

Featured Topic: Better Sleep (4 slides)

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IMPROVING THE HEALTH OF AMERICA

Lots of Americans don't sleep well

- 50-70 million Americans have problems with sleep
- Sleep loss – **getting less than 7 hours of sleep a night** – is very common, and gets worse with increasing age
 - Lifestyle causes: shift work, jet lag, working long hours leaving less time to sleep, etc. Over the last ten years, the number of people working night shifts has grown by 24%
 - Medical causes: insomnia, restless legs, sleep apnea, anxiety and/or depression, pain
- 67% of those who rate their sleep quality as poor also rate their health as “poor or fair”

A few things a lack of sleep can lead to:

- Increased risk of cancer
 - Women who work rotating shifts (days to nights to days again) have a 30% increased risk of breast cancer
 - A 2010 study found a 50% increased risk of colon cancer in men sleeping less than 6 hours a night
- Weight gain
 - The Nurses' Health Study found that women who slept less than 5 hours a night were 30% more likely to gain 30 lbs than women who slept 7 hours or more nightly
- More colds
 - Adults who sleep less than 6 hours a night have a 4 times increased risk of catching a cold
- Greater chance of diabetes
 - Healthy men who were restricted to just 4 hours of sleep per night for 4 nights saw their insulin activity decrease by 23%, a sign of insulin resistance
- Increased risk of dying
 - Sleeping 5 hours or less per night increased risk of dying from any cause by 15%

Scary but true

- Rare, but real side effects of Ambien, Lunesta and other prescription sleeping medications:
 - **Sleep eating:** people consume thousands of calories while “sleeping,” waking up to find food wrappers in their beds, empty refrigerators, even lighted ovens and stoves and NO memory of what happened
 - **Sleep driving:** people using Ambien (especially when combined with alcohol) have been found driving on the wrong side of the road, driving directly into obstacles, threatening police when arrested, and having NO memory of how they left their house

Safe sleep

- Popular suggestion: valerian. But some people (perhaps as much as 10%) who try valerian find it stimulating, not calming
- Instead try 125 – 250 mg of concentrated plant oils about an hour before bed: mandarin, lemon balm, ravintsara, lavender
 - Mandarin: relieves stress, settles the nervous system, and improves sleep
 - Lemon balm: reduces anxiety, mild sedative; also reduces pain that can cause sleeplessness. Shown in a clinical study to reduce insomnia by 42%.
 - Ravintsara: relieves insomnia, reduces depression, and stops nervous tension
 - Lavender: used for centuries to promote sleep; approved in Germany for use in tea to relieve insomnia and restlessness

Listener Question

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Ask Terry

Dear Terry:

My dog is getting older and he is kind of stiff when he gets up in the morning. I think he is getting arthritis. What natural medicines for arthritis are safe for dogs? How much should I give him? He is a medium size dog – about 50 lbs. thanks!

J.J. from South Dakota

2017: Bumper Crop of Ticks

(3 slides)

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2017 expected to be a big year for Lyme Disease

- A mild winter and an increase in the mouse population (mice are highly efficient transmitters of Lyme) equals a bad tick season
 - Mice carry the bacteria that causes Lyme, and pass it to ticks when the tick bites them
- Lyme, Connecticut (where Lyme disease was first diagnosed) tests ticks every year
 - So far this year, 38% of ticks tested are positive for Lyme, versus a 27% average over the last five years
 - Annual number of Lyme disease cases has **tripled** in the last 20 years

Keeping Lyme at bay

- If you find a tick, get it off as soon as possible
 - A tick needs to be attached for about 24 hours before it can infect a person with Lyme disease
 - Immediate treatment with antibiotics is helpful for most people
- However, **up to 36% of people who are treated for Lyme disease** will still have at least one symptom (such as fatigue, muscle and joint pain, and neurological problems) months or years later (referred to as chronic Lyme disease)

For those who are dealing with chronic Lyme disease

- Listen to the webinar on **The Diagnosis and Treatment of Lyme Disease** on the Terry Talks Nutrition YouTube channel. Dr. Nathan and Dr. Teitelbaum are experts in treating chronic Lyme disease
- You may want to consider
 - Glutathione: chronic infection depletes glutathione, which is critical for immune system function
 - Curcumin: antibacterial and anti-inflammatory effects
 - Propolis: very powerful natural antibiotic

**Do diet sodas make you crave sugar?
(1 slide)**

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Diet soda triggers sugar cravings?

- Researchers gave 21 healthy adults a standardized lunch with a 12 oz drink containing either sugar or a zero calorie artificial sweetener (sucralose)
- Four hours later, the people played computer games to win their choice of a salty snack or a sweet snack prize
 - The games could be played as much as desired, but snacks had to be eaten immediately and not saved for later
- Results
 - After drinking the artificial sweetener, **people worked harder to earn sweet snacks** than salty snacks, versus when they drank the sugar drink
 - This is the first study to show that drinking **artificial sweeteners trigger sugar cravings later in the day**