

# Featured Topic: Omega-7 (5 slides)

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# New review of sea buckthorn

- A new research summary on sea buckthorn was recently published
- The author reviewed 15 published studies on sea buckthorn oil, including 5 studies showing sea buckthorn's beneficial effects for the heart
- The author notes that sea buckthorn is an approved clinical medicine in hospitals in Russia and China
- Some of the conditions reviewed in this new paper that benefited from treatment with sea buckthorn include:
  - Liver fibrosis
  - Chronic hepatitis
  - Skin burns
  - Atopic dermatitis and other skin diseases
  - As well as protection against heart disease and hardening of the arteries

# Sea Buckthorn is Special

## Over 200 beneficial compounds, including

- Omega fatty acids
  - Seeds (-3, -6, -9)
  - Berry (-7, -9)
- Vitamin E and C
- Beta carotene
- Plant sterols
- Minerals
- 60 different antioxidants!

## How does it work?

- Neutralizes cancer-causing free radicals
- Anti-inflammatory
- Immune System Modulator
- Strengthens the Cardiovascular System
- **Mucous Membrane Tissue Regenerator**



The Multipurpose Wonder Plant:  
Natural High Levels of Omega-7

# Sea Buckthorn research

- Vaginal symptoms in postmenopausal women
  - women taking sea buckthorn had less thinning of the vaginal wall (which causes dryness and discomfort) versus the placebo group
- Dry eyes
  - Participants taking 2 grams of sea buckthorn oil daily had less redness and burning, and increased fluid in their eyes versus the placebo group
- Dry Skin
  - 48% improvement in skin hydration and 25% improvement in skin elasticity
- Dry Mouth
  - Participants with severe dry mouth (Sjogren's syndrome) had improved moisture versus no changes in the placebo group

## Uses for Omega-7 Sea Buckthorn Oil

- Dry Mouth and Dry Eyes
- Sjogren's Syndrome
- Peptic Ulcers
- Irritated, itchy skin and treating/preventing wrinkles, dryness and other symptoms of prematurely aging skin
- Prevention of atherosclerosis and heart disease
- Menopause problems, including dry vaginal tissues
- **Any health condition involving inflammation, especially involving the mucous membranes**

# How Much to Take and What to Look For

- For basic health maintenance, 500 mg daily of Sea Buckthorn Oil
  - Treatment dosage is 2 to 3 grams daily
  - Look for: Sea Buckthorn Oil from berry (pulp) AND seed, supercritical CO2 extract, hand harvested, 150 mg of omega-7 per capsule
  - Capsules can be chewed and the oil swished in the mouth – the taste is relatively mild and bathing the mouth tissues directly can be helpful for certain conditions

**Easy Way to Bring Down Blood  
Pressure: Vitamin D  
(1 slide)**

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# High Dose Vitamin D Reduces Blood Pressure

- Researchers conducted a study in adults over the age of 60 who had received a total knee replacement
- Half the participants took 800 IU of vitamin D daily and half took 2000 IU vitamin D daily for the two year study
- Results:
  - Both groups saw significant reductions in blood pressure levels
  - BUT the 2000 IU group saw an additional 4% reduction in systolic pressure (the top number of the blood pressure reading – the force in the arteries when the heart muscles contract) versus the low dose Vitamin D group
- The researchers concluded that maintaining adequate blood levels of vitamin D may help prevent high blood pressure

# **Sugar Makes Fat (1 slide)**

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# Sugar Makes Fat

- Researchers recruited over 3,000 healthy individuals between the ages of 18 and 30
- The participants completed food diaries and reported their sugar intake, especially sweetened drinks and processed foods containing added sugar
- After **25 years**, the participants received CT scans to measure the fat deposits in their abdomens and around their hearts
- Results:
  - Added sugar intake ranged from less than 40 grams per day to over 100 grams per day
  - fat deposits in people averaging 50 grams or more of added sugars in their daily diet were **10-12% bigger** than people consuming less than 50 grams of added sugar
- Bigger fat deposits = greater risk of heart attack and diabetes

# Acetaminophen and Increased Risk of Autism (1 slide)

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# Exposure to Acetaminophen increases risk of Autism

- Using acetaminophen (Tylenol is one brand name) during pregnancy is linked to an increased risk of autism for the baby
- Researchers in Baltimore collected umbilical cord blood from almost 1000 births and analyzed the samples for the presence of acetaminophen or its byproducts
- By the time the children were about 9 years old, over 25% had been diagnosed with autism or ADHD
- Versus those with the lowest level of exposure in the womb, the children who had the highest level of exposure to acetaminophen were 3 to 4 times more likely to have ADHD or autism
- ALL medication should be used carefully during pregnancy

# Two Foods that Prevent Heart Disease (2 slides)

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# An Egg a day keeps the Heart Doctor away

- Researchers in China looked at health data collected over a 10 year period from about half a million adults between the ages of 30-79, who were free of heart disease, cancer, and diabetes at the start of the study
- They sorted the participants based on their egg consumption: daily, occasionally, or never
- Result: versus not eating eggs, daily egg eaters had
  - 26% lower risk of experiencing a stroke
  - 28% lower risk of DYING from a stroke
  - 18% lower risk of DYING from heart disease
- Why? Eggs contain phospholipids which boost beneficial HDL cholesterol levels; protein in eggs increases satiety and reduces blood sugar and insulin levels

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# Nuts Keep Your Heart Healthy

- Researchers collected 20 years of data from more than 16,000 people, before and after they were diagnosed with type 2 diabetes
- Results
  - Eating 5 or more servings (serving = 1 oz) of nuts weekly reduced risk of heart disease by 20%
  - Eating more nuts was also associated with a 30% reduction in premature death from heart disease or other causes
    - Best results from tree nuts – walnuts, cashews, almonds, Brazil nuts, pecans, macadamias, and hazelnuts [not peanuts, which grow underground]
- Why? Nuts contain high amounts of fiber (promotes satiety), omega fatty acids, and other healthy fats