

Featured Topic: Neuropathy (6 slides)

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Do you have burning feet?

- Weakness, numbness, tingling and pain - often described as “burning feet” – are signs of nerve damage called **peripheral neuropathy**
- Peripheral neuropathy is often associated with diabetes
 - 60-70% of people with diabetes have some sort of nerve damage

Complications of diabetic neuropathy:

- People with neuropathy have **5 times increased risk of falling**
- Almost **90% of diabetic foot ulcers** are associated with diabetic neuropathy

High Blood Sugar and Damaged Nerves

- High blood sugar is very irritating to nerves
- The “Why” is not fully understood
- What is important...
 - Keeping blood sugar levels down can prevent nerve damage
 - Once the damage has occurred, it is very difficult to reverse
 - **The earlier** you take action, **the better** the results will be

Easing Painful Nerves

- 3 areas which need to be addressed
 - **Circulation** – proper blood flow carries nutrients and oxygen to the nerves
 - **Inflammation** – plays a significant role in the development and progression of nerve damage
 - **Repair** of nerves and nerve sheath (myelin)
- Promote nerve repair and pain relief with a combination of Bioactive B vitamins, Zinc, Chromium, and Alpha lipoic acid

Bioactive B Vitamins

- Benefits:
 - No liver conversion required
 - Increase nitric oxide, which expands blood vessels and improves blood circulation
 - Reduce nerve pain and allow nerve healing to occur
- What to look for
 - Methylcobalamin: most effective form of B12 in treating nerve pain; essential for nerve repair and regeneration; shown in clinical trials to ease nerve pain, tingling and burning associated with neuropathy
 - P-5-P: reduces nerve pain; shown to prevent progression of nerve damage associated with diabetes
 - L-methylfolate reduces homocysteine; homocysteine interferes with nitric oxide activity
- **This specific combination shown in a clinical trial to reduce nerve pain by almost 90%**
- Combine with other B vitamins for best results: thiamin, riboflavin, biotin, niacin, pantothenic acid

Zinc and Chromium

- Diabetes is frequently associated with low zinc and chromium levels
- Zinc supplements have been shown to improve blood sugar control
- Chromium is very effective at reducing blood sugar levels by increasing the effectiveness of insulin (increasing transport of sugar into cells)
- Additionally, chromium reduces inflammation associated with diabetes

Alpha Lipoic Acid

- Antioxidant that is both fat and water-soluble
- Shown to lower blood sugar levels in people with diabetes
- Regularly used in Germany to treat diabetic neuropathy
 - Shown in clinical trials to reduce symptoms of neuropathy and slow its progression

Healthy Flying (2 slides)

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Are airplanes flying germ factories?

- Researchers found that 72% of people who had traveled on the same plane as a person with the flu got sick themselves within 72 hours

Two big problems when traveling on a plane

#1: DRY AIR: healthy humidity is about 40%; airplanes can be 20% OR less!

- Dry mucous membranes can't keep out the germs
- Drink 4-8 oz of water every hour, and don't let the air vent overhead point directly at your face
- If you wear contact lenses take them out before flying, or put drops in your eyes to keep them moist

Problem #2: Germs from other passengers

- Dirtiest part of the plane is NOT the bathroom
- Researchers have found that seatback trays can carry **8 times more bacteria** than the airplane toilet handle
- **Seatbelt buckles** can also be contaminated, along with the aisle seat **headrest** (people walking down the aisles touch the headrests to keep their balance)
- This might be the time to consider hand sanitizer; avoid touching your face, eyes, and nose; wash your hands thoroughly as soon as you get **off** the plane
 - Airplane water tanks can also be contaminated
- Travel with natural immune-boosters: propolis, andrographis, and elderberry

**Reducing the Adverse Effects of the “Desk Job”:
from Premature Death to Hemorrhoids
(2 slides)**

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Sitting is Hard on the Body

- Researchers surveyed about 500 office employees who regularly spent a little over 6 hours of their 8-hour work shift sitting
 - 73% were exhausted during their workday
 - 50% of participants reported neck, lower back, or shoulder pain
- In a separate study, researchers looked at the effect of uninterrupted sitting, versus sitting with movement breaks, in overweight people with high blood sugar levels
 - Sitting for two straight hours without getting up resulted in blood sugar levels **40% higher** than participants who got up every 20 minutes and walked for 2 minutes

