Cold Sores
New Research on Cold Sores

• Exposure to the cold sore virus increases risk of memory problems
• Researchers recently found that people who tested positive for herpes virus, H. pylori or chlamydia had a 25% percent increased risk of low memory function and thinking skills
• **What do these results mean?** Scientists think that some microbes can cause long-term damage to the brain in additional to directly attacking certain organs or body tissues (such as stomach lining or the delicate areas around your mouth and lips)
What is a cold sore, anyway?

• Also known as “fever blister”
• Caused by the Herpes Simplex (HSV-1) virus
  – A closely related virus (HSV-2) causes genital herpes
• Once you have been infected, the virus can activate when the immune system weakens
  – Tingling and itching around the lips
  – Blisters on the edges of the lips
  – Oozing when the blister breaks, following by crusting as it heals
• Over 50% of Americans carry HSV-1 – we are frequently exposed to the virus in childhood when kissing friends or relatives
Why does a cold sore pop out at the worst possible time?

• Right before your wedding
• On your dream vacation to sunny Florida
• At Christmas, Easter, Thanksgiving, or any extra special holiday
• Just before you have to give a big presentation at work

• What is the common factor? Stress, Sun, & Sugar
  – Any time the immune system is weakened, the herpes virus has an opportunity to activate
Calcium and Cold Sores

• Prevent cold sores supplements with calcium lactate
• Strengthens the immune systems and increases resistance to the herpes virus
• Use in combination with magnesium and zinc
• Also helpful for relieving dry, nighttime coughs in kids, and restless legs in adults
Statin Drugs
Did You Know?

• For every person with a heart attack “prevented” by a statin drug, two or more people suffered liver damage, kidney failure, cataracts or extreme muscle weakness

• Did you know that 63% of all heart attack victims have normal cholesterol levels?

• Statin drugs harm more people than they help!
Cholesterol Keeps You From Dying

• Compared to elderly patients with cholesterol levels of 200mg/dl, those with cholesterol levels of 183mg/dl had a significantly higher death rate.
• The authors found that for every 1mg/dl increase in serum cholesterol, the death rate was reduced by 0.4%.
• You heard that correctly—elevated cholesterol levels protect the elderly from death.
• The Honolulu Heart Program found that men aged 71-93 years in the lowest total cholesterol group had a 64% increase risk in death as compared to men with the highest cholesterol levels.
• The Honolulu study was reported in 2001. It is too bad the media does not trumpet these results.
Cholesterol is not the enemy!

• You don’t need statin drugs to reduce your cholesterol

• You do need to
  – Reduce inflammation
  – Stop LDL cholesterol from oxidizing
  – Increase your HDL cholesterol levels

• You can do all of the above with:
  – Phospholipid omega-3 fatty acids
  – Curcumin
  – Indian Gooseberry
  – Other heart-friendly supplements

Learn more at my live lecture. Come to Terry Naturally on April 23rd at 6:30!
Migraines
What Makes a Migraine?

• **New Research** some people are born with abnormalities in the outer areas of their brain making them more sensitive to pain

• Some other theories on why some people are prone to migraines
  – Abnormal blood flow (vasoconstriction followed by vasodilation)
  – Genetics
    • Half of migraine sufferers have an affected family member
  – Abnormal serotonin levels
    • Low serotonin levels trigger vasodilation
What we DO know about migraines – avoid food triggers!

- phenylethylamine
  - chocolate
- tyramine
  - Aged cheese, beer, wine, coffee, eggs, oranges, spinach
- **aspartame** (Nutra-Sweet, Equal)
  - diet soda, sugar free candy
- monosodium glutamate (MSG)
  - Canned soups, Ramen noodles, snack chips, Chinese foods, many processed food products
- nitrates, nitrites
  - Smoked or cured meats
- alcohol
- caffeine
Relief of Migraine Pain

• Curcumin, Boswellia, DLPA and nattokinase
  – Curcumin and Boswellia: reduce the activity of inflammatory pathways
    • Also plays a role in quieting seizure activity; recent study compared to valproate (Depakote) without adverse effects
  – DLPA: Increases the level of pain killing compounds in the brain; role in serotonin production
  – Nattokinase: enhances circulation, including microcirculation

• Can take for immediate pain relief at onset of migraine

• Can be taken daily to relieve inflammation and help prevent recurrence
Other nutrients helpful in migraine prevention

• Migraines have been linked to high homocysteine levels
  – Patients had 6 months of daily supplementation with folic acid, B6 and B12
  – Homocysteine levels dropped almost 40% and migraine frequency was half the baseline value after 6 months

• Magnesium and Riboflavin
  – 41% reduction in migraine frequency after 600 mg of magnesium daily (12 week study)
  – 68% of people taking riboflavin daily experienced a 50% decrease in the frequency of their migraine attacks

• Coenzyme Q10
  – 35% reduction in migraine frequency in people with low CoQ10 levels
  – 55% reduction in migraine frequency in a separate, open label study using 150 mg daily; over a 60% reduction in the number of migraine days
Boswellia
Ancient Medicine: Boswellia

• You may recognize it by its traditional name: frankincense
• Resin from the boswellia tree has been harvested and used as incense, perfume and medicine for over 8,000 years
• It was used traditionally to treat everything from arthritis to coughs to snakebite
• Now it is known as one of nature’s most powerful anti-inflammatories
Breathe Better with Boswellia

- Overproduction of inflammatory compounds called leukotrienes are a major cause of inflammation associated with asthma and allergies
- Leukotrienes are generated by the activity of an enzyme called 5-lipooxygenase or 5-LOX
- Boswellia is able to directly reduce activity of 5-LOX
- Boswellia also reduces another enzyme called human leukocyte elastase (HLE) which causes increased mucous secretion and makes the symptoms of cystic fibrosis and chronic bronchitis worse
- 70% of asthma patients taking boswellia 3 times a day had improved lung function versus only 27% of participants in the control group
Beta boswellic acids

• The beneficial activity of boswellia is strongly associated with the key compounds, boswellic acids

• However, one specific boswellic acid – beta boswellic acid – actually CAUSES inflammation, it doesn’t reduce it

• Look for boswellia extracts which are labeled to contain less than 5% beta boswellic acids and at least 10% AKBA – the most powerful anti-inflammatory boswellic acid
When to use boswellia

• Take boswellia for any condition involving inflammation in the lungs
  – Asthma
  – Season allergies
  – COPD
  – Emphysema
  – Cystic fibrosis

• NOTE: lung diseases are serious. Do not discontinue any medications prescribed by your doctor without discussing this with them first!

• Boswellia is very safe and has no significant side effects