

**Featured Topic: Adaptogens –
Ashwaghandha and Rhodiola
(4 slides)**

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New interest in ancient medicines

- A recent report notes that sales of the adaptogen ashwagandha **increased 41%** from 2014 to 2015, and **grew another 58%** in 2016!
- Used medicinally for thousands of years, modern research continues to find new uses for ashwagandha
 - For people with mild cognitive impairment, 8 weeks of ashwagandha supplementation **significantly improved memory and attention**
 - In patients treated for **breast cancer**, ashwagandha was associated with a 34% reduction in cancer fatigue and about a 30% increased survival rate at 24 months post-treatment
 - **Reduced cortisol levels** (the stress hormone) by almost 30%
 - **Increased sperm concentration** 167%, sperm motility 57%, and serum testosterone levels 17% in men with infertility and low sperm counts
 - 77% reduction in **depression** score, 75% reduction in **anxiety** score, and 64% reduction in **stress** score in a clinical study of people with a history of chronic stress

Ashwaghandha and other Adaptogens

- “Adaptogens” are herbal medicines
 - Have **no side effects** (non-toxic)
 - **Restore the body** – bring up what is too low, bring down what is too high
 - Help the body **adapt and resist** the negative effects of stress and illness
- Adaptogens
 - Fight fatigue
 - Increase energy
 - Help fight off illnesses
 - Can be both calming and energizing *without* excessive stimulation

Rhodiola – also an important adaptogen

- Boosts energy during physical exertion
- Increases mental performance and concentration
- Relieves the symptoms of anxiety
- Alleviates mild to moderate depression
- Improves physical fitness and reduces mental fatigue
- Shown to help regulate menstrual cycles and may help increase fertility
- Well known for its ability to increase libido

How to use Ashwagandha and Rhodiola

- Can be taken daily for energy, immune support, mental clarity, etc.
- Or, use when needed during times of increased stress or illness
- Take on an empty stomach if possible
- 500 – 1500 mg of the combination daily

Listener Question

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Ask Terry

Dear Terry:

I want to give up carbs and sugar. I really do. But I have TERRIBLE sugar cravings CONSTANTLY. Other than being locked up in a cell where I can't touch the stuff, how can I stop the cravings and stop eating sugar? HELP!

R.K. from Iowa

More Kids with Diabetes (1 slide)

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More kids with diabetes

- The Centers for Disease Control (CDC) and the National Institutes of Health (NIH) reviewed 10 years of recent data on thousands of children ages 10-19
- They found that **the rate of newly diagnosed type 2 diabetes in these children increased almost 5%** over the 10 year period, despite type 2 diabetes previously being rare in children
- A separate study from the UK looking at data from 350,000 children found that obese children had **quadruple the risk of diabetes** as children with normal BMI

A Closer Look at: Strokes

(3 slides)

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Younger people are having more strokes

- The incidence of strokes in people under age 65 has **increased 20%** since 2004
- Researchers also noted that in addition to increased risk of stroke, younger people were also experiencing more high blood pressure, diabetes and obesity
 - During the study period, the percentage of people with **3 or more stroke risk factors roughly doubled**

What exactly is a stroke?

- Most strokes are caused by a clot clogging a blood vessel and blocking blood flow
- **No blood** means **no oxygen** for the brain cells, and they die
 - Some strokes are caused when a blood vessel in the brain breaks, and brain cells are damaged by blood seeping into brain tissue
- People who have had a stroke are at high risk of another stroke for as long as the next five years
- Most experts agree that up to **80% of strokes** can be prevented

3 ways to reduce stroke risk

- Grape Seed
 - Grape seed was associated with a **75% reduction in blood sugar levels**, returning blood sugar to *near normal* levels (animal model of diabetes) and was associated with a **6% reduction in high blood pressure levels** in men with pre-hypertension: Diabetes and Hypertension are two of the biggest risk factors for stroke!
 - Grape seed given after a stroke (animal model) **nearly tripled the number of surviving brain cells** versus not receiving grape seed extract
- Vitamin D
 - A recent study found that blood levels of vitamin D reduce blood pressure, and therefore the risk of heart attack or stroke
 - A study in stroke victims found that low vitamin D levels were associated with strokes **twice as severe** as people with higher vitamin D levels
- Mesoglycan
 - When given to people who had already experienced a stroke, supplemental mesoglycan reduced excessive fibrinogen, a protein which forms blood clots, **WITHOUT** interfering with normal blood clotting (coagulation)

**High Vitamin D = Lower Risk of Cancer
(1 slide)**

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Increase Vitamin D to Reduce Cancer Risk

- Several studies have found that low vitamin D levels are associated with increased risk of cancer
- New study looks at cancer risk after supplementing with additional vitamin D and a calcium
- 2,094 women received 2,000 IU vitamin D plus calcium daily or a placebo for 4 years
- Results
 - Women taking vitamin D saw an average 33% increase in their vitamin D levels
 - While the effect did not reach statistical significance, the women in the vitamin D group as a 30% reduction in cancer risk (of any type)
 - Of note, the women in the vitamin D group with did develop cancer during the study period still had lower vitamin D levels than those who stayed cancer free