

Featured Topic: Menopause (4 slides)

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How to Get Through Menopause without Drugs

- 50-80% of women experiencing menopause symptoms want relief **WITHOUT** using HRT (hormone replacement therapy)
 - HRT is linked to increased risk of cancer, heart disease stroke and blood clots
 - One study found a **75% increased risk of breast cancer**
 - even short term use of HRT increases risk of ovarian cancer by 40%
- You **CAN** stop hot flashes and other menopause symptoms **without the risk of adverse effects** associated with HRT

Black cohosh is effect and safe

- Black cohosh stops menopause symptoms
 - Those with mild or moderate symptoms saw their symptom severity decrease by 17.8 points. (The placebo group saw an *increase* by as much as 12.2 points.)
 - Those with **severe symptoms** saw a decrease of 20.9 points in the symptom severity score
 - Overall, the total reduction in symptom severity was 69% for the 13 mg black cohosh group and 7% for the placebo group
- High dose isn't necessary – studies have found 13 mg daily effectively relieves hot flashes and other symptoms of menopause

Extra help during menopause: rhodiola

- Rhodiola has been proven to improve many of the symptoms – in addition to hot flashes – a woman may experience in menopause, including
 - Fatigue
 - Anxiety and Depression
 - Memory Decline
 - Stress Intolerance
- In a clinical trial of people experiencing high levels of stress and “burnout”, rhodiola administration
 - Increased energy levels, reduced stress/tension, and improved positive mood
 - Participants also reported increased productivity at work
 - The **overall burnout scores were reduced almost 40%**, and 69% of the participants experienced moderate to significant improvement in their symptoms

How to use black cohosh and rhodiola during menopause

- Unlike soy, black cohosh does not contains estrogens or phytoestrogens
 - Safe for women with a history of breast cancer
- Take 13 mg of black cohosh daily for night sweats and hot flashes, irritability and mood problems, and sleeplessness
- Take 207 mg daily of a blend of black cohosh and rhodiola for relief of hot flashes and night sweats, PLUS increased energy, focus, mood and libido
- For some women the effects are relatively quick, however, allow at least 12 weeks for best results

**Poor quality products
sold online
(1 slide)**

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Think carefully before you click the “buy” button

- Researchers in Norway purchased 70 products for weight loss, pain relief, energy, and body building from foreign online stores
- Results
 - 27 of the products were contaminated with prescription drugs (Viagra and Cialis)
 - 4 contained an appetite suppressant drug (sibutramine) prohibited in Europe
 - Several products contained extremely high levels of undisclosed caffeine
- Counterfeit, fake, and expired products are becoming a big problem online – beware when making internet purchases!

A Closer Look at: Aspartame and Diet Soda (2 slides)

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Aspartame

- One of the most commonly used artificial sweeteners
 - Brand names: NutraSweet and Equal
 - 200 times sweeter than sugar
- Aspartame is frequently linked to blurred vision, headaches, and neurological problems
- Used in thousands of processed foods, including diet soda
 - One study found that postmenopausal women who consumed two or more diet drinks a day were **30% more likely to experience a cardiovascular event** and **50% more likely to die from related cardiovascular disease** than women who never, or only rarely, consumed diet drinks.

Artificial sweeteners don't help with weight loss!

- Artificial sweeteners **act like sugar** and trigger insulin secretion, which can lead to weight GAIN not weight loss
 - Researcher found that over the course of about a decade, diet soda drinkers had a 70% greater increase in waist circumference compared with non-drinkers. AND participants who drank **two or more sodas** a day experienced a **500 percent greater increase in waist size.**
- Several consumers have sued soda companies for the misleading claim that “diet soda” is associated with weight loss when the opposite is true – the cases are now going through the court system

Statins and ALS

(1 slide)

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Statins increase risk of ALS

- Approximately 1 in 4 Americans is taking statin drugs to lower cholesterol levels
- Known adverse effects:
 - Muscle pain
 - Fatigue
 - Liver damage
 - Increase in aggression and irritability (especially in women)
 - Sleep and digestive problems
 - Peripheral neuropathy

Statins and ALS

- ALS (or Lou Gerig's disease) is a fatal neurological disease of the brain and spinal cord, that results in paralysis of the respiratory system; average life expectancy from diagnosis is 2-5 years
- About 10 years ago, researchers began noticing a connection between statin drug use and ALS
- Now they have found a rouge gene associated with muscle pain
- One copy of the gene means **4 times the risk** of muscle pain when taking statins; people with two copies of the gene are **16 times more likely to develop ALS** when they take statins
- **1 in 4** people have 1 or 2 copies of this gene

Bladder Control for Dogs (1 slide)

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Canine incontinence

- If your dog is having ‘accidents’ check with your veterinarian to make sure it isn’t:
 - diabetes (dogs with diabetes may drink excessive amounts of water causing them to have to urinate more often)
 - urinary tract infection
 - bladder stones
- If overactive bladder is your dog’s problem, *Angelica archangelica* can help
- Angelica increases bladder capacity and reduces bladder spasms, making it easier for your dog to “hold it”
- Dosage: 100 mg of *Angelica archangelica* daily (for all size dogs)

Foods worth buying organic (1 slide)

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What to buy organic

Foods from organic crops contain **up to 25% more antioxidants** as well as more of certain nutrients (such as magnesium and iron) but they tend to be more expensive. If you can only choose a few foods to buy organic consider:

- **Milk:** 12 different pesticides have been detected in milk; dairy cows are fed hormones, antibiotics and pesticide-covered grains, all of which can be carried through to the milk
- **Apples:** 99% of conventional apples test positive for at least one pesticide – more pesticides are found on apples than any other fruit or vegetable
- **Meat:** More than 90% of the pesticides Americans consume are found in the fat and tissue of meat and dairy products

World Obesity Rates
Obesity and Cancer
(2 slides)

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It's NOT a small world after all

- 25% of the world's population will be obese by 2045 if current trends continue
- One in eight people will have type 2 diabetes
- In the US, obesity rates are predicted to climb from the current rate of 39% to 55% by 2045, with the prevalence of type 2 diabetes increasing from 14% to 18%

More on the obesity/cancer link

- Researchers in Norway tracked over 137,000 women, including their weight, ages, and cancer status, for 18 years
- Results: compared to women of normal weight, **women with obesity were 24% more likely to develop certain types of cancer**, including colon and rectal cancer, liver cancer, and thyroid and blood cancers
- Women with obesity also had **double the risk** of kidney and endometrial cancer
- **Rapid weight gain** was also linked to cancer: those that gained more than 22 lbs over a period of 5-8 years were **twice as likely to develop pancreatic cancer** as those who maintained a stable weight