

Featured Topic: Help for ADD/ADHD (4 slides)

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The Ritalin Generation?

- New study finds rate of attention deficit disorder has increased over 60% in the last 20 years
- Currently, about 14% of boys and 6% of girls have ADHD
- 60% of these kids will end up taking Ritalin
- Ritalin has significant adverse effects
 - after taking Ritalin for three years, kids are 1 inch shorter and almost 5 pounds lighter than their peers
 - Adverse effects include appetite loss, weight loss, sleep difficulty, stomach aches, and head aches
 - Long term effects on developing children are unknown! A new study found that children with ADHD treated with Ritalin-like drugs are 8 times more likely to develop Parkinson's disease as adults

First Step: Change the Diet

No sugar or foods made with sugar, refined flour, and carbohydrates. No soda, sweetened drinks, crackers, candy, cookies, bread, pasta, cake, or ice cream.

No artificial food coloring. Did you know? The amount of artificial food coloring children consume is **five times higher** today than in the 1970s!

Researchers have connected artificial food coloring with increased severity of ADHD symptoms.

Step 2: Two additional Key Nutrients to help children focus

- **Phosphatidylserine** – clinically proven to increase attention and reduce impulsive behavior in children
 - In a study of children ages 4-19 with ADHD, 90% of participants improved after supplementation with phosphatidylserine
- **French grape seed** – reduces inflammation.
 - ADHD is strongly associated with inflammation and autoimmune diseases. A recent study found that high levels of inflammation in infants was associated with increased risk of ADHD later in life. Grape seed has been shown to reduce the specific markers of inflammation associated with ADHD to near normal levels.

How to use

- Start with a combination of 30 mg of phosphatidylserine and 25 mg of French grape seed with Rhodiola, L-tyrosine, N-acetyl cysteine, L-taurine, Vitamin B6, DHA, DMAE Bitartrate
- For children age 4 and up, give once daily
- Increase dose as needed every few days until calmness and focus is attained
- Also consider: Omega-3 fatty acids, peptides and phospholipids from salmon; reduced [active] glutathione

New Leading Cause of Cancer (1 slide)

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#1 Cause of Cancer: Obesity

- Researchers report that by 2043, obesity will overtake smoking as the number one cause of cancer in British women
 - About 25% of the UK's population is obese, and the UK has the highest obesity rate in Western Europe
- Why does obesity increase cancer risk?
 - Obesity is linked to **low-level inflammation**: chronic inflammation causes DNA damage linked to cancer
 - Fat tissue produces excessive amounts of **hormones** (including estrogen) which increases risk of breast and ovarian cancer
 - Increased levels of insulin and **insulin resistance** promote the development of cancer, especially colon and kidney cancer

Should you get a DNA test? (2 slides)

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Direct to Consumer DNA tests

- If you did (or really want to) get a DNA test you aren't alone – more than 12 million people have had their DNA analyzed
- For \$99 - \$199 for most tests you can find
 - Health information: your genetic risk of certain diseases such as Alzheimer's and breast cancer, lung and liver disease, and blood clotting disorders
 - Ancestry information: the continent your ancestors were from; identification of your relatives, from your parents to distant cousins; whether you carry any Neanderthal genes
 - Some tests will even predict your athletic potential, personality, or your ideal wine

What to consider before you give up your DNA

- Most DNA testing companies **sell or give your data** to researchers
 - They promise to group data together in clusters and not give out individual data – can you trust them? What if their databases are hacked?
- Federal law prohibits employers and health insurance companies from discriminating based on genetic data **BUT insurance companies can find ways to use your genetic information against you** – especially life insurance, disability insurance, and long-term care insurance companies
- Law enforcement agencies can get your data and use it to get information about you **AND** people closely related to you
- Should you do a DNA test? It is worth thinking carefully first!

Nutrient of the Day: Licorice

(4 slides)

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Two great health benefits of licorice

- Regulates cortisol and fights adrenal fatigue
- Treats ulcers and stomach problems
- Source: standardized herbal extract from licorice root
 - Black licorice candy is primarily sugar and flour with licorice extract flavoring
 - Red “licorice” candy has NO licorice at all!



Candy, not medicine.

Licorice for the Adrenals

- Low levels of the hormone cortisol (produced in the adrenal gland) are associated with adrenal fatigue
 - Low energy
 - Body aches
 - Hair loss
 - Low blood pressure
- Glycyrrhizic acid is a key compound in licorice - slows the enzyme that breaks down cortisol
- In people with Addison's disease (low adrenal function), licorice increased serum cortisol levels by 20%

Licorice for Ulcers and Heartburn

- Flavonoid compounds in licorice are antibacterial and anti-inflammatory
 - When used for digestive issues, Glycyrrhizic acid is removed from the extract
- Stops H. pylori, the bacteria associated with peptic ulcers
 - In a clinical test, after 60 days of use, 56% of participants were negative for H pylori infection, while only 4% of the placebo group tested negative
- Reduces inflammatory compounds which make peptic ulcers worse
- Reduces abdominal pain and indigestion
 - Participants taking 150 mg day of a specialized licorice extract had up to a 50% greater improvement in their digestive symptoms than the placebo group

What to Know about Licorice

- No adverse effects when taken as recommended – at extremely high doses licorice can increase blood pressure
- For adrenal problems, take 125 mg of licorice extract with vitamin C, P5P, pantothenic acid, l-tyrosine, rehmannia, pregnenolone, DHEA
 - Full spectrum extract - glycyrrhizic acid is important
- For ulcers and heartburn, take 75 mg of DGL licorice (deglycyrrhizinated) twice daily
 - glycyrrhizic acid is not needed for ulcer and heartburn relief

Keto Diet Reduces Fatigue (1 slide)

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Effects of the Keto Diet on Exercise Recovery

- Mice were fed either
 - a normal diet [7% fat, 18% protein, 65% carbs]
 - a keto diet [76% fat, 9% protein, 4% carbs]
- Results
 - Animals on the keto diet consumed more daily calories but lost weight the first week and maintained the loss during the 8-week study
 - Lactate levels (a marker of fatigue) were about 30% lower in the keto group than the normal diet animals
 - 24 hours after exercising, the keto group was about 30% more active than the normal diet group – an indicator of faster recovery from fatigue