

Featured Topic: Sinus Care (4 slides)

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Some signs you have a problem with your sinuses

- Pain around and behind the eyes and on the face
- Headaches
- A stuffed up nose, or nasal discharge and postnasal drip
- Toothaches or tooth sensitivity
- A cough at night
- Bad breath

Two things to understand about sinus congestion: inflammation and cilia

- **Underlying cause** of sinus congestion is **inflammation** in the sinus glands associated with:
 - Viral infections
 - Bacterial infections
 - Exposure to fungi (especially when the immune system is weak)
 - Allergies
- Inflammation triggers increased mucous production
- Normally, **cilia** (hair-like projection inside the sinus glands) flutter and move to push mucous out
- **Bacterial** or **viral infections** can **damage cilia** so they do not move, or move slowly, so congestion does not drain and the sinus glands “fill”

Antibiotics for Sinus Infections?

- In 85-98% of sinus infections, antibiotics are prescribed as a treatment
- BUT – the majority of infections are VIRAL
- Antibiotics won't help!
- **64% of people with allergy and sinus problems do not do ANYTHING** to relieve their symptoms
- Why? Maybe because **two out of five sinus sufferers** say their sinus or allergy medication **does not work**.

Stop Sinus Congestion with Plant Oils

- Concentrated plant oils – safe for internal use
- Eucalyptus and Myrtle
 - Natural anti-inflammatories
 - Have both antiviral and antibacterial activity
 - Increase activity of the cilia
 - Moves mucous out more quickly
 - Opens airways
- Ideal for any type of respiratory congestion
 - Asthma, COPD, cold and flu, etc
- 160 - 320 mg up to three times daily, or when needed

UK Prime Minister Rethinks His Position on Junk Food (1 slide)

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After a health scare, a new attitude on obesity

- The British Prime Minister, Boris Johnson, was hospitalized this year due to complications associated with COVID-19
- He realized that his obesity played a role in how sick he became, and has now embraced a healthier lifestyle AND has pushed for new government restrictions on how junk food is advertised in Great Britain
 - No television ads for junk food during prime time hours
 - Calories will have to be included on restaurant menus, including take-out menus
 - New restrictions on in-store promotions of junk food
- The Prime Minister stated: **We will be happier, fitter and more resistant to diseases like COVID if we tackle obesity.**

Tired All the Time (3 slides)

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Lack of sleep is not the only reason for being tired all the time

Here are 3 reasons why you might be tired all the time and what you can do to get your energy back

#1: Diabetes

- High blood sugar causes fatigue: blood doesn't circulate as well to bring oxygen to the cells, and cells don't respond to insulin to accept glucose which is used for cellular energy
- In a survey of over 1,000 people recently diagnosed with type 2 diabetes, **over 60% reported experiencing fatigue**
- **SOLUTION:** cut sugar, especially from refined, processed foods and add *Hintonia latiflora*

#2: Underactive thyroid

- The thyroid is your body's gas pedal
- No matter how much sleep you get, if your thyroid is not functioning you will still be tired
- Because symptoms of thyroid problems are similar to other conditions (such as menopause) up to 60% of women don't know they are having issues with thyroid function
- In a study of 140 people with low thyroid function, the most commonly reported symptom (by 80% of participants) was fatigue
- **SOLUTION:** Iodine and l-tyrosine + Selenium – the nutrients required for proper thyroid hormone production; 15 mg iodine plus 200 mg l-tyrosine and 150 mcg selenium

#3: Depression

- Over 90% of people with major depressive disorder experience fatigue according to a 2018 study
- People with depression and high levels of fatigue are more likely to have more severe depression symptoms, as well as pain and problems sleeping
 - Difficulty sleeping may be one of the first signs of depression
- SOLUTION: saffron + curcumin; shown in clinical studies to safely and effectively reduce the symptoms of depression – take 15 mg of saffron plus 200 mg curcumin twice daily

Quick Relief for Anxiety (1 slide)

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Americans are Stressed and Unhappy

- According to recent surveys;
 - About half of Americans are worried about getting coronavirus
 - 62% say they worry more about a family member getting sick
 - 46% say anxiety about coronavirus has had a negative impact on their mental health
 - A ‘happiness’ survey of average Americans that has been conducted every year since 1972 recorded its lowest rating – EVER.
- Two natural ways to safely relieve stress and anxiety – fast
 - **E. angustifolia:** in clinical trials significantly reduced stress and anxiety, with detectable results the first day of use and a 20% decline in stress scores by day 7
 - **Red ginseng:** in a comparison trial in individuals with high levels of work stress, significantly improved focus and attention scores while no improvement was found for white ginseng or placebo