

Hemp for Dogs (2 slides)

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Hemp – Pain Relief for Dogs

- 16 dogs with osteoarthritis/painful joints and lameness were enrolled in cross over clinical trial
- In a random order, each dog was treated with placebo, and a hemp supplement containing CBD, for four weeks, with a 2 week washout period between the treatments
- The dogs were evaluated by a veterinarian before treatment and every two weeks during the trial
- Results
 - **33% reduction in pain score** for hemp versus a 10% INCREASE in pain score while receiving the placebo
 - No significant adverse effects were noted

Hemp is safe and effective for dogs

- Hemp **can safely be given** to dogs
- THC – the psychoactive compound from cannabis - is toxic to dogs at high levels. THC toxicity has been reported when dogs ingest **medical marijuana**, which can be as high as **20% THC**, or marijuana-infused foods such as butter
- Hemp from agricultural hemp stalks contains **less than 0.3% THC** – even a tiny dog would have to consume **an entire bottle** of hemp supplements in one sitting before coming close to ingesting a dangerous amount of THC
- Hemp can be used for dogs for the same benefits as people, including for pain relief and cancer
- Dosage: 25 mg of hemp daily

If You Need a Little Help to “Go” (5 slides)

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Constipation: a Common Problem

- 16% of Americans and at least **1/3 of people over age 60** experience chronic constipation
 - Constipation (as defined by the National Institutes of Health) = having three or fewer bowel movements a week **OR** bowel movements that are dry, hard, and very difficult to pass
- Constipation can also lead to other health problems
 - Hemorrhoids: pressure from accumulated stool in the bowels causes distended veins
 - Anal fissures: trying to pass large, dry, hard bowel movements can tear the skin around the anus
 - Colon and rectal cancer: studies have found that chronic constipation is associated with a **2-3 times increased risk of colon/rectal cancer**

Don't Blast Your Intestines with Stimulant Laxatives

- Stimulant laxatives contain ingredients that trigger muscle contractions in the intestines, leading to a bowel movement
- Senna is a very common stimulant laxative ingredient (ExLax is a laxative product containing senna)
- Chronic use of stimulant laxatives can weaken the intestinal muscles, until a bowel movement is no longer possible without using them- this is known as laxative dependency
 - No laxative, no bowel movement!

The Healthy Road to Regularity

- A traditional Ayurvedic herbal blend - including andrographis, gotu kola, licorice, and long pepper - has been used for hundreds of years to restore and maintain normal bowel function
- NOT a laxative!
 - No urgency, and no dependence
- Ayurvedic herbs restore normal function by
 - increasing beneficial bacterial levels in the gut
 - reducing inflammation
 - promoting normal digestive activity

Research results

- 50 people with bowel issues (especially constipation) took a combination of traditional Ayurvedic herbs or a placebo for 28 days
- Participants kept a diary on their bowel movements (including frequency and whether bowel movements were easy or painful) as well as any gastrointestinal symptoms
- Results
 - At baseline, no participants in the herbal group had normal bowel movements, this increased to 76% of participants at study end; there was no change in the number of participants who had normal bowel movements in the placebo group
 - Additionally, abdominal pain decreased 70%, constipation 49%, diarrhea 45%, indigestion 64%, and reflux 72% in the herbal group while there was no change in GI symptoms in the placebo group
 - No significant adverse events

What to look for:

- Safe for daily use
 - No artificial intestinal stimulation
- Combination of traditional Ayurvedic herbs: Turmeric, Greater Galangal, Andrographis, Boerhavia, Indian Laburnum, Gotu Kola, Cyperus, Licorice, East Indian Sarsaparilla, Long Pepper, Chebulic Myrobalan, Indian Tinospora, Ginger, Curry Tree
- Take 800 mg of this combination with a glass of water (8 oz) at bedtime
- Also add daily probiotics – help maintain regular digestion and bowel function

Ditch the Diet Soda (2 slides)

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Do you have a diet soda habit?

