

Featured Topic: CoQ10 (5 slides)

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What is CoQ10 [coenzyme Q10]?

- Naturally occurring in the body
- Required for cellular energy
- Potent antioxidant

- **Conditions associated with reduced CoQ10 levels**
 - **Statin drug use: 30% of people over the age of 40 take statin drugs to reduce their cholesterol levels**
 - Heart disease/heart attack
 - Aging
 - Diseases such as: cancer, Parkinson's disease, diabetes, migraine headaches

Even brief statin drug use depletes CoQ10

- Researchers found a **51% decrease** in blood levels of CoQ10 after 30 days of use of a statin drug, with significant reductions noticeable after just 14 days
- Some of the most common side effects of statin drugs are: exercise intolerance, muscle pain, and muscle destruction.
- A clinical study in statin drug users found a 40% decrease in muscle pain when also taking 100 mg of CoQ10 daily
- Statin drugs also increase risk of diabetes - supplemental CoQ10 has been shown to stop the cellular effects of statin drugs that increase risk of diabetes

CoQ10 and Heart Disease

- A randomized, placebo-controlled, double-blind study with 420 patients who had severe heart failure (NYHA Class III or IV)
- Participants took 100 mg of CoQ10 three times per day or placebo
- CoQ10 Results:
 - Decreased risk of all-cause death by 42%
 - A 43% decrease in cardiovascular-related deaths
 - 58% of patients experienced improvements in their heart failure classification

What to know about CoQ10

- Can be obtained from food – especially organ meats (heart, kidneys, and liver)
- As a supplement, found in two forms
- **Ubiquinone** – original form
 - converted in the body to the active form ubiquinol
 - more than 20 years of research
- **Ubiquinol** – active form, now possible to produce as a supplement due to new technology
 - Difficult to work with as a supplement
 - Special expertise is required

How to Use CoQ10

- 100 mg daily of either ubiquinone (for younger people or those in overall good health) or ubiquinol (for older adults)
 - People over 40 yo: may have a harder time converting ubiquinone to ubiquinol
- Other people that can benefit from **ubiquinol (and may consider increasing to 200 mg daily)**:
 - Chronic disease or illness
 - Insufficient dietary intake of CoQ10
 - Increased oxidative stress
 - People taking statins

Amazing New Fact About Dogs and COVID-19 (1 slide)

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Dogs can detect COVID-19

- Dogs have a sense of smell 10,000 times more powerful than humans
- Researchers in Germany spent a week training 8 dogs to identify the smell of COVID-19 in saliva test samples
- Then the dogs sniffed 1,000 test samples – some from patients infected with COVID-19, and some from healthy patients
 - Neither observers nor the dog handlers knew which sample was a COVID-19 sample until after the testing was completed
- Results: the dogs detected the COVID-19 positive test samples with 94% accuracy
- The researchers believe that the metabolic processes in people infected with COVID-19 change, and the dogs are able to detect variations in scent caused by these changes
- It is reported that the latest COVID-19 rapid test machines are about 91% accurate.

3 Ways to Prevent Liver Cancer

(1 slide)

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Liver Cancer on the Rise

- Since the 1980s, the incidence of liver cancer has tripled, and the overall death rate has more than doubled
- Liver cancer is complex and difficult to treat – **prevention** is the best treatment

#1: drink coffee: In a clinical trial, versus those who drank no coffee at all, drinking two cups of caffeinated coffee a day cut risk of liver cancer 35%

#2: take an anti-inflammatory: in a study of over 50,000 adults with hepatitis (caused by a viral infection of hepatitis B or C), those who took low dose aspirin daily had a 30% reduced risk of liver cancer

- Instead of aspirin consider a natural anti-inflammatory such as curcumin

#3: Exercise: a recent study found that 2 hours of moderate intensity exercise a week - brisk walking, for example - reduced risk of liver cancer 18%, and vigorous exercise (swimming, running or bicycling) reduced risk by 27%

Black Seed Oil for the Immune System (1 slide)

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Black Seed Oil

Black seed oil has been used for medicinal effects for thousands of years

Black seed oil has significant benefits for the immune system

- shown to stop influenza virus, hepatitis C virus, and HIV
- In a trial of patients with hepatitis C taking black seed oil, 51% had significantly reduced levels of the virus in their body, and 16% tested negative for Hepatitis C after 3 months use
- No significant adverse effects
- Take 500 mg daily – CO₂ extraction ensures beneficial compounds without use of toxic solvents