

Featured Topic:
Angelica archangelica
(5 slides)

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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

Get up and Move, It's Good For Your Brain (1 slide)

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Sitting is Bad for Your Brain

- 35 middle-aged and older adults ages 45-75, with normal brain function, reported their time spent sitting, and underwent brain scans to measure brain thickness – the thicker the brain tissue the less risk of dementia and Alzheimer's
- Results:
 - Average time was 7.2 hours of sitting daily
 - The greater the number of hours spent sitting, the thinner the brain tissue in areas of the brain that control memory
 - Those who spent 8 or more hours a day sitting had about 7% less thickness in their brains versus those who sat for 5 or fewer hours
 - Why? One possibility is that sitting for long periods decreases blood flow to the brain, leading to poor tissue development
- Conclusion: a 25% reduction in sedentary behavior could prevent more than 1 million cases of Alzheimer's disease globally

Pet Health: Arthritic Dogs (5 slides)

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Arthritis in dogs is common

- Osteoarthritis is the most common form of arthritis in humans and in dogs, and the most **common source of chronic pain** in dogs
- One in four dogs will be diagnosed with arthritis
 - Large breed dogs suffer from arthritis more than smaller dogs
- Your dog may be showing the first signs of arthritis if he is:
 - reluctant to jump up on a couch or climb stairs
 - careful about lying down, and slow to get up
 - stiff or perhaps limping a bit in the morning
 - less interested in running and playing

Help for the arthritic dog

- Odds are, your dog can **lose some weight**
 - The Association for Pet Obesity Prevention reports that **56% of American dogs are overweight or obese**
 - Weight loss means less pressure on painful joints
 - Check with your veterinarian to see if your dog is at a healthy weight
- The same factors that help humans with arthritis can help dogs with arthritis: reduce inflammation and relieve the pain

Curcumin reduces inflammation in dogs

- Researchers compared the effects of curcumin versus an NSAID drug on markers of inflammation in dogs with arthritis; study lasted 20 days
- Results:
 - Curcumin acted on **double the number of inflammatory genetic pathways** as the NSAID drug
 - **Curcumin was better at reducing tumor necrosis factor (TNF)** an inflammatory compound associated with arthritis, than the NSAID drug
- As in people, standard curcumin is not well absorbed in dogs
- Combining curcumin with turmeric essential oil increased its absorption by 7 times versus standard curcumin in dogs, as well as increasing by 6 times curcumin's detectable level in the dogs' bloodstream

Boswellia reduces joint pain in dogs

- 29 dogs with arthritis or spinal pain were treated with Boswellia extract for 6 weeks
- After just **two weeks**, 71% of the dogs had noticeable reduction in symptoms
 - Lameness
 - Pain
 - Stiffness when walking
- 1 dog had brief, mild diarrhea and gas that was associated with the boswellia extract – otherwise no adverse effects were reported

How to use curcumin/Boswellia for your dog

- Don't wait until your dog is old and stiff, especially large dogs
- Give daily a blend of curcumin with turmeric oil (to increase absorption) and boswellia
- Dosage can be adjusted depending on the size of your dog
 - 500 mg blend for small dogs (15 lbs or less)
 - 500 – 1,000 mg for medium dogs (up to 60 lbs)
 - 1000 – 1500 mg for large dogs (Over 60 lbs)
- No adverse effect on your dog's liver or stomach

Sugar Intake in Young Children (1 slide)

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Don't let your child grow up a sugar baby

- New research finds even American toddlers are getting too much sugar
 - Sugar is bad, but too much sugar for kids is REALLY BAD, as it “wires” them to prefer sweet tastes for the rest of their lives
- Researchers looked at food diaries for 800 children ages 6 months to 23 months, and calculated their “added sugar” consumption in a 24 hour period
- Results
 - For ages 6-11 months, added sugar made up 61% of the sugar they consumed
 - For children between 1 and 2 years of age, 99% of the sugar they ate was “added sugar”
 - This means NO natural sugars as found in fruits or vegetables, they are eating only **processed food sugar**

