

# Featured Topic: NSAIDs (3 slides)

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# Non-Steroidal Anti-inflammatory Drugs

- NSAIDs
- There are over 2 dozen medications in this category, including:
  - Aspirin
  - Ibuprofen (Advil, Motrin)
  - Naproxen (Aleve)
  - Diclofenac (Voltaren)
  - Celecoxib (Celebrex)
- NSAIDs are used to reduce inflammation and relieve pain
- Baby aspirin is often prescribed to help prevent formation of blood clots

# The Problem with NSAIDs

- NSAIDs are very hard on the digestive system
  - 100,000 people are hospitalized every year from gastrointestinal complications of NSAID drug use, and over 16,000 people die from these complications
  - Up to 50% of people who are prescribed NSAIDs stop taking them because of abdominal pain, diarrhea, and upset stomach
- NSAIDs are hard on your heart
  - Researchers looked at data from 446,763 individuals, both heart attack patients and controls: overall, the risk of heart attack when using NSAIDs was increased 20-50% versus no NSAIDs
  - Risk began increasing **the first week of NSAID use** and high dose use (over 1200 mg daily of ibuprofen for 8 – 30 days) was particularly harmful
- NSAIDs are bad for your ears
  - In a study of over 50,000 people, regular use of aspirin for up to four years increased risk of hearing loss by 28%
- NSAIDs are bad for your brain
  - In a study looking at the effects of long term use of an NSAID drug versus placebo on the brain, tests of mental function (the Alzheimer's progression score) worsened **equally** for both groups, and in fact there was a trend for **a worse score in the NSAID group**

# Curcumin combination for for effective, safe pain relief

- Curcumin, plus boswellia, DLPA and nattokinase
  - Curcumin + boswellia **relieved arthritis pain** more effectively than a prescription NSAID (14% of patients were pain free after 3 months, versus 7% of the drug group patients) **WITHOUT** adverse effects
  - In rheumatoid arthritis patients, **curcumin reduced pain and swelling** more effectively than the prescription drug – 14% of patients in the drug group dropped out because of adverse effects, while ZERO participants in the curcumin group dropped out
  - In a study of curcumin vs ibuprofen in arthritis patients, **curcumin group had less pain and better ability to walk up stairs and walk a distance** than the ibuprofen group – without adverse effects!
- 2,181 mg of the combination daily – increased if needed

**When is it too late to build up your muscles?  
(2 slides)**

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# Is it ‘too late’ to start exercising?

- Most people lose about 1%-2% of their muscle mass, and up to 5% of their strength, every year beginning in their 50s
- Researchers divided men ages 60-80 years old into two groups
  - Group 1: men who were active but did not do any formal exercise or physical training
  - Group 2: highly active master athletes who had averaged 8 hours of endurance training a week for more than 20 years
- It was expected that the master athletes would be better at building muscle



Results!

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# Results

- Participants underwent muscle biopsy before and after a strenuous weight-lifting exercise session
- Results: Both groups responded **equally** to exercise, producing the same amount of muscle building proteins
- Conclusion: Even later in life **it is still possible to build muscle** – even if you have not regularly exercised before!
- **Don't forget protein intake!** In a separate, three year study comparing protein intake in older adults, those with the lowest protein in their diets had a 40% increased loss of muscle mass

# **3 Family-Friendly Natural Medicines for the Immune System (5 slides)**

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# Have a Healthier Winter this Year!

- Flu season gets started in October
- “Cold season” starts in September and lasts until April!
  - NOTICE – ‘cold season’ matches up to the school year!
- Be ready and keep the whole family healthy this year!

# Immune Nutrient #1: Vitamin D

- Supplemental vitamin D (1200 IU daily) in school children helped reduce the incidence of type A flu (influenza) by 8%
- Looking **only at children who had NO supplemental vitamin D** prior to the study, the risk of infection was reduced **almost 60%**
- In adults with low vitamin D levels, daily supplementation **cut their risk of respiratory infection in half**
- 5,000 IU daily is a commonly suggested dosage

# Immune Nutrient #2: Propolis

- Antibacterial, antiviral, and antifungal
- In a study on influenza virus [animal model], propolis reduced virus load as effectively as a prescription anti-viral drug
- Propolis has also been shown to help increase the activity of the body's immune cells
- In children with sore throat and ear infections, 3 days of propolis treatment significantly reduced symptoms
  - Remember- antibiotics are NOT effective for viral ear infections!
- Suggested dosage: 100-200 mg daily

# Immune Nutrient #3: Andrographis

- Antiviral and anti-inflammatory effects
  - up to 30% inhibition of bird flu virus (cell study)
  - was most effective when used before exposure to the virus
- Especially effective for coughs and sore throat
- In a randomized, placebo-controlled study of andrographis as a treatment for upper respiratory infection (common cold) by day 5 symptoms (cough, headache, earache) were better in the andrographis group but the same or worse in the placebo group
- Suggested dosage: 400 mg of andrographis daily

# What NOT to feed the immune system

- White blood cells kill bacteria and viruses
- **Sugar blocks vitamin C** that white blood cells need to function
- Researchers found that drinking a liter of soda (equal to 2 typical, 16 oz bottles) OR eating 100 grams of sugar (2 typical bottles of soda, or 4 candy bars) **reduced white blood cell activity by 40%**
- In contrast, 1000 mg of vitamin C plus zinc reduced cold symptoms up to 27% faster versus placebo in 2 clinical studies