

**Featured Topic:  
Natural Anxiety Relief**

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# 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)

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# 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

# More movement, less sitting

- 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 replaced 30 minutes of daily sitting with ANY type of physical activity reduced their mortality risk by 17%

# **Eat Less, and Be Healthier**

## **(3 slides)**

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# Here is what happened when people cut 300 calories a day from their diets

- 218 participants, ages 21 to 50, were divided into two groups and randomly assigned to reduce their daily calorie intake by 25%, or eat as they would normally
- Participants were followed for two years, and their cholesterol, blood pressure, and triglycerides levels monitored, along with their weight
- Results
  - The calorie restriction group reduced their calorie intake from 2,467 calories a day to 2,170 calories a day, **a reduction of 297 calories or a 12% cut**, about half of the 25% goal that had been set
- **HOWEVER**, the calorie restriction group
  - experienced significant reductions in blood pressure that lasted for the length of the study
  - Saw a 24% reduction in inflammatory triglycerides
  - Lost 16.7 lbs versus no weight loss in the control group

# Could you give up 300 calories a day?

- Each of these contains roughly 300 calories:
  - 2 Twinkies
  - A medium piece of cheese cake
  - a 2 oz serving of chips (about 20 Doritos)
  - 6 oreo cookies
  - A medium size McDonald's French fries
  - A candy bar (Snickers or Milky Way)

# Make Your Calories Count

- Studies have shown that for two people of equal body types eating the same amount of carbohydrates, **the person with a genetic predisposition for higher insulin levels** would weigh up to 7 lbs more
- In a study of high fat versus high carb diet
  - Highest risk of death was associated with the high carb diet (>60% total calories from carbs)
  - Replacing 5% of calories from carbs with calories from saturated fats reduced risk of stroke by 20%

# Why is everyone crazy for CBD? (2 slides)

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# CBD – it is hot and it is everywhere

- CBD from cannabis is now in everything including ice cream, dog treats, chocolate, and face creams
- CBD is not marijuana. It does not make you high.
- It does
  - Relieve pain, especially nerve pain, and pain that does not respond to typical treatments
  - Reduce anxiety
- And that is not all
  - CBD is approved as a drug to treat seizures associated with epilepsy
  - New research finds it may be as effective as anti-psychotic drugs in reducing the symptoms of schizophrenia, with fewer side effects
  - It is being studied for its effects at preventing cancer, treating Parkinson's disease, and relieving the symptoms of Crohn's disease

# What to know.

- Are there health benefits of CBD in coffee or ice cream? Probably not – it doesn't contain enough.
- Additionally, CBD is not the only important compound in hemp
- **Full spectrum hemp oil** contains CBD plus other important compounds, but by law, retail hemp products must have less than 0.3% THC (the compound that causes a high)
- Products that are **hemp seed only** do not contain CBD or other beneficial phytocannabinoids
- Look for hemp oil (stalk) OR combine 25 mg of hemp oil with 250 mg of curcumin for synergistic effects

# **Sugar now, cancer later?**

## **(3 slides)**

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# Can your diet start or stop cancer?

- **Yes.** The science of ‘nutrigenomics’ looks at how compounds from foods affect your DNA
  - Abnormal changes in DNA (‘genetic mutations’) can lead to cancer
- Fatty acids, protein, vitamins, and phytochemicals (such as flavonoids and phytosterols) all have the ability to directly or indirectly alter gene expression – determining whether a genetic process is active or quiet
- Says one expert: “every mouthful of food you eat is having a conversation with your DNA - you can eat to switch on either **protective genes OR disease-promoting genes**”
- Thousands of research studies show that natural plant compounds can stop cancer by activating your body’s own anti-cancer genes!
  - French grape seed
  - Andrographis
  - Boswellia
  - Curcumin

## Example: What you eat now DOES affect your health later

- Researchers analyzed 22 years of data from 45,000 women in the Nurses' Health Study
- Women who reported eating a highly inflammatory diet as a teen were **35% more likely to develop breast cancer** before menopause than the women who ate the least inflammatory foods as teens
  - Inflammatory foods = processed meat, soft drinks, margarine, and white flour
- Eating a healthy diet as a teen and a less healthy diet in middle age did NOT significantly raise cancer risk – starting out eating well gave advantages that lasted a lifetime

# Switch On Your Anti-Cancer Genes

- Avoid: processed packaged food, artificial ingredients, and SUGAR
  - People with cancer who consumed **the most total carbs and sugar** in the year before their cancer treatment had the **greatest risk of dying**
  - A 2018 dietary study found that adhering to a low carb/high fat diet was associated with a **60% reduced risk** of brain cancer
- Eat these instead: nuts, berries, healthy fats, protein from organic, free range meat
- Add natural anti-inflammatory, anti cancer nutrients: curcumin, grape seed, boswellia, and andrographis

# Heart Disease is Back (2 slides)

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# Increasing rates of heart disease

- After several years of declining rates of death from heart disease, death rates for middle-aged Americans are increasing
- Middle-aged adults are now more likely to die of heart disease than they were in 2011
- What is causing the increase? Obesity and diabetes.
  - About 70% of Americans are overweight or obese, and about 10% have diabetes
  - Obesity is the “new smoking” as a cause of heart disease
- Today’s heart disease patients are younger, more obese, less likely to smoke, and include more women than ever before

# Heart Disease Prevention Plan as You Age

- Diet and Exercise: Fight the weight gain.
  - Average weight gain is 1.1 to 2.2 pounds per year between early and middle adulthood
  - 5'4" women weighing 151 pounds at age 25 (slightly overweight) can end up at 184 lbs at 55 – obese! – with a significantly increased risk of heart disease
- Heart smart nutrients: Grape seed, pomegranate, magnesium, P-5-P and befotiamine

# Nutrient of the Day: Probiotics (3 slides)

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# 3 things you need to know about probiotics

- Probiotics are **helpful bacteria**
  - Probiotics **prevent disease**, they don't cause it (bad bacteria are “pathogens”)
- Probiotics are **alive**
  - Live, active probiotics reproduce (replicate) to make more probiotics AND help the body fight against inflammation, harmful pathogens, and other diseases
- Probiotics are **normal residents** of the human intestinal tract
  - A baby receives its first exposure to probiotics from its mother when passing through the birth canal
    - Babies born via C-section have different microbes in their intestines than babies born via vaginal delivery and are at higher risk of obesity later in life

## 3 things probiotics do for you

- Reduce inflammation
- Strengthen the intestinal wall (reduce intestinal permeability)
- Influence the immune system
  - 70% of immune function comes from the intestines
- Plus: Aid in food digestion; keep harmful bacteria (pathogens) in check

## 3 things to think about when purchasing probiotic supplements

- Probiotics are alive – look for **guaranteed numbers at time of use**, not at “time of manufacture”
- The **right kind** is more important than a big number
  - Look for probiotics that are naturally found in the human gastrointestinal tract
    - Examples: *Lactobacillus plantarum*, *Lactobacillus rhamnosus*, and *Bifidobacterium bifidum*
- **Store them properly** – away from extreme heat and humidity