

# Everyone is Buzzing About Propolis (5 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)

# The Many Benefits of Propolis

- Antibacterial
  - Showed antibacterial effects against over 30 different bacteria, including antibiotic-resistant infectious bacteria
- 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

# Feel better, faster!

- 122 people with upper respiratory tract infections were treated with propolis (standardized to 6 key polyphenols) or a placebo for 5 days
- Results
  - After 3 days of treatment, 69% of the propolis group had reduced or complete relief of their symptoms (sore throat and congestion) versus 28% in the placebo group
  - Most of the infections were viral, but in the 15 patients with bacterial infections, 5 days of propolis treatment completely eradicated the harmful bacteria

# Use Propolis for All Immune Function Concerns

- Prevention and treatment of respiratory infections (viral and bacterial)
  - Common cold, influenza, etc
- General immune tonic
- Candida and other fungal infections
- Canker sores, fever blisters
- Gastrointestinal problems (peptic ulcer)
- Cancer
- **Equal to or better results than prescription drugs**

# Picking Your Propolis

- Clinical studies were on a purified propolis – removing wax, resin and impurities yields a more powerful concentrated extract
- Ethical management of bee hives is very important – mortality among European wild bees is as high as 20%
- Take 200 mg daily
- No adverse effects – safe for kids!

# **Build Bones with Ginseng (1 slide)**

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# New study – ginseng increases bone density

- Previous research in animals found that ginseng improved bone density by 32%
- In a new study, ninety women over the age of 40 took 1 gram of Korean ginseng, 3 grams of Korean ginseng, or a placebo for 12 weeks
- Results
  - The ginseng groups had 11 times higher osteocalcin levels (a marker of bone formation) than the placebo group
  - The 3 grams daily group also had 3 times higher calcium levels versus the placebo group
- In Korea, ginseng products have been approved for three specific health claims
  - Improve bone density
  - Improve immune health
  - Relieve fatigue



# COVID-19 and Cortisol (1 slide)

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# Cortisol predicts COVID-19 survival

- Researchers in England gathered data from 403 COVID-19 patients admitted to the hospital in March and April, 2020; all had their cortisol levels measured
  - 112 (27%) of the patients died
- When the researchers analyzed the connection between cortisol levels and death, they found that **high cortisol levels increased risk of death by 42%**
  - Normal cortisol levels range from 100-200 nanometers per liter (nm/l) when resting, and fall to about zero when sleeping
  - Patients with cortisol levels of 744 nm/l survived an average 36 days, while those with levels over 744 had an average survival of just 15 days; some patients had cortisol levels above 3000 nm/l
- Cortisol levels may be a way to identify the sickest patients and predict the severity of their infection

# Depression Rates Have Doubled (1 slide)

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# Many more people are feeling Depressed!

- In a survey of over 50,000 Americans taken in late June of this year
  - 40% reported an issue related to mental health – **double the number in any other year**
  - 1/3 said they had some sign of anxiety or depression
  - 25% said they had post-traumatic stress symptoms such as nightmares and hostility
- Three botanical medicines that can get you back into a good mood:
  - **Saffron**: in clinical trials was as effective as prescription medication at reducing the symptoms of depression
  - **Red ginseng**: alleviates anxiety and depression caused by stress
  - **E. angustifolia**: shown in clinical studies to quickly reduce anxiety and stress levels – safe for kids!

# Curcumin for Liver Disease (1 slide)

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# Curcumin – the cure for cirrhosis?

- Cirrhosis is the result of long-term damage to the liver – normal tissue is replaced by scar tissue, significantly reducing liver function
- In a recently published study, 70 people with liver cirrhosis (ages 20-70) received 1000 mg of curcumin a day, or a placebo, for 3 months
- Results:
  - Overall liver function improved about 22% in the curcumin group and got worse in the placebo group
  - When evaluated on a standardized assessment tool for liver function, the number of people with the lowest score (indicating the best liver function) increased by 20% in the curcumin group but decreased by 24% in the placebo group!

# **A Little Bit of Chocolate is Good For Your Heart (1 slide)**

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# Chocolate Helps Your Heart Stay Healthy

- Previous research has found that chocolate is beneficial for blood pressure and the lining of blood vessels
- In a newly published study, researchers looked for an association between chocolate intake and coronary artery (blood vessel supplying the heart) disease
- They combined results from 6 studies on coronary artery disease, with a total of over 336,000 participating people who had reported their chocolate intake
  - Results: compared with rarely eating chocolate, eating chocolate at least once a week reduced risk of coronary heart disease by 8%
- **Dark chocolate is preferred:** a small serving of dark chocolate with a high percentage of cocoa (usually at least 70% is suggested) maximizes the beneficial flavanols and minimizes calories and sugar