

**Featured Topic:  
Natural Help for Leaky Bladders  
(5 slides)**

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# Major Problem: Leaky Bladder

- New survey of over 1,000 women ages 50-80 years old
- Over **half of the women over age 65**, and 43% of those ages 50-64, reported they suffered from incontinence
- 30% said they experienced leakage nearly every day
- Most common triggers
  - 79% said coughing and sneezing
  - 64% said not having enough time to reach the bathroom
- 60% of the women said they were too embarrassed to talk to their doctor about their bladder problems

# Lifestyle suggestions to reduce bladder leakage

- Avoid bladder irritants
  - **artificial sweeteners** – women drinking diet Coke had 3.5 times more leakage (urgency episodes) versus women drinking water
  - **nicotine** – in a clinical study, twice as many women who smoked had problems with incontinence versus non-smokers; coughing from smoking stresses the bladder
  - **alcohol**
  - **caffeine**
- Lose weight – extra weight puts pressure on the bladder
- Empty the bladder more frequently – visit the bathroom every 2-4 hours

# Herbal 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

# Prevent Disease with Walnuts (2 slides)

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# Walnuts Protect the Brain Against Alzheimer's Disease

- Oxidative stress and free radical damage in the brain increase the risk of mental decline and Alzheimer's disease
- Researchers fed baby mice bred to develop Alzheimer's disease a control diet, or the control diet plus walnuts
- By 19 months of age the brains of mice eating walnuts had a
  - 25% decrease in oxidative stress levels
  - 13% higher activity of protective antioxidant enzymes
  - 26% decrease in oxidized fats (lipids)
- The equivalent walnut dosage in humans would be 1.5 oz daily or about 1/3 of a cup



## More benefits for walnuts

- Rich in antioxidants – up to 15 times as powerful as vitamin E
- 36% increase in blood flow (circulation) in a clinical trial of people with diabetes
- Reduces by half the risk of type 2 diabetes
- Just one serving of nuts, including walnuts, 2-3 times a week reduced risk of heart disease by over 20%

**Xylitol is Toxic to Dogs  
(check labels carefully!)  
(1 slide)**

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# Keep Xylitol away from Your Dogs

- Xylitol is a sugar alcohol - used as a sugar substitute
  - Has 2/3 the calories of sugar, and considered safer for people with diabetes
- Xylitol is **EXTREMELY TOXIC to dogs** (does not appear to be as dangerous to cats)
- Xylitol is 100 times more toxic for dogs than chocolate (which they should not eat, either)
- As little as **2 pieces of xylitol-containing gum** can cause a toxic reaction and even kill a small dog
  - Symptoms: Vomiting, weakness, seizures, brain damage and liver failure
- Xylitol can be used in in “sugarless” chewing gum, gummy vitamins, toothpaste and **PEANUT BUTTER so read labels carefully!**
- If your dog eats anything containing xylitol get them to a veterinarian for treatment as soon as possible

# Is Your Vitamin D Supplement Working? (3 slides)

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# Are you getting benefits from your Vitamin D?

- Vitamin D is essential for calcium absorption, bone growth, control of the immune system, cancer prevention, and more
- **Vitamin D requires magnesium** – without it, vitamin D cannot be converted from its “storage” form to its active form
- This is why **magnesium deficiency is one cause of low vitamin D levels**
- Said another way: the **health benefits of vitamin D are reduced** when a person has insufficient or deficient magnesium intake

# Do you need more magnesium? Yes!

- **70-80% of Americans** do not get the minimum recommended daily intake of magnesium (420 mg daily for men and 320 mg daily for women)
- Signs of magnesium deficiency
  - Sleep problems (can't stay asleep)
  - Eye twitch (magnesium regulates muscle movement)
  - Skin problems
  - Muscle spasms (leg cramps and muscle tightness)
  - Fatigue (magnesium is used in energy production)
  - Mood swings (and depression)
  - Migraines
  - Cravings (especially chocolate)
  - Irregular heartbeat (magnesium regulates heart rhythm)

# Forms of magnesium

- Magnesium, as a dietary supplement, is found in many forms
  - Magnesium citrate (magnesium + citric acid)
  - Magnesium oxide (magnesium + oxygen)
  - Magnesium hydroxide ALSO known as “Milk of Magnesia”
- These forms of magnesium are poorly absorbed and in fact some of them have laxative effects
- **Magnesium glycinate chelate** is bound to an amino acid
  - Very well absorbed
  - No laxative effects
- Take 400 mg of magnesium daily, with P-5-P (active form of vitamin B6) and Zinc with your Vitamin D