Erasing the effects of sitting all day

- Researchers followed 150,000 people, age 45 and over, for 9 years
- They found that people who sat for more than 6 hours per day were 107% more likely to die of heart disease than those who sat for 4 hours a day or less
- **HOWEVER**, getting **20-40 minutes** of moderate exercise – such as walking – every day **reduced or eliminated the negative effects of sitting**

Another common consequence of sitting all day

- **Hemorrhoids** – swollen veins in the anus/rectum - are embarrassing to talk about but common: up to 75% of adults will experience hemorrhoids
 - Google reports that “hemorrhoids” is the fourth most searched health condition (after diabetes, depression, and anxiety)
- Sitting too long – either at a desk or on the toilet – is a significant risk factor for hemorrhoids
 - Constipation AND diarrhea are both associated with hemorrhoids

Solution for Hemorrhoids

- Avoid sitting for long stretches;
- Increase bowel regularity with 800 mg blend of: Turmeric, Greater Galangal, Andrographis, Boerhavia, Indian Laburnum, Gotu Kola Leaf, Cyperus, Licorice, East Indian Sarsaparilla, Long Pepper, Chebolic Myrobalan, Indian Tinospora, Ginger, Curry Tree
- IF YOU HAVE Hemorrhoids, add French Grape Seed Extract to promote vein healing and strength

Are Your Heartburn Drugs Causing Your Allergies?

(4 slides)

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Do antacids aggravate allergies?

- Research has previously linked antacid use with food allergies
- In a new study, researchers in Austria analyzed health insurance data from over 8 million people
- They found that on average, people prescribed antacid medications were **twice as likely to later take drugs for respiratory allergies** versus people who didn't take antacids
- People over age 60 were **five times more likely** to need an anti-allergy drug if they previously has used an antacid drug

What is the connection between stomach acid and allergies?

- The purpose of stomach acid is to
 - Continue the process of digestion, especially breaking down proteins
 - Protect the body from bacteria that may be on the food we eat
- Because of low acid in the stomach due to antacids, food proteins don't get broken down properly, which can then sensitize the immune system – resulting in ALLERGIES

Allergies aren't the only problems

- People who take **proton pump inhibitors** (which reduce acid production) are **16-21% more likely to have a heart attack**
 - Researchers have found that these drugs damage the lining of the blood vessels (called the endothelium)
- Women taking acid blockers 25% more likely to break a bone
 - Women with hip fracture are 62% more likely to have used acid blockers long term
- Elderly patients using acid blockers were 2.5 times more likely to have memory problems
 - Probably due to poor absorption of B12
- 30% increased risk of pneumonia
- 50-75% more likely to contract bacterial infection when hospitalized for other problems

Treat Heartburn the Natural Way

- To treat heartburn:
 - Restore stomach acidity with betaine hydrochloride
 - Reduce symptoms with d-limonene and sea buckthorn oil (600 mg once or twice daily)
- Heal ulcers and treat H. pylori with licorice flavonoids
 - 75 mg twice daily
- Take (animal-based) enzymes **with meals** to relieve other common digestive problems
- Stay away from proton pump inhibitors

A Quick Look at: Decreasing Life Expectancy (1 slide)

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Life expectancy in the US continues to decline

- After increasing for decades, life expectancy in the US has decreased for three straight years
- Biggest change: higher rates of death for middle aged Americans, especially those living in the east and midwest
 - Up to a 23% increase in mortality in New Hampshire, West Virginia, Ohio, Maine, Vermont and Indiana
- Primary Cause: drug overdose (opioids), alcoholism, suicide, high blood pressure, and diabetes

Diabetes Rates in Kids: On the Rise (1 slide)

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Prediabetes – the first step in high blood sugar levels

- After analyzing data from 5,800 individuals collected from 2005 – 2016, researchers found that obesity, diabetes, and prediabetes in US children has continued to increase
 - 25% of young adults have prediabetes
 - 18% of teens have prediabetes
 - 1/3 of US kids are overweight
- Separate studies have found that **up to 60% of those diagnosed with prediabetes** will go on to develop Type 2 diabetes
- 20 years ago, Type 2 diabetes was known as “adult onset diabetes” because it was so rare in children