Featured Topic: Adaptogens – Ashwaghanda and Rhodiola
(5 slides)

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Americans are Feeling Sad and Tense

- Express Scripts – a pharmacy benefits manager – reports that prescriptions for anti-anxiety medications are up 34%, and prescriptions for anti-depressants are up almost 20%

- However, experts note that tolerance to many of these medications can develop in as little as two weeks, leading to higher and higher dosages in order for them to work

- Result: increased rates of adverse effects including – nausea, weight gain, insomnia, and reduced sex drive

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A Better Answer: Adaptogens

- "Adaptogens" are herbal medicines
  - Have **no side effects** (non-toxic)
  - **Restore the body** – bring up what is too low, bring down what is too high
  - Help the body **adapt and resist** the negative effects of stress and illness
- Adaptogens
  - Fight fatigue
  - Increase energy
  - Help fight off illnesses
  - Can be both calming and energizing *without* excessive stimulation

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Ashwagandha – A Powerful Adaptogen

- Used medicinally for thousands of years, modern research continues to find new uses for ashwagandha
  - **Reduced cortisol levels** (the stress hormone) by almost 30%
  - 77% reduction in **depression** score, 75% reduction in **anxiety** score, and 64% reduction in **stress** score in a clinical study of people with a history of chronic stress
  - For people with mild cognitive impairment, 8 weeks of ashwagandha supplementation **significantly improved memory and attention**

Rhodiola – also an important adaptogen

- Boosts energy during physical exertion
- Increases mental performance and concentration
- Relieves the symptoms of anxiety
- Alleviates mild to moderate depression
- Improves physical fitness and reduces mental fatigue
- Shown to help regulate menstrual cycles and may help increase fertility
- Well known for its ability to increase libido

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How to use Ashwagandha and Rhodiola

- Can be taken daily for energy, immune support, mental clarity, etc.

- Or, use when needed during times of increased stress or illness

- Take on an empty stomach if possible

- 500 – 1500 mg of the combination daily

The Anti-Inflammatory Effects of Boswellia
(1 slide)

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New research on how Boswellia stops inflammation

- It was already known that boswellia (also called frankincense) stops 5-LOX, an enzyme that triggers the production of inflammatory compounds

- There are prescription drugs and other natural ingredients that simply bind to a receptor on 5-LOX and block its activity

- But now researchers have found how boswellia is unique – it doesn't just block 5-LOX activity – it changes what 5-LOX does!

- When boswellia binds to a specific receptor on 5-LOX it pushes 5-LOX into producing ANTI-INFLAMMATORY compounds instead of pro-inflammatory leukotrienes

- In other words "Boswellia reprograms an inflammatory enzyme to make it an **anti-inflammatory** enzyme"

- Clinical research has found boswellia an effective treatment for inflammatory conditions including asthma and IBS

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A Closer Look at: Sodium
(2 slides)

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All salt is sodium, but not all sodium is salt

- According to the CDC, most Americans have consumed too much sodium before they ever pick up a salt shaker

- Why? The American food supply has **35% more sodium per person** than it did in the early 1990s

  - Typical daily intake of sodium is 3400 mg, about 47% more than the recommended amount

- Too much sodium causes

  - Fluid retention

  - Which increases blood volume

  - Which increases blood pressure

  - Which puts strain on the kidneys, heart and blood vessels and makes them work harder

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Where is the sodium if it isn't in the salt shaker?

- **75%** of the average American's sodium intake comes from **processed foods**

  - **Worst offenders:** canned soups, packaged bagels, pasta sauce, salad dressing and frozen dinners

- In processed foods, sodium can be found as

  - Sodium chloride, sodium bicarbonate, monosodium glutamate, sodium benzoate, sodium saccharin and sodium nitrate

- **The simple way to cut sodium intake?** Put down the package and eat fresh food instead.

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Increasing Colon Cancer Rates for People under 50
(3 slides)

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More People are Getting Colon Cancer at a Younger Age

- From the 1980s through the early 2000s, the average age to be diagnosed with colon cancer was 72

- By 2016, the average age dropped to 66

- Most colon cancer cases are still in older adults, but the rate of new colon cancer cases is rising fastest among people under the age of 50

  - The rate is equivalent to 49 new cases PER DAY

  - People born in 1990 will have **double the risk of colorectal cancer** and **four times the risk of rectal cancer** before age 50, compared to people born in 1950

- AT LEAST half of these cases are linked to five preventable causes: smoking, high alcohol consumption, poor nutrition, obesity, lack of physical activity

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Pay Attention to These Symptoms

- If you have any of the following, **especially if you also have digestive symptoms**, see a healthcare provider
  - Loss of appetite or weight
  - Blood in your stool
  - Changes in your pattern of bowel movements
- When diagnosed early, colon cancer treatment is much more successful

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Curcumin For Colon Cancer

- One of the most powerful natural medicines to treat colon cancer is curcumin
- Curcumin has a **triple effect** against colon cancer
  - Protects against cancer cell formation in the presence of carcinogens
  - Inhibits proteins which cause cancer progression
  - Causes colon cancer cells to self-destruct
- In pre-clinical tests, curcumin enhanced the effects of chemotherapy drugs, making them more effective against cancer cells
  - Curcumin was able to induce cell death in colon cancer cells that were **resistant** to the chemotherapy drug
  - Curcumin also killed colon cancer stem cells
  - THIS MEANS: less of the toxic cancer drug is needed for beneficial effects; there is less risk of adverse effects or cancer reoccurrence

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