

**Featured Topic:
Relieving Anxiety [in Dogs]
(2 slides)**

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What causes stress for your dog?

- Riding in the car
- Fireworks and thunderstorms
- Being groomed
- Going to the veterinarian
- Staying alone in the house
- Staying at the kennel (boarding)
- Guests in the home

Some signs of an anxious dog: panting, yawning, pacing, hiding, barking, destructive behavior, and urinating/defecating in the house

Reducing your dog's stress

- **Exercise.** Just like in humans, cortisol levels increase when a dog experiences stress. Exercise helps reduce cortisol levels.
 - 30 to 60 minutes of brisk walking or playing ball
 - May be especially helpful for dogs with separation anxiety
- ***Echinacea angustifolia*.** Contains alkamides – plant compounds that trigger receptors in the brain associated with calmness.
 - In studies, animals that received *E. angustifolia* were calmer and able to ignore events that would normally induce stressful behavior.
 - Works quickly – effects within 30 minutes. No significant side effects
 - 20-40 mg before a stressful event
- What about **hemp/CBD**? Hemp oil can also be helpful for dogs BUT **high levels of THC are toxic** for them. Look for products guaranteed to contain less than 0.3% THC.

3 of the Most Unhealthy Foods on the Planet

from Eat This, Not That!

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#1: Coffee creamer

- Did you know there isn't any cream in Coffee-mate "creamer"?
- Most conventional coffee creamers are a blend of
 - Trans fats
 - Thickeners (like polysorbate 60 which is often derived from petroleum)
 - Artificial flavors
 - Artificial sweeteners
- **Healthy option:** add whole milk or cream; try cinnamon or honey, stevia or vanilla extract

#2. Bleached white flour

- **Bleached** white flour is the worst type of flour
- Flour needs to age after it is milled to improve baking quality – bleaching it with **chlorines or other chemicals** speeds up the aging process and makes the flour whiter so it seems ‘cleaner’
 - Chlorines react with compounds in the flour, creating a by-product (alloxan) that has been associated with cellular damage in the pancreas
- **Healthy options:** whole grain or whole wheat bread, or avoid bread altogether

#3: Fruit juice

- Majority are made from fruit without the fiber, and high fructose corn syrup
- Even “all natural” grape juice contains **36 grams of sugar** a cup
 - Equivalent to whipping 4 glazed donuts in a blender and drinking it!
- **Healthy options**
 - **Water:** over time, failure to drink enough water can lead to fatigue, joint pain, headache, ulcers, high blood pressure and kidney disease
 - **Black coffee or green tea**
 - One study found that colon cancer survivors who drank **four or more cups of coffee a day were 42% less likely to have their cancer come back** than non-coffee drinkers. **They were 33% less likely to die of their cancer** or of anything else during the study.

Daily Aspirin? No.

(2 slides)

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Daily aspirin use no longer recommended

- Daily use of low dose (baby) aspirin has been routinely recommended for older adults for heart disease prevention
- Three new trials recently published find **no benefits for aspirin for preventing heart attack or stroke in older adults**
- In one of the studies, which included almost 20,000 healthy people ages 70 or over, after 5 years of daily aspirin use there was **no decrease in risk of heart disease**, heart attack, or stroke versus NOT taking aspirin
- However, there was a **38% increase in risk of major bleeding for those taking aspirin**, especially bleeding in the head AND a significantly higher rate of death, and a higher rate of cancer-related death

Grape Seed: Better Choice for Heart Disease Prevention

- **6% reduction in high blood pressure levels** in men with pre-hypertension
- Clinical study of 287 people with arterial plaques: grape seed group saw a **40% reduction in arterial plaque formation** while control group increased almost 30%
- **75% reduction in blood sugar levels** – returned blood sugar to *near normal* level (animal model of diabetes)
- 10 point reduction in total cholesterol and **5 point reduction in oxidized LDL cholesterol levels** in patients with mildly elevated cholesterol levels
- **Mild anticoagulation effects** – reduces risk of dangerous clots but does not impair normal function
- Dosage: 300-1200 mg of OPCs from French grape seed. OR combine with pomegranate, P-5-P, magnesium, and benfotiamine for superior heart health!

Toxic Turmeric? (1 slide)

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Are there toxins in your turmeric?

- Researchers interested in herbal product quality analyzed 35 turmeric/curcumin products purchased at health food retail stores for the presence of residual class one and class two (potentially harmful) solvents, and lead
- Results
 - **Lead** was detected in all but one product, but the amount was very low; high lead levels were found in two products – one of these was 26% over the maximum recommended lead level
 - Residual amounts of **carcinogenic or toxic solvents** were detected in 71% of the products
 - However, **curcumin may be effectively extracted with food grade, class 3 solvents that have no health concerns!** The researchers noted that there is **no need to use toxic or carcinogenic solvents.**

New Research on Amla for Cholesterol and Triglycerides (1 slide)

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New study on amla

- 98 people with abnormally high lipids (total cholesterol, triglycerides, and LDL cholesterol) received either amla extract (500 mg) or a placebo for 12 weeks
- Both groups received the same guidance on healthy lifestyle choices – diet, and exercising at least 4 times per week
- Versus lipid levels at baseline, in the amla group:
 - 73% had significantly lower total and LDL cholesterol
 - **89% had a reduction in triglycerides**
 - Previous research has found that **high triglycerides**, not high cholesterol was a risk factor for death from heart disease