- You might think that diet soda is a ‘better choice’ because it doesn’t have calories
- BUT – it does have chemicals that are really bad for you. example – Aspartame.
- Aspartame is linked to blurred vision, headaches, and neurological problems, plus increased cancer risk (animal model)
- Artificial sweeteners like aspartame **act like sugar** and trigger insulin secretion, which can lead to weight GAIN not weight loss
 - Researcher found that over the course of about a decade, diet soda drinkers had a 70% greater increase in waist circumference compared with non-drinkers. AND participants who drank **two or more sodas** a day experienced a **500 percent greater increase in waist size.**

3 more reasons to ditch diet soda

- 1. ZERO health benefits.** Drink water or sparkling water to hydrate, and skip the artificial sweeteners, colors, flavoring, and the sodium
- 2. Sweet leads to sweet.** When your body gets hit with all the sweetness, even if it has zero calories, it can lead you to crave even more sugar! That can lead to eating more unhealthy foods that are loaded with calories.
- 3. Diet soda destroys your gut.** Artificial sweeteners can reduce or kill off the beneficial bacteria in your gut that you need for digestion, your immune system, and a strong metabolism.

3 Reasons for Painful Feet (4 slides)

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The Problem of Painful Feet

- The average person will walk 150,000 miles in their lifetime – the equivalent of **6 times around the world!**
- In a survey of American adults, 8 out of 10 said they had experienced problems with their feet, with 50% of them saying that this had impacted their quality of life
- People with regular foot pain are also more likely to have problems with weight, back and knee pain, and arthritis
- Here are three reasons for foot pain and what you can do about them...

#1. Gout – a form of arthritis

- Warmth, pain, swelling, and extreme tenderness in a joint (usually a big toe) caused by deposits of uric acid crystals in the joint
- **DIET** is key to long term treatment success of gout
 - Studies have shown that both calorie restriction and reducing carbohydrate intake stops gout
 - Animals on **keto diet** had a **10% reduction in joint swelling and significantly reduced levels of inflammatory compounds** versus animals with gout who ate a standard diet
- Cherries
 - A 2012 study of 633 people with gout found that cherry intake reduced gout attacks by 35%
 - In a survey of gout patients, use of cherry juice or cherry extract was associated with a 20% reduction in gout flares
 - Take 1500 mg tart cherry extract once or twice daily

#2: Rheumatoid Arthritis

- Rheumatoid arthritis is an autoimmune disease – the body's immune system misfires and attacks the lining of the joints, causing swelling, inflammation, pain, and eventually cartilage breakdown
- Over 90% of people with rheumatoid arthritis experience foot pain – for some people, this is the first sign they have this disease!
- Solution: curcumin. In a clinical trial, curcumin with turmeric essential oil reduced pain from rheumatoid arthritis MORE effectively than a commonly prescribed NSAID drug (diclofenac) with fewer adverse effects
- Take 750 mg of curcumin with turmeric essential oil (500 mg curcuminoids) twice daily

#3. Diabetic (peripheral) neuropathy

- Weakness, numbness, tingling and pain - often described as “burning feet” – are signs of nerve damage called **peripheral neuropathy**
- Often linked to diabetes: 60-70% of people with diabetes have some sort of nerve damage
- Answer: Promote nerve repair and pain relief with a combination of Bioactive B vitamins, Zinc, Chromium, and Alpha lipoic acid
- Take this combination daily to reduce nerve pain and inflammation, lower blood sugar levels, and promote nerve healing!

**Don't Let Your Bladder Stop You
From Exercising
(3 slides)**

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Does your bladder get in the way of your exercise regimen?

- Are you a woman who avoids jumping jacks, treadmill sprints, and squats?
- In fact, up to 20% of women **quit exercising altogether** because of bladder incontinence
- Over 15 million women in the US have stress incontinence – involuntary bladder leakage - when coughing, sneezing, or exercising
- Here is how to get your bladder in shape so you can get the rest of your body stronger as well!

Solution for Bladder Problems

- *Angelica archangelica* from Iceland
- Clinically studied to help reduce urinary frequency problems
- Use 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
- Works for women AND men
- Very safe – no significant adverse effects

Herb of the Day: Saffron

(2 slides)

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Saffron for Sexual Function

- Researchers analyzed five studies looking at the effects of saffron for treating sexual dysfunction
- Combined, the studies included 173 men and women – most received 30 mg of saffron daily
- Results
 - In women with depressive disorder, saffron extract improved sexual desire and arousal
 - In men with erectile dysfunction, saffron extract significantly increased sexual desire, erectile function, and overall sexual satisfaction
- In a study combining saffron with apple and grape polyphenols, 72% of men with erectile dysfunction saw significant improvement after four weeks of use

How to use Saffron for Sexual Function

- Not herbal Viagra – best results with daily use
- Combine 600 mg of saffron with apple and grape polyphenols, and 300 mg red ginseng, and take daily for erectile dysfunction
- No significant adverse effects!