

Featured Topic:
Peppermint for Digestive Problems
(4 slides)

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The Power of Peppermint

- Peppermint
 - relieves gas
 - reduces inflammation in the digestive tract
 - stops the colonization of harmful bacteria in the intestines
 - calms intestinal muscle spasms
- One meta-analysis found that peppermint oil was more effective than prescription drugs for IBS
- How does it work? Peppermint relaxes smooth muscles in the gut, which helps reduce cramping and stops pain and diarrhea

Peppermint Stops IBS Symptoms

- 57 patients with IBS were treated with enteric coated peppermint or placebo for 4 weeks
- Symptoms evaluated included: bloating, abdominal pain, diarrhea, constipation, gas, and urgency to have a bowel movement
- Results after four weeks:
 - **75% of the peppermint group had more than a 50% reduction in their symptoms** versus 38% of patients in the placebo group
- Side effects of peppermint are mild and don't last
 - Most common adverse effect is heartburn

Additional Essential Oils for Digestion

- **Caraway**
 - Reduced abdominal pain intensity by 40% when combined with peppermint oil (to treat chronic indigestion)
 - Relieves gas
- **Cardamom**
 - Up to complete (100%) inhibition of gastric ulcers induced by aspirin (animal model)
 - Gastroprotective
- **Coriander**
 - Used for centuries as a digestive aid – kills yeast and bacteria
 - antimicrobial

How to Use and What to Look For

- Use for:
 - IBS and inflammatory bowel
 - Chronic indigestion (also called functional dyspepsia)
 - Digestive upset: gas, bloating, and abdominal cramps and pain
- Many of the studies on peppermint used **enteric coated** capsules
 - Open in the intestines for best effects
- Take this enteric coated oil combination 2-3 times daily: peppermint oil (187 mg), caraway oil (50 mg), cardamom (20 mg), coriander (20 mg)

Quick Influenza (Flu) Update (1 slide)

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Prediction: flu vaccine won't be very effective this year

- The 2015 vaccine was only 19% effective
- Last year's flu vaccine (2016) was 42% effective *overall*
 - It was less effective – only 34% – specifically against **influenza A**, the most common flu strain last year
- If influenza A is the most common type of flu virus again this year, vaccine effectiveness is once again expected to be low
 - This year's vaccine is the same as what was just used in Australia, where they are coming off one of their worst flu seasons ever

Push Ups Are Life Extenders (1 slide)

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Push ups could add years to your life

- Muscular strength is as important for your health as aerobic exercise
- Researchers looked at data from over 80,000 adults over age 30, looking at death rates and reported types of exercise
- Results
 - Any strength promoting exercise was associated with a **23% reduction in death from any cause**, and a **31% reduction in risk of death from cancer**
 - Aerobic exercise alone was not effective at cancer prevention
 - Working with a person's own bodyweight (think pushups and sit ups) was just as effective as gym-based workouts

Acid Inhibitors and Stomach Cancer (2 slides)

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Heartburn medications linked to stomach cancer

- Proton pump inhibitors (Prilosec, Nexium, and Prevacid) severely reduce the amount of acid secreted in the stomach by blocking (turning off) the cells lining the stomach that secrete the acid
- Used for heartburn - third most commonly used medication in America
- New study followed 63,000 people treated with a PPI and an antibiotic (for H. pylori infection) for 7 years, recording any cases of stomach cancer
- Result – long term use of PPIs increased risk of stomach cancer
 - One year of PPI use – 5 times increased risk
 - Two years – 6 times increased risk
 - Three or more years – 8 times increased risk
 - Additionally, people who took a PPI **daily** versus once a week had 4 times the risk of stomach cancer
- Long term use of PPIs has also been linked to pneumonia, heart attack, and bone fracture

Treat Heartburn the Natural Way

- To treat heartburn:
 - Restore stomach acidity with betaine hydrochloride
 - Reduce symptoms with d-limonene and sea buckthorn oil (600 mg once or twice daily)
- Heal ulcers and treat H. pylori with DGL
 - 75 mg twice daily
- Take (animal-based) enzymes **with meals** to relieve other common digestive problems
- Stay away from proton pump inhibitors

Pesticides and Fertility

(2 slides)

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Pesticide exposure reduces fertility

- New study in *JAMA* (Journal of the American Medical Association) finds that pesticide exposure is associated with decreased fertility
- Researchers followed the eating habits and pregnancy outcomes for 325 women receiving fertility treatments
- Compared with women who ate one serving a day or less of fruits and vegetable with high pesticide residue, women who ate more than two servings a day of high pesticide exposure foods were 18% less likely to have a successful pregnancy
- Replacing one serving a day of fruits and veggies with high pesticide residue with low pesticide options could boost odds of pregnancy by 79% and chances of a live birth by 88%
- Washing does not get rid of pesticides – buy organic!

Dirty Dozen Fruits and Veggies to avoid

(from the Environmental Working Group)

#1 most contaminated: Strawberries

2. Spinach
3. Nectarines
4. Apples
5. Peaches
6. Pears
7. Cherries
8. Grapes
9. Celery
10. Tomatoes
11. Sweet bell peppers
12. Potatoes

**Look for clean,
organic versions of
these fruits and
veggies instead!**