

**Featured Topic:
Natural Anxiety Relief
(3 slides)**

Terry Talks Nutrition

IMPROVING THE HEALTH OF AMERICA

Americans are really anxious

- Anxiety is the most common mental disorder in the United States – even more common than depression
- No wonder that the anti-anxiety drug Xanax (alprazolam) is the **number one** psychiatric drug in America: almost **50 million prescriptions** written annually
- Side effects:
 - More common: drowsiness, dizziness, insomnia, memory problems, poor balance or coordination, slurred speech, trouble concentrating, and irritability.
 - Less common: diarrhea, sweating, headache, nausea, blurred vision, and appetite changes

Safe relief for anxiety – new study results!

- Randomized, double blind, placebo controlled trial of 62 healthy adults with high levels of anxiety
- Half received a unique extract of echinacea, 40 mg twice a day, and half received a placebo, for 7 days
- Each participant took a standardized assessment test (the State Trait Anxiety Inventory) to measure their anxiety level at the beginning and end of the study
- Results
 - The average anxiety score declined almost 20% on day 7 of the trial for the echinacea group, versus a 5% decline for the placebo group
 - The echinacea group also saw twice the reduction in stress levels versus the placebo group
 - Zero adverse effects were reported while taking echinacea

Any old echinacea won't do.

- Researcher in Hungary specifically identified a **unique echinacea species** (*Echinacea angustifolia*) containing **the right type and amount of compounds** (called echinacosides) at **the right dosage** to significantly reduce anxiety
- Bind to receptors (cannabinoid receptors) in areas of the brain that regulate anxiety
- Safe and effective
 - No significant adverse effects reported in multiple clinical trials
 - Effects may be noticed in the first day of use!
 - Dosage – 40-80 mg daily

The Myth of the Daily Aspirin (2 slides)

Terry Talks Nutrition

IMPROVING THE HEALTH OF AMERICA

Are you still a believe in daily aspirin?

- According to a recent survey, 58% of Americans believe a daily aspirin is a good way to prevent heart disease
- THIS IS A MYTH: Three recent studies of aspirin use to prevent heart disease found the adverse effects and stomach bleeding it caused **cancelled out** any benefits for heart health
- In addition to stomach and intestinal bleeding (ulcers), aspirin use is associated with nausea, kidney problems, asthma, and even an increased risk of stroke
 - Aspirin use has been associated with a 43% increase risk of a major bleeding event

Daily Grape Seed: A Better Choice for Your Heart

- **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
- **Combine 600 mg of grape seed** and pomegranate with 30 mg of P-5-P, 300 mg of magnesium, and 150 mg of benfotiamine and take daily for superior heart health!

A Closer Look at: Erectile Dysfunction (6 slides)

Terry Talks Nutrition

IMPROVING THE HEALTH OF AMERICA

- Mild to moderate erectile dysfunction is more common than you think: it affects about 50% of men over age 40, becoming even more common with increasing age
- Many, many natural products claim to be effective for erectile dysfunction but problems abound
 - A recent study found that 81% of ‘natural’ products marketed for male sexual function were adulterated with synthetic prescription drugs similar to Viagra and Cialis
 - Multiple other studies have reported the same: 30-60% of products marketed as herbal aphrodisiacs/libido enhancers/”herbal Viagra” illegally contain synthetic prescription drugs
 - These drugs interact with other prescription medication causing dangerous drops in blood pressure, plus headache, dizziness, back pain and abnormal vision

Underlying factors that affect erectile function

- High blood sugar/diabetes
 - More than half of men with diabetes experience erectile dysfunction
- High blood pressure
 - Twice as many men with high blood pressure reported problems with impotence versus men with normal blood pressure in a clinical study
- Mental function – stress, anxiety, and depression
 - Men with anxiety are over 3 times more likely to experience low libido
- Obesity
 - Up to 80% of men with symptoms of erectile dysfunction are overweight or obese
- Plus low testosterone and nitric oxide levels, prescription drug use, smoking, heart disease and blood circulation

