

Everyone is Buzzing About Propolis (6 slides)

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More people are catching on to propolis

- While everyone has heard of honey, propolis is a bee product many people don't recognize
 - Often called “bee glue”: produced by bees from resins gathered from nearby plants, used to reinforce and protect the hive
- But propolis isn't new – one source notes it was used for inflammation and wound healing as early as **300 BC**
- There are over 3,000 published studies on propolis (in the PUBMED database of medical research articles)
- Propolis both activates the immune system and has direct anti-viral and anti-bacterial effects

More Benefits of propolis

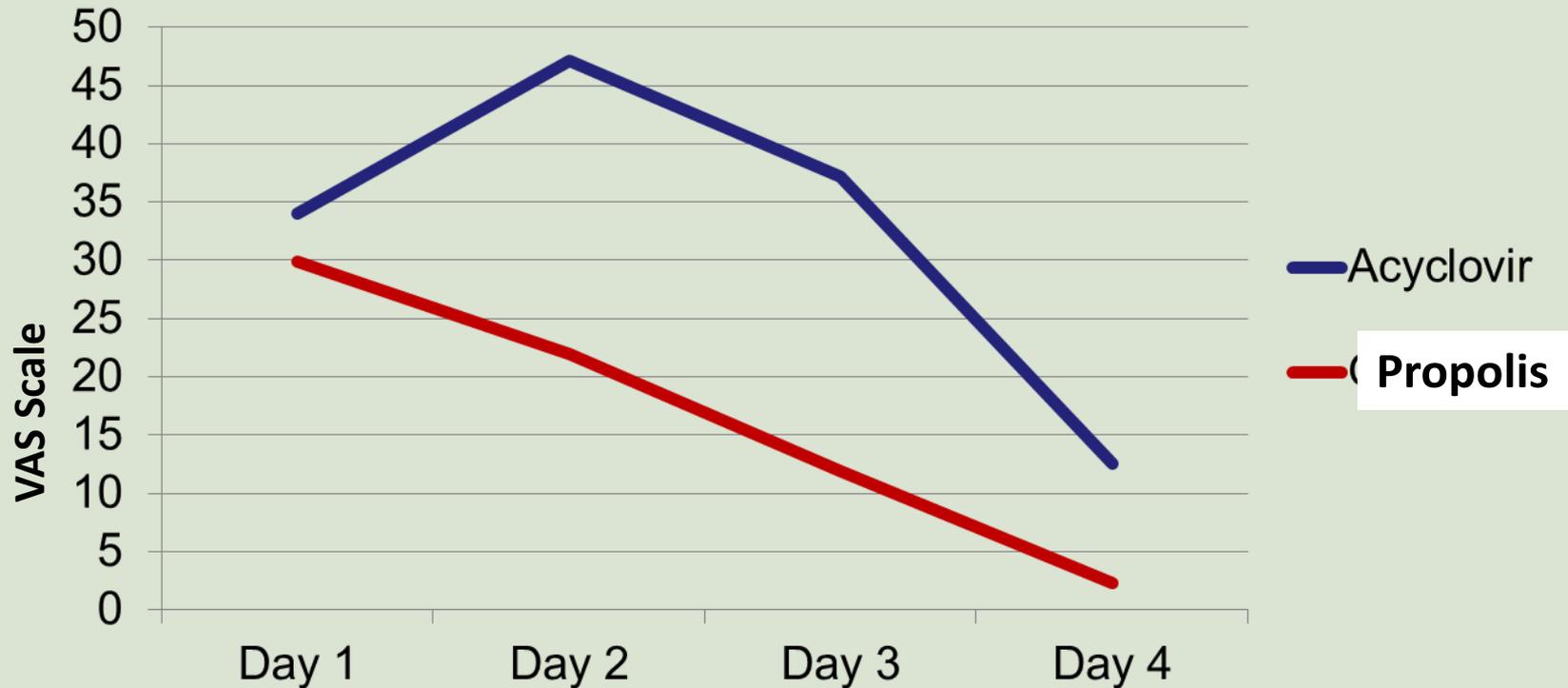
- Antibacterial
- Antiviral
 - Reduced HIV entry into cells by up to 98%
 - As effective as the drug acyclovir in stopping herpes simplex virus (cold sore virus)
- Antifungal
 - In a test against 15 common fungal pathogens (including *Candida albicans*), propolis stopped almost all fungal activity
- Antioxidant
 - Propolis increased glutathione levels by 50% in prostate cancer cells
- Anti-inflammatory

Modern Uses for Propolis

- Cancer
- General immune tonic
- Cold and flu treatment (viral infections)
- Candida and other fungal infections
- Canker sores, fever blisters
- Other bacterial infections
- Gastrointestinal problems (peptic ulcer)
- **Equal to or better results than prescription drugs**

Propolis v. Acyclovir

Blister pain as reported using a visual analog scale



102 patients received **Propolis** (GH2002) or **Acyclovir**. 80% of Propolis participants had direct healing from the redness stage, **without experiencing blisters or encrustation**; physicians rated Propolis as good or very good in 90% of cases versus only 40% in the acyclovir group. **Propolis was particularly effective for pain relief.**

Propolis v Drug Resistant Microbes

- Propolis (GH2002) tested against drug resistant pathogens
 - MRSA strains (methicillin-resistant *S. aureus*) were highly susceptible to propolis
 - Low concentrations of propolis were very effective at killing antibiotic resistant microbes as well as fungal pathogens (*Candida* strains)

