

**Featured Topic:  
Natural Treatment for Anxiety  
(3 slides)**

Terry Talks Nutrition

IMPROVING THE HEALTH OF AMERICA

# Americans are really anxious

- Anxiety is the most common mental disorder in the United States – even more common than depression
- No wonder that the anti-anxiety drug Xanax (alprazolam) is the **number one** psychiatric drug in America: almost **50 million prescriptions** written annually
- Side effects:
  - More common: drowsiness, dizziness, insomnia, memory problems, poor balance or coordination, slurred speech, trouble concentrating, and irritability.
  - Less common: diarrhea, sweating, headache, nausea, blurred vision, and appetite changes

# Effective natural relief of anxiety

- Unique extract of *Echinacea angustifolia*
- Clinical trial: volunteers with high anxiety and tension levels
  - Took placebo or 20 mg of *E. angustifolia*, twice daily, for 7 days
- Results: **decrease in anxiety after the first day of use**, increasing to a 16% decrease in anxiety scores versus placebo at study end
  - Effects continued for two weeks following the end of the trial
- Second, longer study looked at the same dosage (20 mg, twice daily) for 6 weeks
  - Results: 25% decrease in anxiety scores, significant results after just a few days of use
- Equal or superior to prescription medications (Librium and Prozac) in animal models of anxiety

## Any old echinacea won't do.

- Researcher in Hungary specifically identified a **unique echinacea species** (*Echinacea angustifolia*) containing **the right type and amount of compounds** (called echinacosides) at **the right dosage** to significantly reduce anxiety
- Bind to receptors (cannabinoid receptors) in areas of the brain that regulate anxiety
- Dosage is important
  - 20-40 mg daily: more is not better
  - No significant adverse effects

# Listener Question

Terry Talks Nutrition

IMPROVING THE HEALTH OF AMERICA

## Ask Terry

Dear Terry:

I went through a bout of bronchitis this winter, and it has left me with a cough that just won't stop, no matter what I do. Do you have any suggestions?

T.S. from Indiana

# Vitamin D for Headaches (2 slides)

Terry Talks Nutrition

IMPROVING THE HEALTH OF AMERICA

# Low vitamin D = chronic headache

- Researchers gathered data from 2,601 men ages 42-60, including their vitamin D levels and how often they experienced headaches
- Results
  - The men who reported frequent headaches had vitamin D levels 13% lower than men who did *not* suffer frequent headaches
  - Those with the **lowest vitamin D levels** had a **113% increased risk** of frequent headaches
  - Additionally, chronic headaches were more common over the winter (October – May), when people are usually spending most of their time indoors, away from sunshine

# Stopping headache pain the natural way

- **Vitamin D – 5,000 IU daily as cholecalciferol**
- **Curcumin, boswellia, DLPA, magnesium and P-5-P**
  - **Curcumin** and **boswellia** are powerful anti-inflammatory with no adverse effects!
  - **Boswellia** has been shown to reduce the intensity and frequency of chronic cluster headaches
  - **DLPA** helps increase the brain's natural pain-killing compounds (endorphins and enkephalin)
  - 41% reduction in migraine frequency after 600 mg of **magnesium** daily (12 week study)
  - Many headache sufferers are also serotonin deficient – **P-5-P** has been shown to increase serotonin levels and reduce the pain and frequency of headaches

**Nutrient of the Day:**  
***Lactobacillus rhamnosus***  
(3 slides)

Terry Talks Nutrition

IMPROVING THE HEALTH OF AMERICA

# Gestational Diabetes Prevention

- Researchers in New Zealand conducted a randomized trial of pregnant women beginning at week 14-16 of their pregnancy
- 184 women received daily supplementation with *Lactobacillus rhamnosus* and 189 women received a placebo
- At weeks 24-30, the women were evaluated for gestational diabetes (high blood sugar during pregnancy)
- **3 times as many women** in the placebo group **developed gestational diabetes** as in the *L. rhamnosus* group
- Additionally, women who had experienced gestational diabetes in a previous pregnancy had a significantly reduced risk when taking supplemental L. rhamnosus

# L. rhamnosus – the good bacteria

- *Lactobacillus rhamnosus* is a living organism – a helpful bacteria that is a normal resident of the human intestines
- Taking additional L. rhamnosus as a probiotic supplement has shown significant benefits for an amazing variety of conditions
  - Significantly reduced symptoms of **gum disease** and increased pocked depth versus control group, reducing need for dental surgery
  - Restored acidic vaginal pH in women with **chronic bacterial infections (bacterial vaginosis)** and significantly reduced symptoms
  - Cut in half the number of children experiencing **antibiotic associated diarrhea**
  - 53% of children with **non-alcoholic fatty liver disease** experienced a return to normal liver structure after 12 weeks of probiotic treatment including L. rhamnosus
  - And that's not all: skin conditions, respiratory diseases, anxiety, IBS and other gastrointestinal problems, weight loss and more!