Terry Talks Nutrition

IMPROVING THE HEALTH OF AMERICA

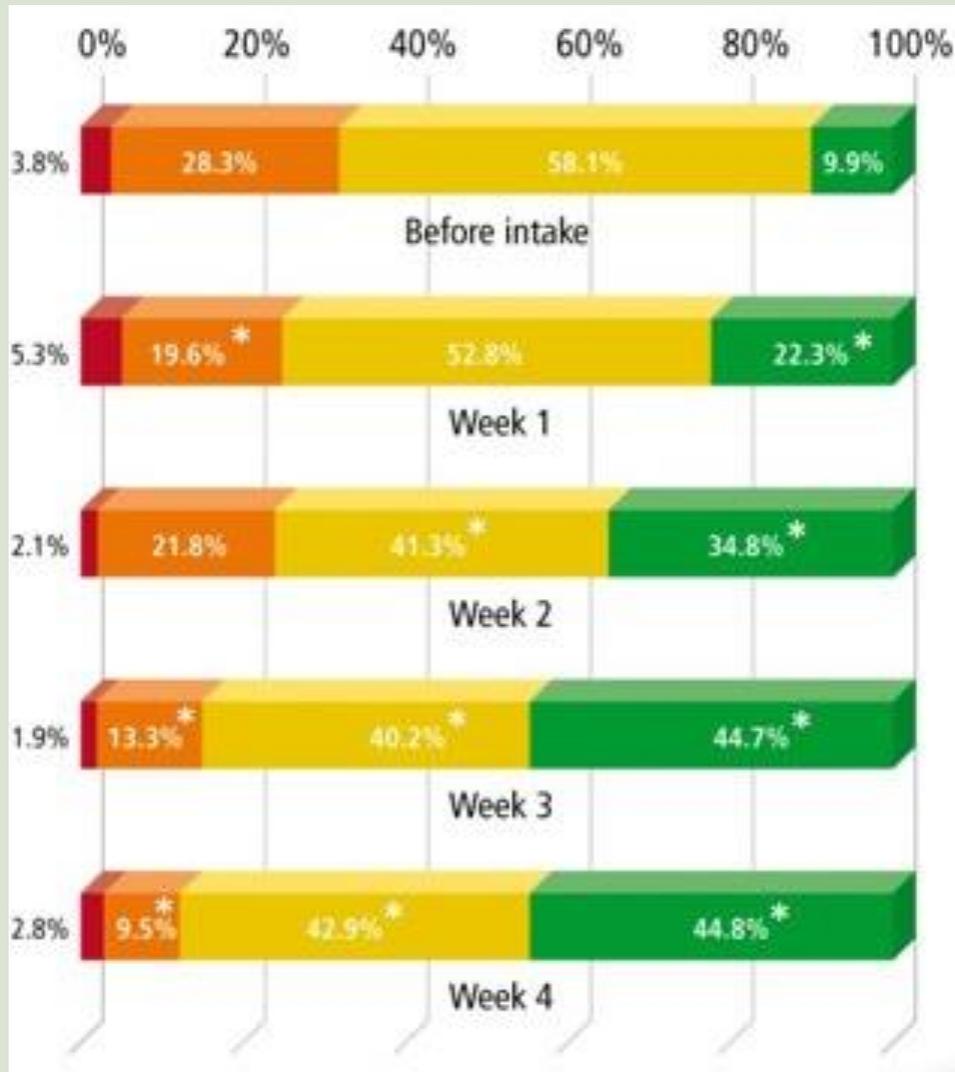
Red Ginseng: proven natural treatment for erectile dysfunction

- Korean red ginseng
 - In results from 6 randomized trials including over 300 men with erectile dysfunction, 58% of participants taking red ginseng experienced improvement in some aspect of sexual function versus 20% in the placebo group
 - In a study that looked at a red ginseng that was highly concentrated for ginsenosides (key compounds in ginseng), after eight weeks of use **every single sexual health parameter measured improved**: erectile function, sexual desire, frequency of intercourse and sexual satisfaction

