

**Featured Topic:
Natural Anxiety Relief**

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

Americans Spend a Lot of Time Sitting (2 slides)

Terry Talks Nutrition

IMPROVING THE HEALTH OF AMERICA

1 in 4 Americans sits for more than 8 hours a day

- Researchers collected data from over 6,000 American adults
- Participants reported on the number of hours they spent sitting every day, along with how many hours they spent in physical activity each week
 - 25% said they sit for more than 8 hours a day
 - 44% said they spent NO time exercising
 - Only 3% said they sat for less than 4 hours a day AND were physically active

Is sitting the “new smoking”?

- Sitting leads to weight gain and poor circulation
- Sitting for six hours or more daily increases risk of early death by 19%
- In a 2014 study, researchers found that people who spent a lot of hours sitting had increased risk of cancer
 - 24% increased risk of colon cancer
 - 32% increased risk of endometrial cancer
 - 21% increased risk of lung cancer
 - TV watching was linked to a 54% higher risk of colon cancer and a 66% increased risk of endometrial cancer
- Get up and move: one study found that people who did light to moderate walking after lunch had lower blood sugar and lower blood sugar peaks than those who sat after eating

**Two new studies on Vitamin D:
Prevention of Respiratory Infections
Increased Cardio Fitness
(2 slides)**

Terry Talks Nutrition

IMPROVING THE HEALTH OF AMERICA

Vitamin D Keeps the Sniffles Away

- Researchers recruited male taekwondo athletes with low vitamin D levels during their winter training season
- Half the athletes received 5000 IU of vitamin D daily for one month, the other athletes were given a placebo
- Results
 - Serum vitamin D levels increased by a factor of 4 in the vitamin D group (to normal levels), but did not change in the placebo group
 - The placebo group had nearly double the score on respiratory symptoms (runny nose, sneezing, cough) versus the vitamin D group

Vitamin D improves cardiorespiratory fitness

- Cardiorespiratory fitness = the ability of the heart and lungs to supply oxygen to the muscles during exercise
- Researchers collected data from almost 2,000 men and women, with a mean age of 33, recording their serum vitamin D levels and their results on an exercise test
- Participants with the highest levels of vitamin D had **cardiorespiratory fitness levels 3-4 times higher** than the people with the lowest vitamin D levels
- Each 10 point increase in vitamin D was associated with a statistically significant increase in exercise capacity
- Previous research shows that vitamin D increases muscle protein synthesis and fast twitch muscle fibers

Stop Viral Infections with Propolis (1 slide)

Terry Talks Nutrition

IMPROVING THE HEALTH OF AMERICA

Fight Viral Infections with Propolis

- New study published in December, 2018
- Researchers tested a purified propolis extract (free of pollen, wax, and resins) in cells infected with the Varicella zoster virus [chicken pox/shingles virus]
- **Propolis reduced infection by varicella by 94%**
 - The effects of propolis were comparable to the antiviral drug acyclovir
- Propolis can be used to effectively treat shingles, cold sores, fever blisters, or any viral illness (including cold and flu)