Picking Your Propolis

- Clinical studies were on a purified propolis – removing wax, resin and impurities yields a more powerful concentrated extract
- Take 100 – 200 mg daily for
 - General immune support
 - Cold and flu
 - Yeast
 - GI Problems (peptic ulcer)
 - Any bacterial, viral, or fungal infection

Sugary Drinks and Cancer Risk

(1 slide)

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Sugar-sweetened Drinks and Cancer Risk

- Researchers followed over 100,000 adults in France for 9 years
- Participants completed questionnaires where they reported on their intake of over 3,300 different food and drink items
- Results
 - Drinking just a small glass (about 1/3 of a typical can of soda) of a sugary drink (juice or soda) led to an 18% overall increased cancer risk and a 22% increase in risk of breast cancer
 - Increased cancer risk was reported even in people who drank fruit juice only and never soda
 - The common link to increased cancer risk was: sugar

The Rapid Rise of Fatty Liver (4 slides)

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The Rise of Fatty Liver

- 30 years ago, advanced fatty liver disease (non-alcoholic steato-hepatitis) was so rare there wasn't even a medical name for it!
 - Now, cases of fatty liver are expected to increase 21% by 2030, and deaths from liver disease 178% by 2030
- In 2002, 3% of liver transplants were due to advanced liver disease – today, fatty liver is associated with about 25% of liver transplants
- A liver transplant is one of the most expensive surgical procedures – up to **one million dollars** for the surgery and recovery, AND THEN expensive immunosuppressive drugs that have to be taken for the rest of the patient's life!

Diet Changes Can Keep Your Liver Healthy

- New study – 40 boys ages 11-16 with non-alcoholic fatty liver disease
- Half the boys followed their typical diets and **half followed a low sugar diet** (no sugary foods or drinks, and no fruit juice) for eight weeks
- Results: low sugar group had
 - 40% decrease in inflammatory liver enzyme versus 8% decrease in typical diet group
 - 31% decrease in liver fat (typical diet group was unchanged)

Curcumin and Andrographis stop fatty liver

- Because of its antioxidant and anti-inflammatory properties, **curcumin** has been shown to stop the damage and cellular changes that lead to fatty liver
 - In an 8 week study in patients with fatty liver, 78% of the patients receiving curcumin saw a reduction in liver fat
 - Additionally, 17% of patients in the placebo group had an *increase* in liver fat while no patients receiving curcumin had an increase
 - The curcumin group also saw a 12% decrease in HbA1c, while the placebo group had an *increase* of 3%
- Andrographis
 - Reduced fatty acids in the liver by 33% (animal model of fatty liver)
 - Reduced insulin levels by 42% (animal model of diabetes)

Take Fatty Liver seriously

- The main cause of fatty liver (aside from excessive alcohol consumption) is excess weight
- Symptoms are vague, but might include fatigue, weakness, loss of appetite, nausea, weight loss, and abdominal pain
- If caught early enough, **fatty liver disease can be stopped and reversed, no drugs necessary**
 - Cut sugar intake
 - Lose weight
 - Add curcumin and andrographis

Herb of the Day: Pomegranate (5 slides)

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Pomegranate polyphenols

- Pomegranate is a red fruit a little larger than a lemon
- The plant is native to dry areas of the Middle East but is now grown in many parts of the world
- Seeds, pulp, skin, root, flower and even the bark of the pomegranate tree are high in beneficial **polyphenols**
 - Polyphenols are disease fighting antioxidants which protect against heart disease, cancer, and other chronic illnesses
- Pomegranate is unique in that it is the only plant source of an omega-5 fatty acid called puniic acid

Pomegranate is ideal for addressing hormone-related conditions

- Inhibits estrogen [breast cancer]
- Improves insulin sensitivity [diabetes]
- Stops cancer cell formation and spread [breast and prostate cancer]

Pomegranate is also useful for the heart

- Reduces cholesterol oxidation
- Prevents arterial plaques
- Increases rate of cancer cell death

More reasons to love Pomegranate

- Wrinkles and aging skin
 - Women who took pomegranate daily for 4 weeks had less collagen and skin damage from ultraviolet light
- Sports recovery
 - Athletes taking pomegranate extract recovered faster after strenuous exercise
- Alzheimer's disease
 - In an animal model, animals given pomegranate daily from birth were more alert as they aged and had 50% less amyloid accumulation in the brain
- Obesity
 - Overweight animals fed pomegranate extract ate less and lost weight and body fat
- Male infertility
 - Male animals treated with pomegranate had better sperm quality, more sperm and higher testosterone levels
- Flu
 - Pomegranate extract kills the flu virus
- Ulcerative colitis
 - Pomegranate reduced intestinal inflammation in an animal model of colitis

Pomegranate Juice: Not Always a Great Choice



62 grams of sugar in a 16 oz bottle



29 grams of sugar (regular-sized bar)

Most people will consume the full 8 oz bottle as **one** serving for a total of 62 grams of sugar

Serving Size: 8 oz	
Servings Per Container: 2 ←	
<hr/>	
Calories	150
Calories from Fat	0
<hr/>	
Amount Per Serving and/or % Daily Value*	
<hr/>	
Total Fat	0 g (0%)
Saturated Fat	0 g (0%)
Trans Fat	0 g
Cholesterol	0 mg (0%)
Sodium	0 mg (0%)
Potassium	600 mg (17%)
Total Carbohydrate	36 g (12%)
Dietary Fiber	0 g (0%)
Sugars	31 g
Protein	0 g

Pomegranate Extract

- Encapsulated pomegranate from pomegranate seed oil and pomegranate seed extract contains the power of the pomegranate **without** the sugar intake
- Take 600 mg of seed oil and fruit extract, standardized to puniic acid and polyphenols, once or twice daily