

Featured Topic: Curcumin for Pain (4 slides)

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Americans have a lot of pain

- Chronic pain affects more Americans than diabetes, cancer, and heart disease COMBINED
- 1/3 of Americans live with chronic pain
 - This number has increased 10% in a 12 year timespan, according to a study published in 2016
- Pain might predict death: people experiencing severe pain have **double the risk of dying** in the next two years

The Problem with using NSAIDs (Advil, Aleve, Celebrex,...) for Pain

- NSAIDs are very hard on the digestive system
 - 100,000 people are hospitalized every year from gastrointestinal complications of NSAID drug use, and over 16,000 people die from these complications
 - Up to 50% of people who are prescribed NSAIDs stop taking them because of abdominal pain, diarrhea, and upset stomach
- NSAIDs are hard on your heart
 - Researchers looked at data from 446,763 individuals, both heart attack patients and controls: overall, the risk of heart attack when using NSAIDs was increased 20-50% versus no NSAIDs
 - Risk began increasing **the first week of NSAID use** and high dose use (over 1200 mg daily of ibuprofen for 8 – 30 days) was particularly harmful
- NSAIDs are bad for your ears
 - In a study of over 50,000 people, regular use of aspirin for up to four years increased risk of hearing loss by 28%
- NSAIDs are bad for your brain
 - In a study looking at the effects of long term use of an NSAID drug versus placebo on the brain, tests of mental function (the Alzheimer's progression score) worsened **equally** for both groups, and in fact there was a trend for **a worse score in the NSAID group**

Curcumin is a safe and effective pain reliever

- 201 people with arthritis received curcumin (blended with turmeric essential oil), a curcumin/boswellia combination, or a placebo for 12 weeks
- Result: pain (as measured by a standardized pain rating scale) decreased
 - 2.26 points in the placebo group
 - 6.34 points in the curcumin group
 - 7.38 points in the curcumin/boswellia group
 - In tests of physical ability, both groups improved versus placebo in time required to climb stairs and time needed to get up from a chair and walk a short distance
- No significant adverse effects were reported

Curcumin combination for effective, safe pain relief

- Curcumin, plus boswellia, DLPA and nattokinase
 - Curcumin + boswellia **relieved arthritis pain** more effectively than a prescription NSAID (14% of patients were pain free after 3 months, versus 7% of the drug group patients) **WITHOUT** adverse effects
 - In rheumatoid arthritis patients, **curcumin reduced pain and swelling** more effectively than the prescription drug – 14% of patients in the drug group dropped out because of adverse effects, while ZERO participants in the curcumin group dropped out
 - In a study of curcumin vs ibuprofen in arthritis patients, **curcumin group had less pain and better ability to walk up stairs and walk a distance** than the ibuprofen group – without adverse effects!
- 2,181 mg of the combination daily – increased if needed

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New Study on Ashwagandha for Stress (1 slide)

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Relieve stress and reduce cortisol with Ashwagandha

- New study looked effects of ashwagandha on stress, anxiety, sleep quality, and cortisol levels in healthy adults who reported high stress levels
- Participants were assigned to one of the three treatment groups: 250 mg ashwagandha, 600 mg ashwagandha, or placebo
- Study lasted eight weeks
- Results at study end:
 - Stress levels in the ashwagandha groups were about 10% lower than placebo, and over 30% lower than their baseline stress scores
 - Serum cortisol levels declined up to 37% for the ashwagandha participants with no change in the placebo group
 - Sleep quality improved up to 40% in the ashwagandha group versus no significant improvement in the placebo group
- To reduce your stress, try a blend of ashwagandha and rhodiola, 500-1500 mg daily

Nutrient of the Day: DIM

(4 slides)

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Natural treatment for fatty liver

- Indole is a natural compound that protects against cancer and reduces inflammation
 - Found in cruciferous vegetables such as broccoli and kale
- Researchers in China looked at 137 people of different body mass – they discovered that people with the highest BMI had the lowest levels of indole, and the lower the level of indole, the higher the amount of fat in the liver
- Then they gave animals with fatty liver supplemental indole, which greatly reduced fat accumulation and liver inflammation
- This suggests that indole might protect against fatty liver

DIM – the active form of indole

- In the body, indole is converted to DIM (diindolylmethane)
- DIM can also be taken as a supplement for hormonal problems and cancer protection
- How it works
 - Prevents estrogen and testosterone from converting to forms that can be harmful
 - In postmenopausal women, DIM improved the ratio of estrogen in its beneficial form to estrogen in its harmful forms by 47%

DIM and Cancer

- When DIM was combined with radiation treatment for breast cancer, **increased cancer cell death by 30%** versus radiation alone
- In women with a genetic mutation associated with breast cancer, DIM supplementation increased the activity of cancer-preventing genes by 34%
- In men with precancerous cell changes associated with the development of prostate cancer, 12 months of DIM supplementation resulted in **complete regression in 45% of patients**, versus no regression found in any of the placebo patients

How to use DIM

- Ideal for:
 - Relieving PMS and other symptoms of estrogen dominance
 - Protection against breast cancer
- Also useful for men
 - Helps keep testosterone in its beneficial forms
 - Has anti-cancer activity against prostate cancer
- Dosage: 120 mg of DIM with 250 mg of curcumin and French grape seed

**Did you have a heart attack and not know it?
(2 slides)**

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Women often ignore the symptoms of a heart attack

- Women may have ‘non-traditional’ symptoms of a heart attack, and don’t get treatment because they think it is indigestion or dehydration, or that they exercised too hard and they can just wait the pain out
- They may experience
 - Dizziness
 - Vomiting or nausea
 - Shortness of breath
 - Heartburn
 - Abdomen or back pain
 - Neck, throat, or jaw pain
- The older a woman gets, the greater the risk of heart disease

How to NOT die of heart Disease

- Get the extra pounds off.
 - A recent study found that for every 8 lb increase in BMI (body mass index) the risk of heart disease goes up 25%
- Get the sugar out of your diet.
 - A 15 year study found that getting more than 25% of your daily calories from sugar **doubled the risk of dying of heart disease** (versus those whose sugar intake was 10% or less of their daily calories)
- Get blood pressure down, prevent oxidative damage to your blood vessels, and stop inflammation.
 - High c-reactive protein levels (a marker of inflammation) were associated with a 52% increase in risk of heart attack or stroke in a recent clinical study
- 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!

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Healthy Heart Nutrients

- 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!

Tip for Burning Double the Calories (1 slide)

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Stop Skipping Breakfast

- Researchers evaluated 16 men who alternated between eating a low calorie breakfast and high calorie dinner, and then reversing and eating a high calorie breakfast and a low calorie dinner
- The researchers measured their metabolic rates, hunger, and cravings for sweets throughout the study
- Results
 - Participants **burned 2.5 times more calories after breakfast** than after dinner – showing metabolism is more active in the morning
 - Eating a high calorie breakfast was linked to fewer hunger pangs and less cravings for sweets later in the day
 - Eating a large dinner was associated with adverse effects on insulin levels and poor glucose tolerance – because people are more sensitive to insulin in the morning
- Conclusion: for better weight control, reduced blood sugar levels, and fewer problems with hunger and snacking, don't skip breakfast!