

**Featured Topic:
Relieving Anxiety [in Dogs]
(2 slides)**

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What causes stress for your dog?

- Riding in the car
- Fireworks and thunderstorms
- Being groomed
- Going to the veterinarian
- Staying alone in the house
- Staying at the kennel (boarding)
- Guests in the home

Some signs of an anxious dog: panting, yawning, pacing, hiding, barking, destructive behavior, and urinating/defecating in the house

Reducing your dog's stress

- **Exercise.** Just like in humans, cortisol levels increase when a dog experiences stress. Exercise helps reduce cortisol levels.
 - 30 to 60 minutes of brisk walking or playing ball
 - May be especially helpful for dogs with separation anxiety
- ***Echinacea angustifolia*.** Contains alkamides – plant compounds that trigger receptors in the brain associated with calmness.
 - In studies, animals that received *E. angustifolia* were calmer and able to ignore events that would normally induce stressful behavior.
 - Works quickly – effects within 30 minutes. No significant side effects
 - 20-40 mg before a stressful event
- What about **hemp/CBD**? Hemp oil can also be helpful for dogs BUT **high levels of THC are toxic** for them. Look for products guaranteed to contain less than 0.3% THC.

**Here is How You Can Add 10 Years
to Your Life
(1 slide)**

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Cut sugar and live longer

- Researchers at the University of California divided mice into three groups.
- Each group ate the same amount of total daily calories BUT the food sources were different:
 - Group one ate mostly carbs
 - Group two ate low carb/high fat diet
 - Group 3 ate a ketogenic diet
- Results: the mice in groups 2 and 3 lived 13% longer than the mice in group 1 – equivalent to 7 to 10 more YEARS for a human being! Additionally, the mice on the ketogenic diet had a significantly reduced risk of cancer.

Nutrient of the Day: Calcium lactate (3 slides)

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Calcium is not just for your bones

- Although 99% of calcium is stored in bones, the remaining 1% that is found in blood and tissues is **very important**
- Calcium is needed to help strengthen the surface of mucous membranes – forming a **wall** to keep out bacteria and viruses
- When calcium is depleted from tissues, the mucous membranes weakens and viruses can penetrate
- Calcium is also important for muscle contraction and nerve function
- Result of low tissue calcium levels – cold sores and fever blisters, as well as muscle cramps and dry cough (especially in kids)

What depletes calcium from soft tissue?

- Stress
- Sugar
 - Creates an acid environment which requires calcium to neutralize, pulling calcium from soft tissue (and bones!)
- Sudden sun exposure
 - Think “someone from Wisconsin traveling to Mexico for their winter vacation”
 - Sun triggers a burst of vitamin D production: vitamin D sends calcium to bones, leaving less for soft tissue if you are calcium insufficient or deficient

Replenish with calcium lactate

- Specific antiviral form of calcium
- Use in combination with magnesium and zinc
 - Prevention and treatment of cold/sores and fever blisters
 - Prevent sunburn
 - Relieve muscle cramps and restless legs
 - Stop dry, nighttime cough, especially in kids
- Dosage: 250 mg of calcium lactate, with 50 mg of magnesium and 6 mg of zinc

Bring Down C-Reactive Protein (1 slide)

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Red Ginseng Reduces C-reactive Protein

- Researchers analyzed published studies looking at the effects of red ginseng in reducing C-reactive protein levels in otherwise healthy adults
 - C-reactive protein is a marker for inflammation
 - High levels of CRP have been associated with everything from increased risk of heart disease and cancer to more severe infections with COVID-19
- Results: people who had very high CRP saw significant reductions in their CRP levels after one week of taking red ginseng
- The researchers concluded it was the **ginsenosides** in red ginseng that had the greatest effect on reducing CRP