staggers, and falls down in agony
  - 40% of people believe this is how heart attacks happen
- Heart attack in real life – milder symptoms that are easy to ignore:
  - Shortness of breath and/or dizziness
  - Heartburn or stomach pain
  - Cold sweats
  - Nausea
  - Pressure or squeezing in the chest, arms, neck, jaw or back
- Women are more likely to have ‘silent’ heart attacks – a heart attack with NO noticeable symptoms

# Don't ignore the symptoms

- People treated for a heart attack four to six hours later are twice as likely to die as those treated in one to two hours
- Take steps to reduce your risk of heart disease:
  - **Get the extra pounds off:** A recent study found that for every 8 lb increase in BMI (body mass index) the risk of heart disease goes up 25%
  - **Get the sugar out of your diet:** A 15 year study found that getting more than 25% of your daily calories from sugar **doubled the risk of dying of heart disease** (versus those whose sugar intake was 10% or less of their daily calories)
  - **Get blood pressure down, prevent oxidative damage to your blood vessels, and stop inflammation:** High c-reactive protein levels (a marker of inflammation) were associated with a 52% increase in risk of heart attack or stroke in a recent clinical study

# Key Nutrients for the Heart

- French grape seed
  - 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%
- P5P
  - Findings from the Nurses Health Study showed that women with the highest levels of P-5-P had a **78% reduced risk of heart disease** versus women with the lowest P-5-P levels
- Benfotiamine
  - Maximum absorption is **5 times higher** than other forms of thiamine – essential nutrient for the heart
- Magnesium
  - In a recent study, every small increase in magnesium intake was associated with a **30% lower risk** of heart disease
- Pomegranate
  - Clinical trial in people with heart disease: blood pressure lowered by over 12% and a **30% reduction** in atherosclerotic plaque; control group (no pomegranate) saw their atherosclerotic plaque **increase** by 9%
- Combine 600 mg of pomegranate and grape seed with 30 mg of P-5-P, 300 mg of magnesium, and 150 mg of benfotiamine and take daily for superior heart health!