

Featured Topic: Curcumin for Pain (4 slides)

Terry Talks Nutrition

IMPROVING THE HEALTH OF AMERICA

Americans have a lot of pain

- Chronic pain affects more Americans than diabetes, cancer, and heart disease COMBINED
- 1/3 of Americans live with chronic pain
 - This number has increased 10% in a 12 year timespan, according to a study published in 2016
- Pain might predict death: people experiencing severe pain have **double the risk of dying** in the next two years

The Problem with using NSAIDs (Advil, Aleve, Celebrex,...) for Pain

- NSAIDs are very hard on the digestive system
 - 100,000 people are hospitalized every year from gastrointestinal complications of NSAID drug use, and over 16,000 people die from these complications
 - Up to 50% of people who are prescribed NSAIDs stop taking them because of abdominal pain, diarrhea, and upset stomach
- NSAIDs are hard on your heart
 - Researchers looked at data from 446,763 individuals, both heart attack patients and controls: overall, the risk of heart attack when using NSAIDs was increased 20-50% versus no NSAIDs
 - Risk began increasing **the first week of NSAID use** and high dose use (over 1200 mg daily of ibuprofen for 8 – 30 days) was particularly harmful
- NSAIDs are bad for your ears
 - In a study of over 50,000 people, regular use of aspirin for up to four years increased risk of hearing loss by 28%
- NSAIDs are bad for your brain
 - In a study looking at the effects of long term use of an NSAID drug versus placebo on the brain, tests of mental function (the Alzheimer's progression score) worsened **equally** for both groups, and in fact there was a trend for **a worse score in the NSAID group**

Curcumin is a safe and effective pain reliever

- 201 people with arthritis received curcumin (blended with turmeric essential oil), a curcumin/boswellia combination, or a placebo for 12 weeks
- Result: pain (as measured by a standardized pain rating scale) decreased
 - 2.26 points in the placebo group
 - 6.34 points in the curcumin group
 - 7.38 points in the curcumin/boswellia group
 - In tests of physical ability, both groups improved versus placebo in time required to climb stairs and time needed to get up from a chair and walk a short distance
- No significant adverse effects were reported

Curcumin combination for effective, safe pain relief

- Curcumin, plus boswellia, DLPA and nattokinase
 - Curcumin + boswellia **relieved arthritis pain** more effectively than a prescription NSAID (14% of patients were pain free after 3 months, versus 7% of the drug group patients) **WITHOUT** adverse effects
 - In rheumatoid arthritis patients, **curcumin reduced pain and swelling** more effectively than the prescription drug – 14% of patients in the drug group dropped out because of adverse effects, while ZERO participants in the curcumin group dropped out
 - In a study of curcumin vs ibuprofen in arthritis patients, **curcumin group had less pain and better ability to walk up stairs and walk a distance** than the ibuprofen group – without adverse effects!
- 2,181 mg of the combination daily – increased if needed

Terry Talks Nutrition

IMPROVING THE HEALTH OF AMERICA

Help Your Heart with Fat (2 slides)

Terry Talks Nutrition

IMPROVING THE HEALTH OF AMERICA

The Fat That Is Great for Your Heart

- All oils are fats (lipids)
- Some oils are very **unhealthy**
 - “Vegetable Oil” is probably the worst
 - Mystery blend of oils, usually from corn and soybean, sometimes sunflower or safflower
 - These oils are refined, unstable, and highly inflammatory
- Some oils are very **healthy**
 - **Extra Virgin Olive Oil** is the best
 - A recent study found that those with the highest intake of olive oil had a 15% reduced risk of heart disease
 - Versus those who never used olive oil, people who regularly cooked with it had a 41% reduced risk of stroke
 - Women following the Mediterranean diet supplemented with EVOO had a 68% reduced risk of malignant breast cancer versus women eating a similar diet without EVOO

3 Mistakes To Avoid With Olive Oil

- Buying ‘pure’ or ‘refined’ oil thinking it is higher quality
 - Pure or refined means **processed** low quality oil
 - **Buy cold processed, extra virgin olive oil**
- Thinking ‘packed in Italy’ or ‘Imported from Italy’ means the oil is genuine Italian olive oil
 - Companies in Italy import low quality olive oil from all over the Mediterranean, combine and bottle them, and export it as a “product of Italy”
 - Look for a specific farm or region on the label, or “Grown, Produced, and Bottled” in a specific region of Italy
- Storing the oil in a clear container on the counter
 - Like any oil, olive oil oxidizes when exposed to oxygen, light, and heat
 - To keep it fresh, store in a dark container in a cool, dark place