**3 Causes of Dementia
(You Might Not Have Known About)
(4 slides)**

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#1: Vitamin B deficiency

- One sign of Vitamin B12 deficiency is memory loss
- A study of 100 patients diagnosed with dementia found that 10% of them were actually B12 deficient
- Low B12 causes “reversible” dementia – restoring B12 levels improves memory and mental function
- Look for Vitamin B12 (**as methylcobalamin**)
 - Dosage is 1000 – 1500 mcg daily, or up to 6,000 mcg depending on the health concerns faced
 - Very well tolerated and no known toxicity
 - Can combine with other B vitamins (B6 as P-5-P, Folate as 5-methylfolate) for the heart, brain and nervous systems

#2: Thyroid dysfunction

- Both over- and underactive thyroid have been associated with increased risk of dementia
- A recent human study found that low thyroid hormone levels were associated with increased beta amyloid plaque deposits in the brain – a risk factor for Alzheimer's
- For thyroid conditions, take 15 to 30 mg of iodine with 200 – 400 mg of l-tyrosine daily
 - Iodine + l-tyrosine = thyroid hormones
- Look for three forms of iodine: potassium iodide, sodium iodide, molecular iodine
 - Breast tissue prefers molecular iodine
 - Thyroid prefers potassium iodide
 - Sodium iodide enhances iodine absorption

#3: Anticholinergic drugs

- Used to treat allergies, bladder problems, and depression
 - Benadryl (diphenhydramine) is one of the best known anticholinergic drugs. It is used for allergies and - because it causes sleepiness - as a sleep aid in products like Tylenol PM
- 30-50% of older adults have been prescribed an anticholinergic drug
- New study looked at risk of dementia in 350,000 older adults
 - use of these drugs for a year or more was associated with a 30% increased risk of dementia
 - The risk was increased even 20 years AFTER use of anticholinergic drugs

Alternates to anticholinergics

- Depression: 750 mg of curcumin with turmeric essential oil daily
 - Shown to reduce symptoms of depression as effectively as prescription antidepressants
- Bladder problems: 100 mg of *Angelica archangelica* daily
 - Reduces problems with bladder urgency in both men and women
- Allergies: powdered cellulose applied directly into the nostrils
 - safely blocks allergens without side effects. Ideal for pregnant women and children.

Nutrient of the Day: Liver Extract

(3 slides)

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Classic Study on Liver Extract and Energy/Stamina

- Rats received a standard diet, or a diet with additional powdered liver extract
- The rats then swam first in warm water, and then in cool water, until tired
- Results
 - No difference in swim times in warm water
 - **Big difference** in swim times in cool water – that is, under **stressful conditions**
 - **All** the rats receiving liver extract **swam at least five times longer in cool water** than the rats on a standard diet
 - 75% of the rats swam almost **10 times longer in cool water** than the rats on a standard diet

Energizing nutrients in liver

- Did you know? Organ meats (including liver) are 10 to 100 times higher in nutrients than muscle meat
- Liver contains a wide range of essential nutrients
 - B vitamins including B12, Niacin, Biotin and Folate
 - Vitamins A, D, and C
 - Magnesium, Potassium, Zinc, and **Heme Iron**
- Heme iron is highly bioavailable, with at least double the absorption rate of non-heme iron
 - Iron from heme sources makes up 2/3 of the iron stored in the human body, despite it being 1/3 of the iron actually ingested

Energy building formula with liver

For energy and stamina, combine 1300 mg of **clean beef liver** from animals raised without antibiotics or exposed to pesticides and chemicals with

- Folate (methylfolate): 200 mcg
- Vitamin B12 (methylcobalamin): 1000 mcg
- Iron (non-constipating ferrous bisglycinate chelate): 5 mg

Use for: energy and stamina, liver support, post-exercise recovery, and recovery after illness and injury