



Natural Health Research Institute

Your One-Stop Website for Research on Natural Health and Wellness

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www.naturalhealthresearch.org

Keep Your Heart Healthy

Heart disease is a leading cause of death in the U.S., but it's not inevitable. There are plenty of ways you can reduce your risk – it's never too late to start changing your lifestyle towards a healthier heart. Here are a few practical steps that you can easily incorporate into your daily routine that will not only improve your heart but your overall health as well.



- Watch your weight
- Quit smoking and avoid secondhand smoke
- Control your cholesterol and blood pressure
- Get active—make exercise a daily part of your life
- Manage your stress
- Practice good dental hygiene
- Get enough sleep
- Eat a healthy diet
- Reduce blood sugar
- Drink only in moderation

There are many herbs and supplements that can help lower your risk for heart disease or help manage the conditions you've already been diagnosed with. Follow the links below to view the research:

- [Selenium](#)
- [L-carnitine](#)
- [Green tea](#)
- [Barberry](#)
- [Resveratrol](#)
- [Vitamin K2](#)
- [Bergamot](#)
- [Black cohosh](#)
- [Beta-glucans](#)
- [Garlic](#)
- [CoQ10](#)
- [Whey protein](#)



[Consuming Omega-3 Fatty Acid Associated with Less Subclinical Inflammation, a Marker of Heart Disease in Healthy Men](#)



[Dietary Nitrate from Vegetables Significantly Reduces the Risk of Cardiovascular Events](#)



[Pecan Rich Diet Shown to Improve Cholesterol Levels in Adults](#)



[Are Sleep Patterns and Genetics Associated with Incidence of Cardiovascular Disease?](#)

New COVID-19 Studies



With the current surge of coronavirus cases in the U.S., the identification of therapies that can effectively improve prognosis in patients infected with the virus remains a critical area of research.

The NHRI recently posted 4 new studies that show dietary supplements were beneficial to the recovery of COVID-19 patients. View the research:

[L-Arginine Supplementation Improves Reliance on Respiratory Support in Severe COVID-19 Patients](#)

[Nigella Sativa Oil Improves Recovery in Patients with COVID-19](#)

[Insufficient Levels of Vitamin D & Zinc May Increase Severity of Symptoms in Adults Infected with COVID-19](#)

[Plant-Based and Pescatarian Diets May Protect Against Severity of COVID-19 Infection](#)

In Memoriam



We are deeply saddened to announce that attorney, author, and health activist James S. (Jim) Turner passed away in his Washington, D.C. home this week. Jim was a member of the NHRI Managing Board and was instrumental in the development of the NHRI. Jim's activities and accomplishments as a longtime health and health freedom advocate are legendary. Jim was one of the true pioneers in the defense of health freedoms.

Recent Posts



[Self-Administered Acupressure Treatment May Benefit Those with Chronic Low Back Pain](#)

Written by Taylor Woosley, Staff Writer. Six weeks of self-administered acupressure resulted in an improvement in fatigue by 26% and a reduction in pain by 35-36% compared to usual care. [Read more »](#)



[Low Serum DGLA Associated with Mortality in Elderly Patients](#)

Written by Chrystal Moulton, Staff Writer. Serum DGLA was a significant predictor of total death in elderly patients who recently experienced myocardial infarction ($p=0.012$). [Read more »](#)



[The Effects of Korean Red Ginseng on Biological Aging](#)

Written by Marlene Hollick, Ed.D., R.D. Study results showed that post-menopausal women who were administered Korean red ginseng demonstrated increased mtRNA copy numbers, increased total antioxidant status, and decreased reported fatigue symptoms, compared to post-menopausal women who were not administered Korean red ginseng. [Read more »](#)

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