

**Featured Topic:
Reduce Blood Sugar with Hintonia
(7 slides)**

Terry Talks Nutrition

IMPROVING THE HEALTH OF AMERICA

Sugar is the “White Death”

Sugar consumption

- In the 1700s, the average person consumed about 4 lbs of sugar in a year
- In 2012, more than 50% of Americans consumed ½ pound of sugar **a day!** That is over 180 lbs of sugar in a year.
- Researchers followed 400 people with head and neck cancers, and assessed their diets for one year before and one year after treatment
- Results
 - Patients who consumed **the most total carbs and sugar** in the year before their cancer treatment had the **greatest risk of dying**
 - Consuming **fats and small amounts of starchy** (low glycemic index) **foods** was associated with *reduced* risk of dying (any cause) as well as a reduced risk of cancer reoccurrence

Sugar and Diabetes

- In 1890, about 3 out of 100,000 people had diabetes
- Today, about 1 in 10 people have diabetes – over 30 million Americans!
- The number of people with diabetes has **tripled** in the last few decades
- 84 million people – 1 in 3 – have prediabetes (high blood sugar, but not high enough to be diagnosed as diabetes)
 - 9 out of 10 people with prediabetes don't know they have it
- If you have prediabetes, eating a healthier diet and getting regular exercise can reduce risk of going into full-blown type 2 diabetes **by 50%**

The Cure for Diabetes: *Hintonia latiflora*

- Native to Mexico and Central America
- Known in Europe, especially in Germany, for over 60 years as a treatment for diabetes
- Ideal for people with “pre-diabetes” – fasting blood sugar levels between 100-125 and HbA1C levels of 5.7% – 6.4%

A Quick Look at HbA1c

- HbA1C is **hemoglobin** (a protein in red blood cells that carries oxygen throughout the body) that is **joined to glucose**
 - The more sugar in your system, the higher your HbA1C levels
- HbA1C levels show long term trends in blood sugar (since HbA1C levels don't change quickly) versus blood glucose levels, which are a “snapshot” of glucose levels at that moment
- **Tiny reductions = Big benefits:** a **1% decrease** in HbA1C can lead to
 - 19% reduction in risk of cataracts
 - 16% reduction in risk of heart failure
 - 43% less risk of amputation or death from peripheral vascular disease

Clinical Study on Hintonia

- In a 2014 study, 178 people with type 2 diabetes/pre-diabetes were divided into 4 groups treatment groups, all received *Hintonia latiflora* plus their regular diabetes protocol
 - Oral antidiabetics
 - Oral antidiabetics and insulin
 - Insulin only
 - Diet changes only
- After 8 months, significant improvements occurred
 - HbA1c improved **by an average of 10.4%**
 - Fasting glucose improved by an average of 23.3%
 - Postprandial glucose improved by an average of 24.9%
- In 114 participants were taking some kind of medication – at study end, 45 participants reduced their dosage and 10 participants no longer needed it.

More research

- 41 people with Type 2 diabetes
- Received Hintonia extract with a small amount of essential vitamins and minerals (including B vitamins and zinc); one capsule, twice a day before meals, for 6 months
- Results
 - 11% decrease in HbA1c levels
 - 25% reduction in fasting glucose levels
 - 22% reduction in postprandial glucose levels
- **Research going back to 1950** consistently documents beneficial effects of Hintonia in reducing blood sugar levels

What to know about Hintonia

- Extremely safe – research going back over 60 years has found it is very well tolerated with no significant adverse effects
- The sooner it is used the better it works – best results were seen in people with mild to moderate increases in blood sugar levels
- In clinical trials, Hintonia was used safely in combination with insulin and oral antidiabetic medications (but always keep your doctor informed)
- Dosage: 20 mg polyphenols from Hintonia (copalchi) one to three times daily, along with essential vitamins and minerals

The Best Nutrients for a Strong Immune System (1 slide)

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Putting together the Best Protection Possible

- When you feel like you are coming down with something here is the best combination for your immune system: **elderberry, selenium, vitamins A, C, D, and Zinc**
 - **Elderberry:** neutralizes virus particles AND causes the immune system to activate, which can help control the spread of a viral infection (especially effective against the flu)
 - **Selenium:** low levels of selenium make you more susceptible to bacterial and viral infections – increasing selenium intake has been shown to boost immune system activity, especially NK and T cells, the immune cells that protect you from the flu and respiratory infections
 - **Vitamin A** is one of the most important vitamins to the immune system; people with low vitamin A levels are more likely to experience bacterial and viral infections
 - **Zinc** can kill viruses; In a study of zinc versus placebo taken at the first sign of cold symptoms, 56% of participants had complete resolution of their cold in four days, versus no people in the placebo group
 - **Vitamins C and D:** in studies looking at supplemental vitamins C or D, boosting the immune system with these nutrients cut the number of viral infections (cold or flu) by half or more