

Nature's Antibiotic (4 slides)

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Antibiotic Resistance

- Every year, over 2.8 million people get sick, and 35,000 people die, from antibiotic-resistant infections
- Antibiotic resistance means that harmful bacteria are immune to commonly prescribed drugs used to kill them – the SUPERBUGS
- The most dangerous antibiotic resistant bacteria include
 - MRSA (Sta

Stopping Superbugs

Keep intestines healthy

- Reduce sugar
 - sugar can feed harmful bacteria and help them spread in the intestines
 - Additionally, sugar inhibits the growth of beneficial bacteria that aid in digestion and help keep infections in check
- **Essential oils:** have been shown to stop even antibiotic resistant bacteria; essential oils are complex – contain more than one active compound with natural variations, so it is more difficult for bacteria to become resistant versus a single component antibiotic

Nature's Antibiotics

- Cinnamon oil
 - When tested against drug-resistant bacteria (including E. coli), cinnamon oil had greater potency than 3 commonly prescribed antibiotics
 - When combined with the antibiotics, cinnamon oil increased their effectiveness by up to 8 times!
- Thyme and oregano were found effective against 15 different strains of harmful bacteria – including E. coli - and 16 strains of yeast including C. albicans
- In a test evaluating the antibacterial effects of 6 different plant essential oils against 25 different bacteria, the most effective were thyme, oregano, and clove oil

How to use essential oils

- Take 75 mg of cinnamon, thyme, clove, and oregano oil once or twice a day
- Use for any condition related to bacterial infection
 - Food poisoning
 - Respiratory tract infections (sinus and ear infections, sore throat, and bronchitis)
 - Urinary tract infections
 - Bacterial pneumonia

World's Most Adulterated Food (2 slides)

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Most Faked Food Ever: Extra Virgin Olive Oil

- Extra Virgin olive oil can be expensive – it is the only cooking oil made without the use of chemicals or industrial refining
 - EVOO is pressed from the whole olive and spun (centrifuged) to separate water from the oil content – no heat, no chemicals, no refining
- Olive oil is one of the world’s most faked foods
 - Labeled as “extra virgin” (from the first pressing of the olive) when it is actually refined olive oil
 - Blended with refined vegetable oil or other nut/seed oils
 - Not olive oil at all! Actually sunflower oil turned green with chlorophyll and beta carotene
- It is estimated that 80% of the oil sold in the US as “Italian extra virgin” is a fake

Get the benefits of REAL olive oil

- First: buy real Italian extra virgin olive oil
 - Read the label closely to be sure the oil is produced in Italy
 - Consider buying direct from an Italian producer
 - Real Italian is more expensive - \$7 a bottle is probably not Italian extra virgin
 - Should smell fruity and taste like olives
 - Store it in a cool dark place but NOT the refrigerator
- A few reasons why Extra Virgin Olive Oil is worth the money:
 - Raises HDL and reduces LDL oxidation
 - Protects against loss of bone density
 - Reduces depression
 - Improves digestion
 - Regular intake of olive oil has been shown to reduce risk of type 2 diabetes by 16%

**No sleep tonight, heart attack
tomorrow?
(2 slides)**

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Sleep is Necessary for Your Heart

- Researchers in China recruited almost 500,000 people with no history of heart disease, and documented any sleep problems they were experiencing
- The participants were then followed for 10 years
- Results: versus those with NO sleep problems, participants who **had problems falling asleep and staying asleep, waking up too early, and focusing during the day, were 18% more likely to have a heart attack or stroke** during the study period
- WHY? Not getting enough sleep, and not getting through all sleep cycles, increases inflammation and reduces time spent in periods of sleep that reduce blood pressure and heart rate

Good Sleep

- Popular suggestion: valerian. But some people (perhaps as much as 10%) who try valerian find it stimulating, not calming
- Instead try 125 – 250 mg of concentrated plant oils about an hour before bed: mandarin, lemon balm, ravintsara, lavender
 - Mandarin: relieves stress, settles the nervous system, and improves sleep
 - Lemon balm: reduces anxiety, mild sedative; also reduces pain that can cause sleeplessness. Shown in a clinical study to reduce insomnia by 42%.
 - Ravintsara: relieves insomnia, reduces depression, and stops nervous tension
 - Lavender: used for centuries to promote sleep; approved in Germany for use in tea to relieve insomnia and restlessness

**Are You Scared of Cancer? What are
You Doing to Prevent it?
(3 slides)**

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Americans are scared of cancer but aren't doing anything about it.

