

**Featured Topic:
Reduce Blood Sugar with Hintonia
(6 slides)**

Terry Talks Nutrition

IMPROVING THE HEALTH OF AMERICA

Sugar and Diabetes

- In 1890, about 3 out of 100,000 people had diabetes
- Today, about 1 in 10 people have diabetes – over 30 million Americans!
- The number of people with diabetes has **tripled** in the last few decades
- 84 million people – 1 in 3 – have prediabetes (high blood sugar, but not high enough to be diagnosed as diabetes)
 - 9 out of 10 people with prediabetes don't know they have it
- Type 2 Diabetes CAN be prevented! Eating a healthier diet and getting regular exercise can reduce risk of going into from pre-diabetes into full-blown type 2 diabetes **by 50%**

The Cure for Diabetes: *Hintonia latiflora*

- Native to Mexico and Central America
- Known in Europe, especially in Germany, for over 60 years as a treatment for diabetes
- Ideal for people with “pre-diabetes” – fasting blood sugar levels between 100-125 and HbA1C levels of 5.7% – 6.4%

A Quick Look at HbA1c

- HbA1C is **hemoglobin** (a protein in red blood cells that carries oxygen throughout the body) that is **joined to glucose**
 - The more sugar in your system, the higher your HbA1C levels
- HbA1C levels show long term trends in blood sugar (since HbA1C levels don't change quickly) versus blood glucose levels, which are a “snapshot” of glucose levels at that moment
- **Tiny reductions = Big benefits:** a **1% decrease** in HbA1C can lead to
 - 19% reduction in risk of cataracts
 - 16% reduction in risk of heart failure
 - 43% less risk of amputation or death from peripheral vascular disease

Clinical Study on Hintonia

- In a 2014 study, 178 people with type 2 diabetes/pre-diabetes were divided into 4 groups treatment groups, all received *Hintonia latiflora* plus their regular diabetes protocol
 - Oral antidiabetics
 - Oral antidiabetics and insulin
 - Insulin only
 - Diet changes only
- After 8 months, significant improvements occurred
 - HbA1c improved **by an average of 10.4%**
 - Fasting glucose improved by an average of 23.3%
 - Postprandial glucose improved by an average of 24.9%
- In 114 participants were taking some kind of medication – at study end, 45 participants reduced their dosage and 10 participants no longer needed it.

More research

- 41 people with Type 2 diabetes
- Received Hintonia extract with a small amount of essential vitamins and minerals (including B vitamins and zinc); one capsule, twice a day before meals, for 6 months
- Results
 - 11% decrease in HbA1c levels
 - 25% reduction in fasting glucose levels
 - 22% reduction in postprandial glucose levels
- **Research going back to 1950** consistently documents beneficial effects of Hintonia in reducing blood sugar levels

What to know about Hintonia

- Extremely safe – research going back over 60 years has found it is very well tolerated with no significant adverse effects
- The sooner it is used the better it works – best results were seen in people with mild to moderate increases in blood sugar levels
- In clinical trials, Hintonia was used safely in combination with insulin and oral antidiabetic medications (but always keep your doctor informed)
- Dosage: 20 mg polyphenols from Hintonia (copalchi) one to three times daily, along with essential vitamins and minerals

Eucalyptus Oil

(1 slide)

Terry Talks Nutrition

IMPROVING THE HEALTH OF AMERICA

The Healing Abilities of Eucalyptus Oil

- Direct antiviral activity – reduces or eliminates harmful surface or airborne bacteria and viruses on contact
- Anti-inflammatory
- Great for your sinuses: reduces mucous production and congestion
- Refreshing smell
- Key compound, 1,8 cineole, speeds recovery from infection
 - In a clinical trial in people with sinus and upper respiratory infections, on day 4 of use symptoms (headache, sensitivity of pressure points, congestion and mucous production) were 43% lower versus placebo, and by day 7, 67% lower in the cineole group versus placebo