

**Featured Topic: Omega-3,
Phospholipids and Peptides
(5 slides)**

Terry Talks Nutrition

IMPROVING THE HEALTH OF AMERICA

Omega-3 improves mental function

- Researchers in Ghana (West Africa) measured blood levels of omega-3 fatty acids in 300 children ages 2-6 years old
 - Traditional diet in Ghana is high in carbs and protein but low in fat
- All children went through the same tests of mental function
- Children with the highest levels of total omega-3 and DHA were 3-4 times more likely to pass the tests than children with low omega-3 levels
- A similar study in 2016 (conducted in Tanzania) found similar results: children with adequate blood levels of omega fatty acids were up to **8 times more likely** to correctly complete tests of mental function than children with low omega fatty acid levels

Omega-3 and Depression

- Pilot, 12 week study of omega-3 to treat depression in people who have experienced heart failure
- 108 participants received a placebo, an EPA/DHA combination, or EPA only
- Results
 - Omega-3 levels were about double in the supplement groups versus the control group
 - Higher omega-3 levels were associated with reduction in depression symptoms and improvement in social function
 - Results were better for the people taking EPA/DHA combination than for those taking EPA only

Omega-3 and the Heart

- Increasing omega-3 intake was associated with a 16% decrease in heart disease risk in people with high triglyceride levels
- Older adults with high omega-3 levels are 30% less likely to develop irregular heart beats (atrial fibrillation) according to results from a 14 year clinical trial
- People with the highest omega-3 levels are 25% less likely to experience a fatal heart attack than people with low omega-3 levels
- According to nutrition expert Dr. Mark Hyman, up to **90% of Americans are deficient in EPA and DHA** omega fatty acids

Fish OIL not the best choice for omega-3

- Almost half the supply of fish oil is produced from anchovy and sardines
- **Highly processed** to remove heavy metals and other impurities and neutralize the smell
 - frozen for transport, thawed, and subjected to high heat, pressing, chemical solvents, distillation, bleaching and deodorizing
 - all this processing (and improper storage) destroys freshness and increases the risk of a rancid, unstable oil
 - You get
 - Fish burps
 - Increased risk of oxidative stress and damage
 - Increased risk of inflammation
 - Little or no health benefits

The better choice: phospholipid omega-3 from salmon

- 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 fish oil 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 – just take one or two daily

Terry Talks Nutrition

IMPROVING THE HEALTH OF AMERICA

Benzodiazepine Addiction

(2 slides)

Terry Talks Nutrition

IMPROVING THE HEALTH OF AMERICA

Hooked on Xanax

- Researchers recently reported that millions of elderly Americans are highly addicted to benzodiazepines – drugs used to treat depression, anxiety, and sleep issues
 - Xanax, Valium, Klonopin, etc
- These drugs are for short term use in older adults, but **one in four older patients prescribed benzodiazepines never stops taking them**
- Because benzodiazepines cause drowsiness, dizziness, and fatigue, benzodiazepine use in the elderly is linked to
 - 44% increased risk of falling [and increased risk of broken hip and femur]
 - Double the risk of a car crash
- Additionally, taking a benzodiazepine for 6 months or more **increases risk of Alzheimer's disease by 84%**

Terry Talks Nutrition

IMPROVING THE HEALTH OF AMERICA

Safer options for older adults (and younger ones too!)

- *Echinacea angustifolia* – shown in a clinical study to **decrease anxiety after the first day of use**, increasing to a 16% decrease in anxiety scores versus placebo at study end
 - Take 20-40 mg once or twice daily
- **Curcumin** is equally as effective as the prescription drug fluoxetine at reducing the symptoms of depression – with no significant adverse effects
 - Take 750 mg of curcumin containing 500 mg curcuminoids daily
- Hemp oil acts on endocannabinoid receptors to trigger calmness and relaxation, and relieve insomnia
 - Take 50 mg of full spectrum hemp oil daily

Another Increase in Obesity Rates (1 slide)

Terry Talks Nutrition

IMPROVING THE HEALTH OF AMERICA

New data on US obesity rates

- Centers for Disease Control now reports that seven states (Alabama, Arkansas, Iowa, Louisiana, Mississippi, Oklahoma, and West Virginia) now have obesity rates of 35% or higher
 - No state has an obesity rate of less than 20%
- West Virginia has the highest obesity rate in the nation: 38.1%
- Five years ago, ZERO states had obesity rates above 35%

Kidney Disease: Hidden Epidemic (4 slides)

Terry Talks Nutrition

IMPROVING THE HEALTH OF AMERICA

Kidney Disease – a Hidden Epidemic

- Kidney experts state that worldwide, **twice as many people have kidney disease as have diabetes**, and the number of people with kidney disease is **10 times higher** than the number of people with cancer
- Chronic kidney disease
 - Increases risk of stroke by 51%
 - Increases risk of diabetes by 23% (and diabetes accounts for 44% of new kidney disease cases - chicken or egg?)
- **96% of people** with kidney damage or moderately reduced kidney function don't know they have kidney disease

3 Early Warning Signs of Kidney disease

- Pain in the mid to lower back, often only on one side
- Change in urination – less urine, urinating more frequently, change in urine color, or blood in the urine
- Change in appetite; metallic taste in the mouth, or foods just taste “funny”
- If you have any of these symptoms see your healthcare practitioner

Grape seed improves kidney function in patients with chronic kidney disease

- 33 patients being treated for reduced kidney function due to chronic kidney disease received either placebo or 2 grams of grape seed powder daily for 6 months
- Results
 - Grape seed **reduced excess protein in urine** (a marker of poorly functioning kidneys) by 32%
 - Grape seed **improved the filtering effect** of the kidneys by 18%
 - Grape seed **increased two important antioxidant enzymes** (super oxide dismutase and catalase) by 95% and 26%, respectively
 - 5 of the patients taking grape seed improved so much **their condition was “downgraded” from Stage 3 or 4** (advanced disease) **to Stage 2** (less advanced kidney disease); no placebo patients were downgraded

How to use Grape Seed:

- Look for Oligomeric proanthocyanidins (OPCs) – the key compounds in grape seed, 150 – 600 mg daily
 - Low molecular weight
 - Easy absorption
 - Significant health benefits
- Combine grape seed with curcumin
 - Curcumin reduced kidney inflammation (animal model) by 57% - better results than a prescription drug for kidney disease
 - Take 575 mg of a combination of grape seed and curcumin once or twice daily