Botanical Blend for Erectile Dysfunction

- Apple and Grape polyphenols, enriched with Saffron
- Mechanism of action: increased Nitric Oxide production
 - Relaxation of smooth muscle cell
 - Vasodilation of arteries
 - Increased blood flow
 - Swelling of corpus cavernosum
 - Vasoconstriction of veins

Clinical Trial results



- 94 men ages 45+
- Percent of men achieving complete hardness increased from 10% at baseline to 45% at study end
- 72% of participants significantly improved their scores on a standardized scale of erectile function

This is not 'herbal Viagra'

- Take 300 mg red ginseng plus 600 mg of saffron and polyphenols from grape seed and skin, and apple
- Use daily for best results
- No significant adverse effects

The Link between Depression and Heart Disease

(3 slides)

Terry Talks Nutrition

IMPROVING THE HEALTH OF AMERICA

Depression and Heart Disease are Linked

- People with heart disease are twice as likely to suffer from depression, and people with depression have a higher risk of heart disease
 - Mild depression increases risk of heart failure 5%; moderate to severe depression **increases risk of heart failure 40%**
- Depression has direct and indirect effects on the heart
 - People with depression are more likely to smoke, not exercise, and skip taking medications
 - Depression is linked to low-level inflammation, which can lead to heart disease and stroke

Saffron and Curcumin for the mind AND the heart!

- 4 studies have found that curcumin can relieve depression symptoms as effectively as prescription anti-depressants – without the side effects
- In combination with saffron, led to a significant reduction in symptoms, especially for patients with atypical depression – a **43% reduction** in symptoms
- In a recent study on heart disease, taking curcumin was associated with a **65% reduced risk of heart attack** following bypass surgery
 - Also: Reduces inflammation, brings down blood pressure, and prevents LDL cholesterol oxidation

How to Use Saffron and Curcumin

- Dosage: 265 mg of saffron/curcumin blend (clinical proven dosage level) twice daily
 - Benefits for mood in two weeks or less
- No significant adverse effects
- Also consider: omega fatty acids, St John's Wort, Grape Seed Extract (great for the heart!)

Liver Cancer

(3 slides)

Terry Talks Nutrition

IMPROVING THE HEALTH OF AMERICA

A Hard-Working Organ – Your Liver

- The liver is the largest solid organ in the body
- It carries out more than 500 different functions including
 - Detoxification
 - Protein synthesis
 - Digestion – stores and releases nutrients (including iron and various vitamins), secretes bile to break down fats, and more!
- Some of the most common diseases of the liver are
 - Viral diseases such as hepatitis
 - Liver damage from drugs or alcohol
 - **Liver cancer**
- Since the 1980s, the incidence of liver cancer has tripled, and the overall death rate has more than doubled

What protects against liver cancer? Coffee.

- Researchers now report that coffee drinkers have less liver cancer
- They followed over 470,000 people for 7.5 years, tracking their coffee intake
- Results: versus those who drank no coffee at all,
 - Two cups of coffee a day cut risk of liver cancer 35%
 - For those drinking 5 cups daily, risk was cut by 50%
- Decaff coffee was not as protective as caffeinated coffee

This is not the first study to link coffee drinking and decreased cancer risk

- Men who drank more than 3 cups a day of Italian style coffee had a 53% reduced risk of prostate cancer
- One study found that colon cancer survivors who drank **four or more cups of coffee a day were 42% less likely to have their cancer come back** than non-coffee drinkers. **They were 33% less likely to die of their cancer** or of anything else during the study.

More Nutrients for a Cancer Free Liver

- **Curcumin** stops the damage and cellular changes that lead to liver cancer
 - Inhibits hepatitis C replication by 50% (cell culture)
 - Reduces inflammatory compounds in the liver by 80%
 - Restored liver antioxidants (including glutathione) to nearly normal levels after exposure to known liver toxins
- **Andrographis** contains compounds which have been found to stop multiple types of cancer cells, including liver cancer
- **Grape seed** has been shown to protect against liver-toxic drugs – including drugs used to treat pain and cancer
- Try 750 mg curcumin with 500 mg curcuminoids, 400 mg of andrographis, and up to 1200 mg daily of grape seed extract with OPCs