

Featured Topic:
Natural Help for Leaky Bladders
(5 slides)

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Major Problem: Leaky Bladder

- New survey of over 1,000 women ages 50-80 years old
- Over **half of the women over age 65**, and 43% of those ages 50-64, reported they suffered from incontinence
- 30% said they experienced leakage nearly every day
- Most common triggers
 - 79% said coughing and sneezing
 - 64% said not having enough time to reach the bathroom
- 60% of the women said they were too embarrassed to talk to their doctor about their bladder problems

Lifestyle suggestions to reduce bladder leakage

- Avoid bladder irritants
 - **artificial sweeteners** – women drinking diet Coke had 3.5 times more leakage (urgency episodes) versus women drinking water
 - **nicotine** – in a clinical study, twice as many women who smoked had problems with incontinence versus non-smokers; coughing from smoking stresses the bladder
 - **alcohol**
 - **caffeine**
- Lose weight – extra weight puts pressure on the bladder
- Empty the bladder more frequently – visit the bathroom every 2-4 hours

Herbal Solution for Bladder Problems in Men AND Women

- *Angelica archangelica* from Iceland
- Clinically studied to help reduce urinary frequency problems
 - Shown to increase bladder capacity and reduce number of urinations at night, particularly in participants who had small bladder volumes
 - **What does this mean?** Participants had to make fewer bathroom trips at night
 - Fewer bathroom trips means better sleep and better rest

Angelica archangelica is useful for:

- Overactive bladder and Stress Incontinence
- BPH
- Nocturia (nighttime trips to the bathroom)
- Bed-wetting
- Interstitial cystitis

In Iceland, Angelica is more popular for bladder issues than saw palmetto

How to use *Angelica archangelica*

- Dosage: 100-200 mg daily
- If have bladder problems during the day, take in the morning; if have bladder problems at night, take before going to bed
- Very safe – no significant adverse effects

Reduce Carbs AND Your Blood Pressure (1 slide)

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Reduce your intake of carbs and lower your blood pressure – no medication needed!

- Researchers worked with 154 patients with Type 2 diabetes
- Patients were given a low carb diet and regular nutrition sessions
 - Encouraged to *dramatically reduce* dietary sugar, including starchy carbohydrates: bread, cereal, potatoes, rice; and high glycemic index fruits (oranges, grapes, banana, etc)
 - Encouraged *to eat* non-processed meat, eggs (3 a day), fish, olive oil, butter, and nuts
 - NO calorie counting or calorie restriction required
- Results after 2 years of the diet:
 - Up to a 12% reduction in blood pressure (even in people who were not overweight at the beginning of the study!)
 - 32% reduction in inflammatory triglycerides
 - 8% increase in HDL cholesterol
 - 21% reduction in prescription drug use (primarily drugs for high blood pressure)
 - 10% average reduction in body weight
 - Participants regularly reported that they “did not feel hungry”

Superbugs (2 slides)

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The New Superbug in Town

- Superbugs are **bacteria that are resistant to antibiotic treatment**
- Researchers have found a new strain of Clostridium (a bacteria that causes watery diarrhea and cramping) that has evolved to be up to 23 times more toxic in the intestines
 - In severe infections can cause dangerously low blood pressure and dehydration from profuse diarrhea
- The new strain
 - Is resistant to antibiotics
 - Is difficult to kill with disinfectants
 - Devours simple sugars (found in abundance in the typical American diet)
- Clostridium infection often occurs during antibiotic treatment
 - the **antibiotics kill off good as well as harmful bacteria**, allowing antibiotic-resistant bacteria such as Clostridium to grow

Stopping Superbugs

- Save antibiotics for when they are really needed
- **47 million unnecessary prescriptions (over 30% of all antibiotic prescriptions)** are given out every year for conditions that don't respond to antibiotics: viral respiratory infections [common cold], bronchitis, asthma, viral pneumonia, and other viral infections
- Antibiotic-resistant bacteria cause 2 million illnesses and 23,000 deaths every year in the US
- Keep intestines healthy
 - Reduce sugar that feeds Clostridium
 - **Probiotics:** replenish good bacteria that keep infections in check
 - **Essential oils:** have been shown to stop even antibiotic resistant bacteria; essential oils are complex – contain more than one active compound with natural variations, so it is more difficult for bacteria to become resistant versus a single component antibiotic

Eggs and Exercise for Dementia Prevention (2 slides)

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Eggs and Meat for Dementia Prevention

- Between 1984 and 1989, researchers in Finland collected data from men between the ages of 42 and 60, including their dietary habits
- 22 years later, they followed up with about 500 of these men to see how many had developed dementia
- Results
 - Risk of dementia was **28% lower in men with the highest intake of phosphatidylcholine** versus men with the lowest intake
 - Higher choline intake was also associated with better mental function
 - Dietary choline was primarily from **eggs and meat**

Exercise to slow Alzheimer's

- Researchers asked 182 participants in the Harvard Aging Brain study to wear a pedometer for a week to gauge their usual activity level, and gave them brain scans to look for amyloid beta (a marker for Alzheimer's disease)
- They followed the participants for up to 7 years, checking their mental function and measuring amyloid beta once a year
- Results
 - People who had high levels of amyloid beta had slower rates of cognitive decline and brain volume loss over time **IF they had higher levels of physical activity**
 - “Iron Man Triathlon” not necessary – simply walking 8,000 – 9,000 steps a day significantly delayed onset of Alzheimer's