

**Featured Topic: Supplemental
Omega-3 for Dogs
(3 slides)**

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Omega-3 fatty acids – brain food for your dog

- Just like humans, a growing young puppy needs omega-3 fatty acids for development and function of the brain and central nervous system
- When researchers tested adult male dogs with a history of aggressive behavior, they found DHA omega-3 levels **50% lower** than in male dogs with no aggression problems
- In a veterinary study, 42 dogs with at least 1 behavioral disorder (such as fearfulness, destructiveness, or aggression) and 6 control dogs (no behavioral disorders) received supplemental omega-3 fatty acids plus magnesium and zinc for 40 days
 - Results: control dogs had no changes in behavior, while the dogs receiving nutritional supplementation showed significant reduction in destructiveness, fearfulness, and inappropriate elimination
- In a test of animals who were fed supplemental omega-3, phospholipids and peptides from salmon, or a standard diet, the omega-3 group had a 20% greater increase in impulse control versus the standard diet animals
 - Impulse control is what allows your dog to listen when you yell “STAY” instead of running into the street after a squirrel!

Fish oil is not the best choice for your dog (or you!)

- Most common source of omega-3 for dogs is liquid fish oil
- Most dogs have no problem with fish oil added to their food BUT...
 - **Fish oil gets rancid easily** – every time the oil is exposed to air it oxidizes, begins to break down, and turns rancid
 - Rancid oil CAUSES problems, it doesn't help them
 - **Fish oil is often contaminated** with heavy metals like mercury, or toxins such as PCB

Oil isn't necessary for omega-3

- Solid dose omega-3 from salmon (heads), bound to phospholipids and peptides, is an extremely stable way to get omega-3 – without needing oil and with ZERO rancidity
- **2:1 DHA/EPA** omega fatty acids
 - Fish *oil* supplements almost always have more EPA than DHA
- Also very pure source with no contamination with heavy metals or other toxins
- Just one dose daily for small dogs, and 2 for large dogs, to get them the omega-3 they need

Buy Your Immune Products with Care (1 slide)

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Shortages lead to increase in fake products

- As the demand for elderberry and other immune-boosting ingredients has exploded, cheaters are pushing faked, poor quality products into the market
- Quality testing facilities are reporting diluted, weak materials – some elderberry samples contain NO anthocyanins at all
 - Anthocyanins are the beneficial compounds in elderberry
- Your first clue: a RIDICULOUSLY low price! Genuine Austrian elderberry standardized to 12% anthocyanins is not a \$1.99 raw material
- Identifying reputable companies that are committed to quality testing is more important than ever

New Study on Berberine (1 slide)

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Berberine Improves Metabolic Syndrome

- Just published in August 2020 – meta analysis of berberine and metabolic syndrome
- Researchers pooled the results of 12 clinical trials on berberine published between 2005 and 2018, that included over 1,000 participants
- They found that use of berberine decreased
 - Body weight
 - BMI
 - Waist circumference
 - C-reactive protein
 - With NO adverse effects on liver function or liver enzymes
- Conclusion: berberine is an effective treatment for metabolic syndrome

The Key to A More Nutritious Salad is Fat (1 slide)

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A little fat on your food unlocks the nutrients

- Food scientists found that eating salad with added fat (oil) promotes the absorption of eight different nutrients
 - alpha and beta carotene, lutein and lycopene, two forms of vitamin E, vitamin K, and vitamin A
- Twelve college-aged women ate salads with different amounts of salad oil (study used soybean oil) and then had their blood tested to measure the absorption of different nutrients
- Optimal nutrient absorption occurred at 32 grams of oil – a little more than 2 tablespoons

Effect of nuts on Sexual Function (1 slide)

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Nut intake promotes male sexual function

- 14 week randomized trial including 119 men ages 18 to 35
- All participants consumed their usual diets, but half also received 60 grams per day of mixed nuts (walnuts, hazelnuts, and almonds)
- Results: at baseline, there was no significant difference in sexual function between the two groups
- After 14 weeks, the men consuming nuts had significant increases in orgasmic function and sexual desire
- Nuts are high in arginine, an amino acid converted in the body to nitric oxide. Nitric oxide is necessary for the vasodilation needed to initiate and maintain an erection.