

**Featured Topic: Help for ADD/ADHD  
(4 slides)**

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## The Ritalin Generation?

- New study finds rate of attention deficit disorder has increased over 60% in the last 20 years
- Currently, about 14% of boys and 6% of girls have ADHD
- 60% of these kids will end up taking Ritalin
- Ritalin has significant adverse effects
  - after taking Ritalin for three years, kids are 1 inch shorter and almost 5 pounds lighter than their peers
  - Adverse effects include appetite loss, weight loss, sleep difficulty, stomach aches, and head aches
  - Long term effects on developing children are unknown! A new study found that children with ADHD treated with Ritalin-like drugs are 8 times more likely to develop Parkinson's disease as adults

## First Step: Change the Diet

**No sugar or foods made with sugar**, refined flour, and carbohydrates. No soda, sweetened drinks, crackers, candy, cookies, bread, pasta, cake, or ice cream.

**No artificial food coloring.** Did you know? The amount of artificial food coloring children consume is **five times higher** today than in the 1970s!

Researchers have connected artificial food coloring with increased severity of ADHD symptoms.

## Step 2: Two additional Key Nutrients to help children focus

- **Phosphatidylserine** – clinically proven to increase attention and reduce impulsive behavior in children
  - In a study of children ages 4-19 with ADHD, 90% of participants improved after supplementation with phosphatidylserine
- **French grape seed** – reduces inflammation.
  - ADHD is strongly associated with inflammation and autoimmune diseases. A recent study found that high levels of inflammation in infants was associated with increased risk of ADHD later in life. Grape seed has been shown to reduce the specific markers of inflammation associated with ADHD to near normal levels.

## How to use

- Start with a combination of 30 mg of phosphatidylserine and 25 mg of French grape seed with Rhodiola, L-tyrosine, N-acetyl cysteine, L-taurine, Vitamin B6, DHA, DMAE Bitartrate
- For children age 4 and up, give once daily
- Increase dose as needed every few days until calmness and focus is attained
- Also consider: Omega-3 fatty acids, peptides and phospholipids from salmon; reduced [active] glutathione

**How to Quit Sugar  
(and what it might feel like)  
(2 slides)**

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## How to quit sugar

- Going cold turkey is tough
  - Some call it the “keto flu” – nausea, headaches, mood swings, even fatigue and muscle cramps
  - For most people this passes in a few days as the body begins to burn ketones from fat in place of glucose
- Easier to start with the obvious and gradually reduce sugar intake
  - **Sugary drinks** (soda, fruit juices, iced tea) REPLACE with water
  - **Carb-based treats:** candy, cookies, cake, muffins, etc REPLACE with nuts or small amounts of unprocessed fruit (blueberries, for example)
  - Drop the **packaged foods** – corn syrup, molasses, cane syrup, and evaporated cane juice in processed foods are just SUGAR

## What you feel like after you quit sugar

- More energy
- Better mood with fewer mood swings (no more sugar highs and lows)
- Fewer food cravings and weight loss
  - Healthy fats and protein fill you up and reduce your hunger
- Better sleep
- Healthier overall with fewer illnesses – your immune system is stronger

# Herb of the Day: Saffron (3 slides)

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## Saffron

- “World’s Most Expensive Spice”
  - Each saffron flower produces 3 threads (stigmas); takes 1000 flowers to produce 1 oz of saffron spice
  - In Afghanistan, some farmers are switching from growing poppy plants (for opium) to saffron
  - A farmer can sell a kilogram of opium (2.2 lbs) for \$100 and a kilogram of saffron for up to **\$1400!**
- Saffron is also an effective medicine
  - Modulates serotonin and reduces inflammation in the brain
  - Useful for all types of brain and nervous system disorders: depression, anxiety, Parkinson’s disease, obsessive/compulsive disorders, brain injuries, and dementia prevention
  - IN a recent study, saffron was found to be as effective as Ritalin in reducing the symptoms of ADHD – without the side effects!

## Saffron Clinical Research: Depression

- Seven clinical trials looking at saffron for treating depression have been published since 2014
- Combined, the trials included over 300 patients with mild to moderate depression, who were treated with 15 – 30 mg of saffron for up to 12 weeks
  - In several of the trials, saffron was compared to a prescription antidepressant drug such as fluoxetine (Prozac)
- Results: saffron was more effective at reducing symptoms of depression than the antidepressant drugs
- In a trial combining saffron with curcumin, the combination worked as well as fluoxetine on Major Depression without the adverse effect profile
  - Significant results in 4 to 6 weeks
  - Worked especially well for atypical depression, which responds poorly to prescription drugs

## BONUS: Saffron and Weight Loss

- In clinical studies, saffron extract reduced snacking and emotional eating, and increased weight loss
- In a study of mildly overweight women, twice daily saffron use **decreased snacking by 55%** versus placebo

### HOW TO USE SAFFRON

- Dosage: 265 mg of saffron/curcumin blend (clinically proven dosage level) daily
  - Benefits for mood in two weeks or less
- No significant adverse effects

# Coffee and Brown Fat (1 slide)

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## What color is your fat?

- Humans (and other animals) have two types of fat in their bodies
  - White fat stores excess calories
  - Brown fat generates body heat by burning sugar and fat (often in response to cold)
- Researchers tested whether caffeine can increase brown fat activity
  - Healthy volunteers of normal body weight underwent thermal body imaging in the morning, 2 hours after eating, and 9 hours after any caffeine consumption or exercise
  - Then they drank **a cup of coffee with 65 mg of caffeine**, and sat quietly for 30 minutes to allow the caffeine to be absorbed before undergoing another thermal image test
- Results: Thermal imaging showed a significant increase in temperature in areas of the body where brown fat is stored – indicating brown fat was active (burning calories)
  - Increasing brown fat activity improves blood sugar levels and helps with weight loss
  - Cold exposure also increases brown fat activity: healthy men who sat in a 63-degree room for two hours a day burned almost 300 extra calories a day

# Fractures and the Older Adult (2 slides)

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## Recovering from a broken bone is more difficult as you get older

- Break a bone as a child or young adult, and you are usually as good as new in weeks or maybe a few months
- In a 2016 study, researchers followed 733 older adults for 2.5 years after a hip fracture
  - Only 31% recovered their pre-fracture quality of life, and ability to go about their daily activities
- Newly published study found that frail older women who broke a hip were unlikely to fully recover their prefracture quality of life, even **10 years** later
- Why is bone healing harder as we age?
  - Older adults are more likely to have other health problems that can interfere with healing – example: diabetes
  - The process of bone formation slows with age; children have supercharged rates of bone growth that adults do not
  - Older people typically have higher levels of inflammation which also slows recovery

## Key nutrient to rebuild bones: Silica

- **Silica increases** calcium absorption and retention in bones **by over 50%**
  - Stronger bones – less risk of fractures, faster recovery after a fracture
- **Increases** collagen formation **by over 50%**
  - Builds the framework for strong bones
  - Collagen is also used to form hair, skin and fingernails
- 20 mg daily for basic support, 40 to 80 mg daily if you have osteoporosis or are healing from a bone fracture