

Featured Topic: Boswellia (5 slides)

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The new “everything herb”?

- New study: women who experienced heavy menstrual bleeding took ibuprofen plus either 300 mg of boswellia or a placebo, 3 times daily, during 7 days of their menstrual cycle for two cycles
 - Results: versus placebo, boswellia reduced heavy menstrual bleeding by almost 25%, and improved quality of life scores by 45%
 - Many women take NSAIDS such as ibuprofen during their menstrual cycles – long term use of NSAIDs is associated with gastrointestinal ulcers and bleeding
 - **No adverse effects associated with long term use of boswellia**
- Boswellia is also useful for:
 - Cancer
 - Lung diseases
 - Liver protectant
 - Heart disease
 - Relieving pain and reducing inflammation

What makes boswellia so good for so much?

- Boswellia stops the 5-LOX inflammation pathway
 - One part of the 5-LOX pathway leads to inflammatory **leukotrienes**, which are associated with asthma and allergies, arthritis, and inflammatory bowel diseases
 - The other part of the 5-LOX pathway involves compounds that **interfere with the body's ability to kill cancer** cells
- Non-Steroidal Anti-inflammatory drugs (NSAIDS) stop inflammation on the COX pathway but do **NOTHING for the 5-LOX pathway**
 - This is why asthma isn't treated with ibuprofen
 - NSAIDS have a lot of adverse effects
 - In fact, **25% of individuals using NSAIDs experience some type of side effect**, and as many as 5% develop serious health problems

Boswellia Research: Brain Cancer

- In Europe, boswellia is an orphan drug for the reduction of brain swelling associated with cancer
- Clinical trial: 44 patients treated with radiation therapy for brain cancer received either boswellia or placebo
- Results: **60% of the boswellia group had a 75% or greater reduction in brain swelling**, versus only 26% of the placebo group participants
- Additionally, in cases of malignant brain cancer, animals treated with boswellia extract had **double the survival time** versus the placebo group

More Research on Boswellia

- **Cancer Treatment and Prevention**
 - In a cell study of pancreatic cancer, exposure to AKBA, the key compound in boswellia, **suppressed pancreatic cancer cell formation by 50 – 90%**
 - In an animal model of pancreatic cancer, animals receiving AKBA had a **70% reduction in tumor size** versus untreated animals
- **Asthma and Allergies**
 - **70% of asthma patients treated with boswellia had improved lung function** versus only 27% of participants in the control group
- **Colitis and Inflammatory Bowel Diseases**
 - **63% of patients with chronic diarrhea and colitis achieved remission** after 6 weeks of boswellia treatment versus 26% in the placebo group
- **Arthritis and Joint Diseases**
 - After treatment with boswellia (plus curcumin) **93% of people with arthritis of the knee could walk 1000 meters** versus just 85% in the drug treatment group

How to pick a boswellia extract

- The beneficial activity of boswellia is strongly associated with the key compounds, boswellic acids and AKBA
- However, one specific boswellic acid – beta boswellic acid – actually CAUSES inflammation, it doesn't reduce it
- Look for boswellia extracts which are labeled to contain less than 5% beta boswellic acids and at least 10% AKBA – the most powerful compound in boswellia
- Take 500 mg boswellia, or take in combination with curcumin or other natural anti-inflammatories
- Boswellia has no known adverse effects

**Back to Basics: Don't Forget Your
Daily Multiple
(2 slides)**

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Fill the nutrient gaps

- Researchers collected data from over 10,000 people, including food diaries and use of daily multivitamins
- Results
 - Taking a daily multivitamin was associated with up to a **76% reduction of risk in nutrient deficiency** versus not taking a multiple
 - In particular, women **not taking a multiple** were highly likely to have inadequate/deficient intakes of zinc and the B vitamins (thiamin, riboflavin, niacin, folate, B6 and B12)
- Daily multiple use was extremely effective in closing nutrient gaps

Characteristics of a Good Daily Multiple

- **Dosage is more than one per day**
- Contains a full range of vitamins and minerals at MORE than 100% of the RDA
 - The RDA is what you need to prevent a full-blown nutrient deficiency, not what you need for optimal health
- Nutrients are for everyone – you don't need age or gender-specific formulas
- Nutrients in their optimal forms for absorption and efficacy: active forms of B vitamins and chelated minerals
- Look for a natural formula free of toxic ingredients (BHT), artificial colors and artificial flavors
 - Say “no way” to gummies: frequently contain sugar, high fructose corn syrup, and artificial colors; low on vitamins and *really* low on minerals, especially iron

**Poor sleep is bad for your heart
(1 slide)**

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Get more rest and keep your heart healthy

- Healthy young men were divided into two groups
 - Control group slept 8 hours per night for five consecutive nights
 - Test group was allowed 8 hours of sleep per night on nights 1 and 5, and only 4 hours of sleep on nights 2-4
- Results: after 3 nights of restricted sleep, the test group had a 17% increase in inflammatory triglycerides, and a 34% increase in neutrophils (a type of white blood cell)
- An additional recently published study found that disrupted sleep significantly increased calcification in the coronary arteries – a significant factor in the development of heart disease