

**Featured Topic: Healthy Hair
(2 slides)**

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Hair loss is common – for both men and women

- 40% of women have visible hair loss by age 40, and 80% of women will have noticeable hair loss by age 60
- For women, hair loss is frequently associated with hormonal changes (pregnancy and menopause)
- Other reasons for hair loss
 - Medications (chemotherapy drugs)
 - Extreme stress
 - Traumatic illness or surgery
 - Cosmetic routines: chemical dyes, blow dryers, flat irons
 - Genetics: if your parents had thin hair you are more likely to have thin hair
 - Autoimmune diseases (for example, lupus)
 - Thyroid disorders
 - Anemia

Promoting Hair Regrowth

- Hair is made of a protein called **keratin**
- Amino acids like **L-methionine** and **L-cysteine** are essential for the formation of keratin
- **Millet seed oil** is ideal for promoting hair growth
 - Miliacin, the key compound in millet seed oil, stimulates hair cell growth and regeneration
 - Shown in a clinical study to accelerate the regrowth of hair lost due to cancer chemotherapy treatments
- Hair regrowth nutrients: Combine millet seed oil, L-methionine, and L-cysteine with **vitamins A, E, and B6; riboflavin, folate, biotin, pantothenic acid; zinc, and horsetail extract**
- A listener reports: Use of the millet seed oil formula you recommend, plus coconut oil hair treatment once a week, successfully treated my “OLD LADY HAIR”! Everyone comments on how beautiful my hair looks now.

**Small Dietary Change Now, Big Health Benefits
Later: A Case Study of Walnuts
(2 slides)**

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- Researchers collected data from almost 200,000 people who were followed for 17 years – this adds up to 2.8 million person years of data!
- Every 4 years these people were asked about their nut consumption
- Results:
 - The people who regularly and consistently ate nuts had a significantly lower risk for heart disease and stroke
 - For every half serving of walnuts per day that people added to their diet, the risk of cardiovascular disease over the next 4 years dropped by 12%
 - For other tree nuts and peanuts, risk dropped 7%
- A half serving of walnuts is about 6 walnut halves;

Four Reasons to Eat Walnuts

1. They're loaded with antioxidants – **one ounce of walnuts has more antioxidants** than the average person gets from their total daily fruit and vegetable intake
2. They fill you up – ¼ cup is enough to induce satiety
3. They are abundant in healthy fats: 18 grams per ¼ cup serving; walnuts also have more omega-3 per serving than any other nut
4. They reduce the risk of diabetes – eating walnuts regularly cuts diabetes risk in half

Sleep Medications and the Older Adult (2 slides)

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Think Twice about Sleep Medications

- More than 1/3 of adults over age 65 take prescription or over-the-counter sleep medications
- However, research shows that people that taking sleep medications like Ambien and Lunesta fall asleep only **8 minutes faster** than people taking a placebo!
- AND these drugs can lead to
 - Double the risk of a fall or fracture
 - Increased risk of car accidents
 - Increased risk of dementia (especially drugs like diphenhydramine, an anticholinergic drug found in products like Tylenol PM – it is also known as Benadryl)

Safe sleep

- Popular suggestion: valerian. But some people (perhaps as much as 10%) who try valerian find it stimulating, not calming
- Instead try 125 – 250 mg of concentrated plant oils about an hour before bed: mandarin, lemon balm, ravintsara, lavender
 - Mandarin: relieves stress, settles the nervous system, and improves sleep
 - Lemon balm: reduces anxiety, mild sedative; also reduces pain that can cause sleeplessness. Shown in a clinical study to reduce insomnia by 42%.
 - Ravintsara: relieves insomnia, reduces depression, and stops nervous tension
 - Lavender: used for centuries to promote sleep; approved in Germany for use in tea to relieve insomnia and restlessness

Reduce Your Risk of Stroke with Eggs (1 slide)

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An egg a day keeps a stroke away

- Recent review of published studies on egg consumption in over 300,000 people finds a **12% reduction in stroke risk**
 - Average intake: 1 egg daily
 - No benefits for those who ate eggs just twice a week or less
- But wait! Aren't eggs full of DANGEROUS CHOLESTEROL?
 - One large egg contains 186 mg cholesterol
- Daily egg intake did NOT increase risk of heart disease
- Eggs are whole foods: 6 g protein, plus essential fatty acids, choline, vitamins and minerals
- Eggs DO NOT increase cholesterol levels
 - In 70% of people, egg consumption had NO effect on cholesterol, in 30% of people there was a very small increase in total cholesterol.
 - In one study, two eggs daily for 6 weeks **increased HDL cholesterol** by 10%!
 - More importantly, egg consumption has been shown to change dangerous small, dense LDL cholesterol particles to the large, “fluffy” and not dangerous form