

Featured Topic: Bladder Health

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3 signs of an overactive bladder

(from heathline.com)

- **Gotta go, NOW**
 - Sudden, overwhelming need to urinate; you may not make it to the bathroom on time
 - Can happen even if you have not had anything to drink for hours, or even right after you have just been to the bathroom
- **You have worn a path to the bathroom**
 - Most people urinate about 8 times in a 24 hour period – more than that is a sign of an overactive bladder
 - You may only release a few drops of urine each trip to the toilet
- **You get out of bed 2 or more times a night to urinate (called nocturia)**
 - Disrupted sleep can also impair your mood, your immune system, and even lead to weight gain!

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Both men AND women can have problems with their bladders

- The Centers for Disease Control reports that **more than 50% of women and 25% of men** age 65 and over have problems with urinary leakage
- Stress incontinence (urine leakage during physical movement – running, coughing, laughing) is more common in women
- An enlarged prostate is a common cause of bladder problems for men
- Both men and women can have “overactive bladder” caused by medications, constipation, declining function associated with aging, neurological problems (multiple sclerosis, for example) or incomplete bladder emptying

Solution for Bladder Problems in Men AND Women

- *Angelica archangelica* from Iceland
- Clinically studied to help reduce urinary frequency problems
 - Shown to increase bladder capacity and reduce number of urinations at night, particularly in participants who had small bladder volumes
 - **What does this mean?** Participants had to make fewer bathroom trips at night
 - Fewer bathroom trips means better sleep and better rest

Angelica archangelica is useful for:

- Overactive bladder and Stress Incontinence
- BPH
- Nocturia (nighttime trips to the bathroom)
- Bed-wetting
- Interstitial cystitis

In Iceland, Angelica is more popular for bladder issues than saw palmetto

How to use *Angelica archangelica*

- Dosage: 100-200 mg daily
- If have bladder problems during the day, take in the morning; if have bladder problems at night, take before going to bed
- Very safe – no significant adverse effects

Stop Sarcopenia (2 slides)

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Sarcopenia = Loss of Muscle Mass (due to aging)

- Protein intake is critical to maintaining muscle mass
- We lose **30% of our muscle strength** between ages 50 and 70
- In a three year study of older adults, versus people with high protein intakes, those with the lowest protein intakes had a 40% increased loss of muscle mass
- Activity is also important – after just 10 days of inactivity, otherwise healthy older adults lost 10% of their lean leg mass

How much protein?

- In addition to preserving muscle mass, protein also boosts the immune system, improves mood, and fights cancer
- Some experts suggest 90-110 grams of protein a day
 - Equivalent to about 4 chicken breasts every day
- Whey protein – easy way to increase daily protein intake
 - 18-20 grams of protein per serving is typical

Dry winter skin and callus removal (3 slides)

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3 ways to prevent and treat dry skin

#1. Omega fatty acids - build cell membranes, the “wall” around the cells, including skin cells.

- When skin cells have strong membranes they are better able to hold water, which leads to fuller, softer, more wrinkle-free skin
- Omega fatty acids reduce inflammation. Inflammation damages cells and can lead to premature aging and “old” looking skin
- **Omega-7** from sea buckthorn was shown in a clinical study to **improve skin moisture by 49% and skin elasticity by 29%**

#2. Iodine and l-tyrosine for the thyroid

- One job of thyroid hormones is regulating skin cell function
- Low levels of thyroid hormones can cause rough, dry skin, especially on the palms of the hand and the soles of the feet
- Restore proper thyroid function with iodine and l-tyrosine
- 15 - 30 mg iodine/200-400 mg l-tyrosine

#3. White willow to smooth callouses

- European researchers developed a natural cream to reduce callouses, which includes white willow bark, sage, thyme, marigold, limonene, and vitamins C and E.
- 12 patients applied a thin layer of the cream to calloused areas of their skin twice a day
- Application of the cream lead to a 28% reduction in callous thickness after two weeks, and a 75% reduction after four weeks
- 100% of the participants reported that their skin felt smoother after using the cream and that they would like to continue use of the cream after the study was finished

Cancer Stem Cells

(3 slides)

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What are cancer stem cells?

- **Stem cells** are cells that can develop into many different cell types in the body
- When normal stem cells divide, they can either remain a stem cell, or become a cell with a specialized function, like a red blood cell
- When **cancer stem cells** divide, they either remain a cancer stem cell or they become a cancerous tumor cell
 - Cancer stem cells are more resistant to cancer drugs than other types of cancer cells
 - Even if treatment shrinks a tumor to almost nothing, just a few cancer stem cells can bring it back
- Think of weeding a garden – no matter how low to the ground you cut the weed, if the root is still there the weed will eventually grow back

What stops cancer stem cells?

- **OPCs** (oligomeric proanthocyanidins) from **grape seed extract** stop cancer stem cells
- Researchers exposed human colon cancer stem cells to OPCs from grape seed
 - Result: up to an 86% decrease in cancer stem cells as the dosage of OPCs was increased
- When researchers compared the activity of cancer stem cells pretreated with OPCs versus untreated stem cells, tumor formation (animal model) was **reduced by almost 90%**

Curcumin also stops cancer stem cells

- When extremely malignant brain cancer stem cells (glioblastoma) were exposed to curcumin, **cancer cell formation and spread was inhibited by up to 70%**
- In a study of colon cancer stem cells exposed to a known carcinogen, after 12 hours with treatment of curcumin plus omega-3, DNA damage levels were reduced by 50%; after 24 hours, DNA damage level was no different in the curcumin + omega-3 than in the saline (no carcinogen exposure) control cells
- Try:

Healthspan and Lifespan (2 slides)

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Will your healthspan match your lifespan?

- “long life” is not the same as “long health”
- Average lifespan in the US today is about 79 years
- Average healthspan – the years before serious disease occurs [heart disease, cancer, diabetes, stroke,...] is 63.1 years
- In other words, **we live 20% of our lives in an unhealthy state of serious illness**

Live a long, HEALTHY life!

- **No Sugar**

- Consumption of added sugar has been tied to obesity, high blood pressure, diabetes and risk factors for heart attack and stroke
- One recent study found that **a diet containing 17% - 21% added sugar** (typical of many Americans) **increases risk of death from heart disease by 38%**

- **No Sitting**

- Sedentary behavior increases risk of heart disease, cancer and high blood pressure
- One study found that for every 2 hours a person watches TV, the risk of Type 2 diabetes goes up 14%

- **More Sleep** – “short sleepers” die younger

- Getting less than 6 hours of sleep a night increases risk of obesity, and **one study found lack of sleep triples the risk of depression** and mental health problems