

**Featured Topic: Cold and Flu
Stopper - Elderberry
(4 slides)**

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Viral Illnesses

- Influenza (the flu) and the common cold, as well as shingles, herpes, and some types of hepatitis and pneumonia are caused by **viruses**
 - **Did you know?** The influenza virus can survive as long as 48 hours on stainless steel or hard plastic; survival on cloth, paper, or tissues is about 8-10 hours
- You should know: **antibiotics DO NOTHING to stop cold and flu viruses**
- However, several natural medicines have powerful effects against viruses

Elderberry is a natural antiviral drug

- Elderberry acts against viruses in two ways:
 - PRIMARY: neutralizes virus particles so that they cannot enter host cells
 - SECONDARY: causes the immune system to activate, which can help control the spread of a viral infection
- Specifically, elderberry has been found effective against
 - **Influenza Type A and B**
 - Herpes type 1
 - HIV
- BONUS: Elderberry has ALSO been shown to have some **antibacterial** activity

Elderberry protects against cold and flu

- A recent study in Australia found that taking elderberry while traveling **cuts risk of colds or the flu in half**
- 312 passengers flying from Australia to overseas destinations, economy class
 - Half received Haschberg variety elderberry extract; half received placebo
 - All passengers surveyed for cold and flu symptoms before, during and after their flights
- The elderberry group had **half as many illness** (cold or flu) as the placebo group
- For those in the elderberry group who did get sick, their **illness lasted only 2/3 as long** as the placebo group, and their **symptoms were not as severe**

Stop viral infections with elderberry

- Elderberry can be taken daily, especially during cold and flu season
- 200 mg daily, up to 1200 mg (when needed)
- Blend with other immune nutrients:
 - Vitamins A, C and D
 - Zinc, Calcium, Magnesium
 - Mixed bioflavonoids from citrus
- Other ways to stop a virus:
 - High dose vitamin D3
 - 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%**
 - Propolis extract (100 -200 mg of concentrated propolis daily)

Nutrient of the Day: Spanish Sage

(3 slides)

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Sage – to preserve memory

- Sage is one of the oldest cultivated herbs
- In Latin, sage (salvia) means “save” or “heal”
- A variety of sage called Spanish sage has been well-studied for its benefits for improving memory and mental function
- How does it work?
 - Antioxidant
 - Anti-inflammatory
 - Anti-depressant
 - Anti-anxiety
 - Inhibits acetylcholinesterase – inhibition of this enzyme has been shown to increase memory and recall

Spanish Sage – clinical research

- 24 healthy young adults received a placebo (sunflower oil) or Spanish sage oil on four separate testing days; testing days were 7 days apart to ensure a washout between tests
- Participants were tested on memory and recall using a standardized mental function test
- Results
 - Spanish sage was associated with improved word memory and increased speed of recall
- In a double blind, placebo-controlled crossover study in healthy adults, Spanish sage oil was associated with improved memory and attention, and reduced mental fatigue and increased alertness

How to use Spanish Sage

- For optimal results take with curcumin, rosemary, and vitamin D3
- No adverse effects associated with Spanish sage have been reported
- Take to improve memory and brain function at any age!

**The Next Blockbuster
Pharmaceutical Drugs – Treatment
for Fatty Liver?
(6 slides)**

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What will replace statin drugs?

- Statin drugs generated billions in profit for pharmaceutical companies
- But statin drugs now have cheap generic alternatives available
- The Wall Street Journal recently reported that the pharmaceutical companies are now searching for the next big “disease in need of a cure”
- Their likely focus – fatty liver disease

Fatty liver is the first step on the road to permanent liver damage



Fat deposits cause the liver to enlarge, but there is not yet significant damage

In the most severe form, the fatty liver becomes inflamed and tissue damage occurs

Healthy liver tissue is replaced with scar tissue and the liver ceases to function properly

Fatty liver is strongly tied to obesity

- 30 years ago, advanced fatty liver disease (non-alcoholic steato-hepatitis) was so rare there wasn't even a medical name for it!
- In 2002, 3% of liver transplants were due to advanced liver disease – today, fatty liver is associated with about 25% of liver transplants
- Overall, the rising incidence of fatty liver mirrors the rising rates of obesity
 - Today, the overall rate of fatty liver disease is about 20% of the population
 - Up to **90% of obese people** will have fatty liver disease

Can fatty liver be treated without drugs?

- New study – 40 boys ages 11-16 with non-alcoholic fatty liver disease
- Half the boys followed their typical diets and **half followed a low sugar diet** (no sugary foods or drinks, and no fruit juice) for eight weeks
- Results: low sugar group had
 - 40% decrease in inflammatory liver enzyme versus 8% decrease in typical diet group
 - 31% decrease in liver fat (typical diet group was unchanged)

Curcumin stops fatty liver

- Because of its antioxidant and anti-inflammatory properties, **curcumin** has been shown to stop the damage and cellular changes that lead to fatty liver
- In an 8 week study in patients with fatty liver, 78% of the patients receiving curcumin saw a reduction in liver fat
- Additionally, 17% of patients in the placebo group had an *increase* in liver fat while no patients receiving curcumin had an increase
- The curcumin group also saw a 12% decrease in HbA1c, while the placebo group had an *increase* of 3%

Take Fatty Liver seriously

- The main cause of fatty liver (aside from excessive alcohol consumption) is excess weight
- Symptoms are vague, but might include fatigue, weakness, loss of appetite, nausea, weight loss, and abdominal pain
- If caught early enough, **fatty liver disease can be stopped and reversed, no drugs necessary**
 - Cut sugar intake
 - Lose weight
 - Add curcumin

**A Closer Look At:
Prostatitis
(2 slides)**

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The Prostate and Prostatitis

- The prostate is a male gland responsible for secreting the fluid that transports sperm
- Prostatitis = inflammation of the prostate
 - Very painful
 - Can be caused by bacterial infections, nerve injury, or reasons that are still not understood
- Men with **chronic prostate inflammation are 1.78 times more likely to develop prostate cancer**, and have **2.24 times** the risk of having an aggressive form of this disease

New study on curcumin for prostatitis

- 48 men with chronic prostatitis used either a rectal suppository containing 350 mg of curcumin combined with a marigold extract, or a placebo suppository, for 1 month
- Results: versus placebo, the herbal treatment group saw a
 - 25% reduction in prostatitis symptoms (pain and discomfort, difficulty urinating, frequency of urination)
 - 14% increase in urine flow
 - Over 70% improvement in quality of life
- For daily prostate support take 1500 IU of vitamin D 3, plus 750 mg of curcumin, grape seed, pomegranate and silybin daily

Obesity Epidemic: Data Update (1 slide)

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Americans getting bigger around

- New data on America's obesity epidemic: National Health and Nutrition Examination survey compared results from 1999/2000 versus 2015/2015 (over 47,000 study participants)
- Average weight for American men is now 197.9 lbs, up 8.5 lbs
- Average weight for American women is 170.6, up 6.8 lbs
- Average waist circumference increased 1 inch for men and 2 inches for women
- Average BMI is 29.1 for men and 29.6 for women, up from 27.8 and 28.2
- The cutoff for obesity is BMI of **30**
- **If current trends continue, by the next survey the "average American" will be obese**