- American Society of Clinical Oncology annual cancer survey results (almost 5,000 adults polled):
 - 60% of Americans say they are afraid of getting cancer
 - But 75% of them haven't done anything to reduce their cancer risk
 - 2/3 of them said they did not know **how** to reduce their cancer risk
 - Only 20% of respondents had talked about cancer risk with their doctor
- 50% or more of all cancers can be prevented!

3 big cancer risk factors you can change

#1: Don't smoke.

- Smoking is associated with increased risk of at least 15 different types of cancers
- Smoking accounts for 30% of all cancer deaths

#2: Prevent weight gain.

- compared to women of normal weight, **women with obesity were 24% more likely to develop certain types of cancer**, including colon and rectal cancer, liver cancer, and thyroid and blood cancers

#3: Avoid processed foods.

- Every 10 gram increase in daily processed meat intake increases prostate cancer risk by 10% - 10 grams is **1/5** of a sausage!

3 cancer-preventing foods you should be eating

#1: Apples.

- Eating an apple a day reduced the risk of stomach and esophageal cancer by nearly 50%, lung cancer by 25%, and breast cancer by 20%
- Apples contain antioxidant polyphenols that protect cells from oxidative damage that can lead to cancer cell formation

#2: Extra Virgin Olive Oil.

- EVOO combined with a Mediterranean diet reduced breast cancer risk by **68%** versus a low fat diet
- Olive oil contains anti-inflammatory and antioxidant compounds that protect cells, and new research finds that a specific compound in olive oil (oleocanthal) can directly kill cancer cells

#3: Nuts.

- A serving of nuts several times a week can reduce overall cancer risk by 15%
- For colon cancer patients who ate nuts, risk of recurrence was reduced by 42% and risk of death by 53%
- Nuts contain protein, fiber, minerals, and healthy fats

New Considerations on Steroid Injections for Knee Pain (2 slides)

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The “Go To” for Knee Arthritis: Steroid Injections

- Steroids are powerful anti-inflammatories with a significant number of side effects
- New look at data on steroid injections for hip and knee arthritis found that
 - Steroids can make joint degeneration worse in some people
 - Steroid injections can lead to unusual bone fractures
 - Steroid injections can cause bone damage
 - Steroid injections can raise blood sugar levels, cause bleeding in the joints, and sometimes lead to infection
- A previous study compared steroid injections versus a placebo injection in people with arthritic knees – a shot every 12 weeks for 2 years
- Results: **no difference** in the two groups in amount of pain and stiffness, and ability to stand and walk
- BUT – the steroid group had **twice the cartilage loss** as the placebo group!
- **Steroids relieve pain in the short term, but the trade off is accelerated joint damage and cartilage breakdown**

Pain Free Joints – Without Steroid Injections!

- To keep your joints moving easily, take daily
 - 40.5 mg of native type II collage, 450 mg of boswellia, and 1740 mg of glucosamine/chondroitin/hyaluronic acid
- **Glucosamine** and **chondroitin**: the basic building blocks for collagen and cartilage
 - Chondroitin has been shown in clinical studies to decrease cartilage loss in joints; glucosamine has been found to reduce pain and stiffness associated with arthritis
 - In a comparison study, glucosamine + chondroitin reduced pain and swelling from arthritis as effectively as an NSAID drug (celecoxib) without significant adverse effects
- **Hyaluronic acid**: acts as a lubricator and shock absorber in joints
- **Native Type II collagen** promotes joint repair and rebuilding
- **Boswellia** reduces inflammatory leukotriene and c-reactive protein levels in the joints

