

Featured Topic: Hemp (5 slides)

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Hemp for pain relief and more...

- One of the most in-demand ingredients of 2018, consumers are flocking to buy hemp oil for

- Pain
- Sleep problems
- Stress/anxiety
- PTSD and depression
- Cancer
- And more!

Did you know? The CDC reports that 1 in 5 Americans are living with chronic pain – that is 20% of the US population!

How does it work?

- Compounds in hemp oil called **phytocannabinoids** trigger receptors in the body called endocannabinoid receptors (part of the **endocannabinoid system**)
 - CBD is the one of the best known but it isn't the only one!
 - There are 80-100 phytocannabinoids in hemp oil
- The endocannabinoid system affects many different functions in the body, including
 - pain perception
 - brain and nervous system function
 - mood and memory
 - immune system
 - appetite and metabolism
 - energy and more

Uses for Hemp Oil

- Chronic pain – arthritis, bursitis, nerve pain, even the pain associated with multiple sclerosis
- Relief of anxiety
- Cancer treatment/prevention
- Insomnia and sleep problems
- Mental function and Alzheimer's disease
- Safe to take on a daily basis!

Hemp Oil is Not Marijuana

- Marijuana plants are low and bushy, and contain lots of THC – the compound in Cannabis that causes euphoria and a “high”
- Hemp plants are tall and skinny, and do not have much THC, but *do* have a lot of CBD and other health promoting phytocannabinoids
- By law, retail hemp oil must have less than 0.3% THC

What to know about hemp oil:

- Legal hemp oil contains less than 0.3% THC
- Products that are **hemp seed only** do not contain CBD or other beneficial phytocannabinoids – must have extract **from the hemp plant** to get the phytocannabinoids
- Dosage: 50 mg of hemp oil (stalk) OR combine 25 mg of hemp oil with 250 mg of curcumin for synergistic effects

**Anxiety is Different for Men
(Wall Street Journal)
(2 slides)**

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Men may experience anxiety in unexpected ways

- “Excessively worried” is how most people picture the person with anxiety
- In many men, however, anxiety manifests as anger and irritability
- Men with anxiety may not seek treatment for fear of being seen as ‘weak’
- Men with anxiety are more likely to experience
 - Headaches
 - Difficulty sleeping
 - Muscle aches and pains
- Men are more likely to turn to alcohol and drugs to cope with anxiety – what looks like a drinking problem may actually be an underlying anxiety disorder

Natural anxiety relief

- *Echinacea angustifolia* – 20 to 40 mg daily
- Participants with anxiety experienced a decrease in symptoms **after the first day of use** with continued improvement with daily use
- Full spectrum hemp oil with phytocannabinoids – 50 mg one or more times daily
- Saffron and curcumin – 265 mg twice daily
 - In clinical trials effectively relieved depression, which often coexists with anxiety

A Closer Look at: proton pump inhibitors (4 slides)

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Acid Blockers and Heart Attacks

- Doctors prescribe proton pump inhibitors to treat GERD (gastroesophageal reflux disease) and H. pylori infection
 - Severely reduce the amount of acid secreted in the stomach by blocking (turning off) the cells lining the stomach that secrete the acid
 - Brand names of proton pump inhibitors are Prilosec and Nexium
 - Third most commonly used medication in America
- New study in over 4,000 patients with pancreatic cancer found an **association between use of PPIs and development of pancreatic cancer**
 - Acid secretion in the stomach is triggered by a hormone called gastrin. When the cells are stopped by PPIs, the body puts out more gastrin in an attempt to restart acid secretion
 - High gastrin levels can stimulate the growth of pancreatic cancer cells
 - This is also why you get acid rebound when you stop taking PPIs – all the gastrin that has built up sends the cells that secrete stomach acid into overdrive

Other adverse effects of PPIs:

- People who take **proton pump inhibitors** are **16-21% more likely to have a heart attack**
 - Researchers have found that these drugs damage the lining of the blood vessels (called the endothelium)
- Women taking acid blockers 25% more likely to break a bone
 - Women with hip fracture are 62% more likely to have used acid blockers long term
- Elderly patients using acid blockers were 2.5 times more likely to have memory problems
 - Probably due to poor absorption of B12
- 30% increased risk of pneumonia
- 50-75% more likely to contract bacterial infection when hospitalized for other problems

Stomach acid is not the enemy!

- Do you know what happens when you take away stomach acid?
 - Food is not digested properly, especially protein
 - Interferes with calcium, B12 and iron absorption
 - **One study documented over 40% reduction in calcium absorption when taking Prilosec**
 - Undigested protein in the intestines can act as allergens
 - Increased risk of bacterial and viral exposure
- What does this mean for you?
- **Taking an acid-blocker or acid reducing medication can cause more problems than it “cures”**

Treat Heartburn the Natural Way

- To treat heartburn:
 - Restore stomach acidity with betaine hydrochloride
 - Reduce symptoms with d-limonene and sea buckthorn oil (600 mg once or twice daily)
- Heal ulcers and treat H. pylori with DGL
 - 75 mg twice daily
- Stay away from proton pump inhibitors

New News on Curcumin and Metabolic Syndrome (3 slides)

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Quick review: what is metabolic syndrome?

- Metabolic Syndrome is a name for a group of conditions including:
 - Abdominal obesity (apple shape)
 - High blood pressure
 - High triglycerides
 - Low HDL cholesterol
 - High blood sugar levels (insulin resistance – cells don't absorb glucose so sugar builds up in the bloodstream)
- **Metabolic syndrome significantly increases risk of Type 2 diabetes, heart disease, and stroke**
- **Almost 1/3 of US adults** have metabolic syndrome
- Rate of metabolic syndrome increases dramatically with age – **50% of people 60 and older** have metabolic syndrome

Curamin to prevent metabolic syndrome

- Study: 44 people with Type 2 diabetes received either a placebo or a curcumin with turmeric oil (BCM-95; 500 mg three times daily) for 10 weeks
- Result – curcumin reduced two critical factors related to metabolic syndrome: weight and blood sugar levels!

Curcumin (BCM-95)	Placebo
Weight ↓	Weight ↑
Hip circumference ↓	Hip circumference → (no change)
Fasting blood sugar ↓	Fasting blood sugar ↑

Reverse Metabolic Syndrome

- Must address **insulin resistance**
 - Cut sugar from the diet
 - Increase physical activity
 - Add:
 - Curcumin with turmeric essential oil/ar-turmerone (750 mg 1 to 3 times daily)
 - *Hintonia latiflora* (20 mg of polyphenols from Hintonia twice a day)
 - Grape seed extract (100-400 mg daily)