

The Tuesday Minute

Nutritional information.... one byte at a time

This Week's Topic

Anti-Anxiety Peptide Discovered In Milk

Here's something we need to remember, 80% of doctor visits are for symptoms that are at least partially stress related! Never in the history of the world have we been exposed to so much, so fast: decisions, data, developments, differences, disappointment, divorce, all the deadlines, and of course delays.

We are expected to be on top of our game; the stock market, the job market, the real estate market, family crises, health care budget cuts, the list is endless. Most of us hover in and out of warp speed just in our regular day to day lives, but then factor in some of the factors I just mentioned and we have a recipe called overload.

Fortunately, there are many things we can do nutritionally to limit the negative effects of stress. Right here I could “go off” about the effects of refined foods and sugar laden drinks, but most of you know those effects. Instead I'd like to remind you of another natural solution that really helps with stress, particularly short term stress. The supplement is appropriately called De-Stress.

A research team at Nancy University in France noted the calming effects of breast milk on babies and theorized that there was

some “anti-anxiety” factor in breast milk. Both my children were breast fed and we often joked that breast milk was like “liquid valium” when you have an anxious baby. Little did we know what future research would reveal?

The university team was able to isolate specific bioactive peptides from milk that have anti-anxiety activity. Several double blind placebo controlled human trials done on this all natural milk protein peptide demonstrate significant anti-anxiety activity. This particular peptide is called a decapeptide. A decapeptide is just a tiny fraction of the large milk protein molecule which means people with milk sensitivities can usually take this product safely.

In a 15 day trial, a number of physical parameters were measured “pre and post” stress. They all improved compared to controls. In the milk peptide group, cortisol tended to normalize heart rate, blood pressure, and ACTH levels. All appeared to return to homeostasis faster in the group who took the active component in De-Stress.

In addition to significant reductions in stress biochemistry, the study also measured sub-

jective stress indicators. The study measured the perceived stress of the test subjects. After 15 days, subjects taking the milk peptide reported better sleeping and better perception of how their lives were progressing. This is important because both the physical markers associated with stress and the subjective measures were both positively affected. What good is it to affect biochemistry if the patient doesn't feel better?

Three different scores were utilized to assess subjective patient data. The first was a perceived stress scale, meaning "how much stress the test subjects perceived" in their life. Secondly, test subjects were asked to rate each day as a "good day" or a "bad day" during the 2 week trial. Lastly, subjects rated their nights during the study as "good nights" or "bad nights".

In all three subjective indicators the control subjects perceptions stayed the same, while those who took the active component in De-Stress perceived less overall stress and felt they had more good days and more good nights than before the study.

There are many natural remedies available that can bring a feeling of relaxation such as St John's Wort and Kava Kava. The ingredient in De-Stress was tested against these remedies and against a control in an animal model. Using a global anxiety score subjects were exposed to stressful situations

and monitored. The results show the group who received the active component in De-Stress had significantly lower anxiety scores than the control group, St. John's Wort, or Kava Kava group.

We all know that many drugs like benzodiazepines used for anxiety management have side effects like dependence issues, tolerance issues, and memory loss. De-Stress has been shown to be safe and free of any of the side effects seen with other pharmacological agents. The dosage used in the studies was between 100-200 mg twice a day. Biotics makes a 150 mg capsule so you can titrate the dose based on weight and stress levels. Most of the things we use clinically take a while to take effect. Not so with De-Stress. You can often feel the effects within the hour; however, the real effects seem to be seen within 2 weeks.

So here we have a natural substance that is not habit forming, takes the edge off, and in many cases allows people to get a good night sleep to reset their homeostasis for the next day. Sure we want to address any underlying causes for prolonged stress, but sometimes we need to break the stress cycle. You have patients that can "definitely" benefit from a supplement like DeStress.

Well, thanks for checking in. I'll see you next Tuesday.