

Featured Topic:
Angelica archangelica
(5 slides)

Terry Talks Nutrition

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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!

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

Today's Listener Question

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Ask Terry

Dear Terry:

I am a 76 yr old woman and I have been getting bruise marks on my hands and arms. It has been occurring for several years. Sometimes I feel something itching and even if I don't scratch it I still get a bruise mark. Sometimes it just appears for no reason. Other times, just a little tap on a surface causes a bruise. Sometimes for weeks, I don't get any marks. It only occurs on my hands and arms. Is this something that is serious? I take a curcumin formula, and boswellia, twice a day. I take nattokinase before I go to bed.

Thank you,
C.B., Glenview, Illinois

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Bacon is Bad for Your Lungs (2 slides)

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Processed meat makes asthma worse

- Researchers collected data from 971 people over a 20 year span; at the start of the study, 42% had asthma
- As part of the study, participants reported their intake of processed meat (including ham and sausage)
- Result
 - For those with asthma at the study start, **up to 22% of those eating 1-4 servings of processed meat per week had worse asthma symptoms at study end**, while only 14% of the people with asthma who ate less than a serving of processed meat a week had worse symptoms

What is the problem with processed meat?

- Answer: Nitrites
 - Nitrates and nitrites are added to processed meat as a preservative to inhibit growth of bacteria and prevent meat from turning brown
- Nitrites cause cancer
 - The World Health Organization (WHO) has classified **processed meat** in the same category as **asbestos**, **arsenic** and **tobacco**
 - Each 50 gram serving of processed meat (about 3 sausage links, or one hot dog) eaten daily increases risk of colon cancer by 18%
- Nitrites cause inflammation and oxidative stress in the lung leading to asthma and other respiratory diseases
 - Data from the Nurse's Health study found that for each additional weekly serving of processed meat, risk of COPD went up 4%
 - Similar results were reported in 2007 from the National Health and Examination Survey of over 9,000 people – each additional serving of processed meat per month increased risk of COPD by 2%

Diet Therapy for Inflammatory Gut Diseases in Children (1 slide)

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Cutting carbs stops Gut Inflammation

- Small clinical trial – 12 children (ages 10-17) with mild or moderate Crohn's disease, or ulcerative colitis
- All children followed the Specific Carbohydrate Diet (SCD) for 12 weeks
 - NO grains, NO sugar (except honey), NO processed foods, NO dairy (except for fermented yogurt and some hard cheese)
- Results (2 children dropped out of the study because the diet was too difficult to manage)
 - At week 12, **8 of the remaining 10 children had achieved remission** of their disease
 - **Inflammatory CRP levels dropped to normal** (less than 8) in all children; average values were 24.1 at beginning of the study and 7.1 at week 12
 - Analysis of the children's microbiomes showed changes in the microflora ratio to more resemble microflora in healthy children with no intestinal disease

Natural Treatments for Skin Conditions (2 slides)

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Skin problems are very common

- More Americans have skin disease than heart disease, diabetes or kidney failure
- Nearly half of all Americans over 65 have a skin disease
- Three of the most common skin diseases include:
 - Acne – obstructed and **inflamed** hair follicles that
 - Eczema – chronically **inflamed**, itchy, scaly skin
 - Psoriasis – **inflammation** and overproduction of skin cells that cause hard, burning, painful plaques on the skin surface
 - Rosacea – red, **chronic swelling** in the face, prominent blood vessels, and pimples
- **Inflammation** is an underlying cause of all these skin conditions

Natural relief for skin problems

- Boswellia
 - 60% of patients with eczema had reduced itching and redness after using topical boswellia for 30 days; 90% of the placebo patients had no improvement and 10% had worse symptoms
- Curcumin
 - In an animal model of psoriasis, topical curcumin **reduced inflammatory compounds by up to 60%**
- Omega-3 fatty acids
 - Increasing omega fatty acid intake in patients receiving standard drug treatment for plaque psoriasis **doubled the reduction in itching and plaque size** versus patients receiving drug treatment alone

Nutrient of the Day: Diindolylmethane (DIM)

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DIM – help for your hormones

- Diindolylmethane or DIM
 - Active form of a compound (indole-3-carbinole) found in cruciferous vegetables, including broccoli and cabbage
- How it works
 - Prevents estrogen and testosterone from converting to forms that can be harmful to the body

DIM Research Results

- When DIM was combined with radiation treatment for breast cancer, increased cancer cell death by 30% versus radiation alone
- In women with a genetic mutation associated with breast cancer, DIM supplementation increased the activity of cancer-preventing genes by 34%
- In postmenopausal women, DIM improved the ratio of estrogen in its beneficial form to estrogen in its harmful forms by 47%
- In men with precancerous cell changes associated with the development of prostate cancer, 12 months of DIM supplementation resulted in **complete regression in 45% of patients**, versus no regression found in any of the placebo patients

How to use DIM

- Ideal for:
 - Relieving PMS and other symptoms of estrogen dominance
 - Protection against breast cancer
- Also useful for men
 - Helps keep testosterone in its beneficial forms
 - Has anti-cancer activity against prostate cancer
- Dosage: 120 mg of enhanced DIM with 250 mg of curcumin and French grape seed