

Featured Topic: Prevent Heart Disease (8 slides)

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Almost half of Americans have heart disease

- Almost half of Americans – 48% - have or have experienced heart disease including
 - Heart attack (blood clot in the heart)
 - Stroke (blood clot in the brain)
 - Angina (chest pain caused by reduced blood flow to the heart)
 - Abnormal heart rhythms
 - Narrowing of the arteries
- Heart disease is the leading cause of death for Americans

Help Your Heart with Grape Seed Extract

- Researchers pooled data from 15 previously published, randomized controlled clinical trials on grape seed extract and its effects on heart disease (including almost 700 people)
- Results: Grape seed extract significantly reduced
 - blood sugar levels
 - inflammatory triglycerides
 - Inflammatory c-reactive protein
- Even small reductions in triglyceride levels have been found to reduce risk of heart disease up to 32% in men and 76% in women!

More Reasons to Love Grape Seed

- **6% reduction in high blood pressure levels** in men with pre-hypertension
- 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%
- **75% reduction in blood sugar levels** – returned blood sugar to *near normal* level (animal model of diabetes)
- 10 point reduction in total cholesterol and **5 point reduction in oxidized LDL cholesterol levels** in patients with mildly elevated cholesterol levels
- **Mild anticoagulation effects** – reduces risk of dangerous clots but does not impair normal function

What to know about grape seed extract

- The beneficial compounds in grape seed are Oligomeric proanthocyanidins or OPCs
 - Protect cells against free radical activity, and improve blood circulation and strengthen blood vessels
- Look for grape seed high in OPCs and free of tannins (compounds in grape that are not well absorbed and don't have the same benefits for health)
- Combine with the following nutrients to give your heart the best support possible...

Magnesium

70-80% of Americans do not get the minimum recommended daily intake of magnesium (420 mg daily for men and 320 mg daily for women)

- Increased intake of magnesium reduces risk of metabolic syndrome (a condition linked to heart disease) by 30%
- In a recent study, every small increase in magnesium intake was associated with a **30% lower risk** of heart disease
- High dietary intakes of magnesium linked to **22% reduction in risk of ischemic heart disease** (reduced blood flow to the heart)
- A new study of over 150,000 postmenopausal women found that those with the highest magnesium intake were **18% less likely to die of a sudden heart attack**

P-5-P (Vitamin B6)

Low levels of the active form of vitamin B6 – **pyridoxal-5-phosphate** – are associated with high levels of inflammation and increased risk of heart disease

- One study found that people with the highest levels of inflammation (including c-reactive protein) had P5P levels 25% lower than people with low levels of inflammation
- A separate study found that people with the highest intake of vitamin B6 had **c-reactive protein levels 50% lower** than people with the lowest vitamin B intake
- 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 (Thiamin)

Fat soluble form of vitamin B1 (thiamin)

- Easily passes the intestinal wall and can enter directly into cells
- Maximum absorption is **5 times higher** than other forms of thiamine
- Supplemental benfotiamine **reduced by 50%** the oxidative stress and restricted blood flow associated with smoking
- Benfotiamine prevented damage to the heart associated with diabetes (animal model)
- In a separate study (also an animal model of diabetes) benfotiamine stopped oxidative stress damage to the heart

Pomegranate

- In an animal study, **90% prevention** of LDL cholesterol oxidation
- 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!

Whole milk is good for kids (1 slide)

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Fat Milk = Skinny Kid

- Traditional advice was to give kids under 2 years whole milk, but switch them to reduced fat milk at 2 years of age to prevent weight gain
- However, this is becoming outdated advice – even the American Academy of Pediatrics now states that “...early introduction of reduced-fat milk may ultimately **increase** the risk of obesity.”
- Researchers recently analyzed 28 studies that examined children’s milk intake and risk of obesity
 - Not ONE study (which included over 21,000 children) found that drinking reduced fat milk reduced risk of overweight or obesity
 - 18 of the 28 studies found that **children who drank whole milk were less likely to be overweight or obese**

**Stop Stressing about Work and
Start Sleeping More
(2 slides)**

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Is work stress keeping you up at night?

- According to a recent survey, 66% of American workers have lost sleep because of job-related stress
- Even 15 minutes less sleep than usual has been found to interfere with judgement and productivity at work – increasing stress levels even more!
- Lack of sleep makes you less productive
 - In a study of over 600,000 workers, those who slept 5 hours or less per night had significantly worse productivity versus employees sleeping 8 hours a night

3 Tips to Stop Thinking About Work at night

#1: Write down your to-do list before you go to bed

- Writing it down frees your mind from “having to remember” – allowing you to relax and sleep

#2: Exercise

- A recent study in patients being treated for mental illnesses found that 30 minutes of exercise reduced obsessing about problems that night by almost 30%

#3: Natural relaxation and sleep aids

- Essential oils an hour before bed: lavender, lemon balm, ravintsara, mandarin are relaxing and calming, leading to restful sleep without morning grogginess
- *Echinacea angustifolia*: clinical tests show 20-40 mg quickly reduces anxiety and nervousness – take at night or during the day

Curcumin and Iodine for Thyroid Cancer (3 slides)

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Increasing rates of thyroid cancer

- Thyroid cancer is now the **5th most common cancer** in women
- Annually, there are now **five times as many cases of thyroid cancer** as there was in the early 1990s
- Treatment for thyroid cancer, especially in younger people (under age 40), increases risk of other problems later in life
 - 5 times more likely to get swelling around the heart
 - Twice as likely to have heart valve disease
 - 7 times more likely to develop osteoporosis
- Thyroid cancer treatment after age 40 is associated with a **46% increased risk of high blood pressure** and twice the risk of osteoporosis, versus people who have never had thyroid cancer

New research on curcumin and thyroid cancer

- Five new studies on curcumin's effects on thyroid cancer have been published in the last two years as researchers continue to explore the anti-cancer effects of curcumin
- Key findings: Curcumin cut the ability of thyroid cancer cells to spread by almost 30%, and reduced dangerous free radical activity in thyroid cancer cells by 20%
- In a study of thyroid cancer cells exposed to a chemotherapy drug, curcumin, or both together
 - The drug was responsible for a 9% cancer cell death rate
 - Curcumin triggered a 20% cancer cell death rate
 - Combined, the **cancer cell death rate was 25%**
 - Additionally, combining curcumin with the cancer drug **prevented a 30% increase in COX-2 inflammation activity** that was triggered by the drug used alone

Iodine and the Thyroid

- Iodine deficiency
 - increases free radical activity in the thyroid, which can damage cells and increase risk of cancer
 - Allows a protein (VEGF) that triggers blood vessel formation around tumors (which allows tumors to grow) to be activated
 - One study of human thyroid cells found that **VEGF levels TRIPLED** when iodine was removed
- In contrast, normal and increased levels of iodine STOP free radical activity and keep VEGF protein in check to protect against thyroid cancer
- Take 750 mg of enhanced absorption curcumin and 6.25 – 12.5 mg of iodine