Three Causes of Blurry Vision (5 slides)

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- Blurry vision means that objects are out of focus or hazy
- Vision can become blurry in one or both eyes
- Mild blurry vision that comes and goes is USUALLY not a serious concern but sudden, severe blurry vision can be a sign of a serious problem
- All vision changes – including blurry vision – should be checked by a doctor
- Here are three common causes of blurry vision and what you should know about them:

#1: High Blood Sugar

- Blurry vision can be one of the first warning signs of diabetes
- High blood sugar can **damage small blood vessels in the eyes** leading to blurry vision
- High blood sugar can **trigger fluid retention in the eye**, causing the lens to swell and vision to blur
- Diabetes doubles the risk of glaucoma – damage to the optic nerve – usually associated with extremely high pressure in the eye
 - Acute (closed angle) glaucoma causes sudden blurry vision, eye pain, and headache
 - Open angle glaucoma comes on slowly and usually has no symptoms
- Bottom line: keep your blood sugar levels under control to preserve your vision!

#2: Dry Eyes

- Dry eyes occur when tears are not able to keep the surface of the eyes moist
- Dry eyes can result from
 - a dry environment
 - wind
 - excessive looking at electronic screens
 - aging
 - lack of tears related to certain medical conditions, including diabetes, hormonal changes (pregnancy and menopause) thyroid disorders, or Sjogren's syndrome

Return moisture to the eyes with Sea Buckthorn

- A unique Sea Buckthorn Oil (SB150) has been shown to
 - Reduce inflammation in the eyes
 - Increase moisture content of tears
- In a clinical study of 100 people with dry eyes, 4 capsules daily of SB150 significantly relieved dry eye symptoms, including redness and burning
- In a separate study on women with Sjogren's syndrome (disease causing dry mucous membranes, including dry mouth and dry eyes) SB150 sea buckthorn significantly improved moisture and decreased dry mouth and eyes
- Dosage: 500 to 2,000 mg (1 to 4 capsules) daily

#3: Age-related Macular Degeneration

- Macular degeneration is a condition that affects part of the retina, the light-sensing nerve at the back of the eye
- In the early stages, blurriness and dark areas in the center of your vision may be experienced
- The biggest risk factors for age-related macular degeneration are smoking, obesity, and high blood pressure
- Grape seed extract has been shown to protect the eye and the retina from macular degeneration
 - In an animal model, animals receiving grape seed had retinas 28% thicker and healthier than untreated animals
- Take up to 1200 mg daily of grape seed standardized to polyphenols and OPCs

Do Energy Drinks Give You Energy? (3 slides)

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Energy drinks don't just “raise energy”

- Mayo Clinic researchers tested consumption of a 16 oz energy drink on healthy volunteers:
 - Raised blood pressure levels 6%
 - **Increased the stress hormone norepinephrine 73%**
- Leading energy drink brands contain **52 - 54 grams of sugar** and **151 - 158 mg of caffeine** per 16 oz can
- Equivalent to 2 full size candy bars (Snickers) and one and a half cups of coffee
- In young people, frequent consumption of energy drinks has been linked to anxiety, high blood pressure, and heart palpitations

Get energy the natural way

- No sugar, no stimulants!
- Red Ginseng boosts energy without adverse effects
 - In a comparison test, volunteers drank either a 32 oz energy drink or took red ginseng
 - 2 hours later, the energy drink group had accelerated heart function and increased blood pressure – no change to heart function in the ginseng group
- Red ginseng increased strength up to 15% and stamina up to 40% (animal model)
- 84% of participants taking red ginseng (a specific extract high in rare ginsenosides, ginseng's key compounds) felt they had more energy, and 80% felt their mood was better, after taking red ginseng for 10 days

How to Use Red Ginseng for Energy

Take for:

- Fatigue
- Stress/Tension
- Immune
- Focus (great for students)
- Stamina and endurance (great for athletes)

Dosage: 200 – 400 mg daily

- Pesticide contamination is a problem for red ginseng – look for verified clean ginseng high in ginsenosides