Terry Talks Nutrition

IMPROVING THE HEALTH OF AMERICA

# What to know about probiotics

- They are **alive**, so quality control is extremely important
- Certain strains are much stronger and able to better survive exposure to stomach acid and have a longer shelf life (not needing to be refrigerated)
- Dosage: 20 billion *L. rhamnosus* blended with other beneficial probiotics (*L. plantarum* and *Bifidobacterium bifidum*)

# The Difference an Hour of Sleep Can Make (1 slide)

Terry Talks Nutrition

IMPROVING THE HEALTH OF AMERICA

# A little less sleep can mean a lot more problems for your health

- Researchers surveyed more than 20,000 adults regarding their sleep habits, including naps, and their state of mood (anxious, nervous, depressed, etc.)
- Results
  - About 60% of people reported optimal sleep (7-9 hours nightly); the rest had “low but acceptable” or insufficient sleep
  - But regularly getting just **one hour less** than the optimal amount of sleep per night was associated with a 60-80% increased risk for depression, nervousness and anxiety
  - The opposite was also true – getting one hour **more** sleep a night significantly reduced the risk of depression and nervous anxiety

# **Pregnant Women Still Not Getting Enough Omega-3 (3 slides)**

**Terry Talks Nutrition**

IMPROVING THE HEALTH OF AMERICA

# Omega-3 builds brains

- Researchers looked at data from 805 pregnant women
- Average dietary intake of EPA and DHA was about 90 milligrams, less than 10% of the omega-3 intake recommended during pregnancy (1.4 grams)
- Previous surveys have found that only about 9% of women take omega-3 supplements during pregnancy
- **Did you know?** During the last trimester, the fetal brain grows approximately 260%, and continues to grow 175% during the first year of life and another 18% during the second year.
- The human brain is **60% fat**, and **the most abundant fat is DHA**

# Is fish OIL a better choice than fish for omega-3?

- Fish oil can be contaminated with mercury and other toxins, just like fish
- Omega-3 in fish oil is carried on triglycerides (a type of fat)
  - inefficient carriers so high dosage level required
  - high levels of triglycerides themselves are considered a risk for heart disease
  - triglycerides make the oil unstable and rancid
- Fish oil is highly processed
  - frozen for transport, thawed, and subjected to high heat, pressing, chemical solvents, and distillation
  - processing and unstable oil causes “fish burps”
  - likely to cause inflammation and damage, not relieve it

## Best choice: phospholipid omega-3 from salmon head

- From the head - not the body of the fish where the toxins are concentrated - very clean and pure and safe for everyone, including pregnant women
- Omega-3 bound to phospholipids, not triglycerides
  - 2:1 ratio of DHA to EPA – DHA especially important for developing babies
  - Efficient transport; well-absorbed – allows for smaller dosage
  - Phospholipids are very healthy for the body, especially the brain
- Also a source of peptides, which have health benefits in their own right
  - Play a role in reducing anxiety, heart disease, inflammation and more
- Minimal processing – no heat, pressing or chemical solvents
- Solid form – not an oil – so no problems with rancidity, or need to swallow spoonful of oil

**New Eczema Drug Gets  
“Responsible Price” - \$37,000**  
(from the *Wall Street Journal*)  
(1 slide)

Terry Talks Nutrition

IMPROVING THE HEALTH OF AMERICA

# FDA Approves Dupixent for Eczema

- The FDA has approved use of the injected drug Dupixent as a treatment for eczema (also called atopic dermatitis = itchy, inflamed, irritated skin)
- In an unusual move, the pharmaceutical company behind it met with insurance companies *before* the drug even comes on the market to negotiate the price insurers will pay for it
- They agreed upon: **\$37,000 for one year of treatment**
- If this drug meets business expectations, by 2020 it is expected to generate over **\$3 billion a year** in sales
- Although consumers with health insurance will not have to pay the full price, they often have to pay a percentage – for some people up to 50% of the cost