



Natural Health Research Institute

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

June 2021

www.naturalhealthresearch.org

CBD for Health and Wellness

Over the last few years the medicinal use of cannabidiol (CBD) has increased significantly. CBD is a natural essential oil extracted from different varieties of the Cannabis sativa plant. In the United States, CBD is predominantly derived from the hemp variety of Cannabis. Unlike tetrahydrocannabinol (or THC), which is also found in Cannabis, CBD is not psychoactive and will not make you feel “high”.

There are many forms of CBD products sold, but the most common forms are: oils and tinctures, pills or capsules, topical creams and edibles.

CBD can be helpful for many health ailments because the cannabis compounds are naturally created to interact with the human endocannabinoid system. This biochemical communication system within the body helps to regulate your immune system, hormone production, reproductive system, metabolism, body temperature, heart rate, and so much more.

Numerous studies show that CBD has strong anti-oxidative, anti-inflammatory, anti-convulsant, anti-depressant, and neuroprotective qualities. CBD has the potential to help with various health problems like stress, anxiety, sleep, cognitive function, symptoms of Parkinson’s disease and managing seizures.

Before trying any new health-related product, you should do your research and speak to your doctor to discuss your individual risk.



[Cannabidiol \(CBD\) Improves Quality of Life in Patients with Parkinson’s Disease](#)



[Possible Therapeutic Effects of Cannabidiol on Memory and Cognitive Function](#)



[Cannabidiol Prevents Pain and Nerve Damage in a Rat Model of Osteoarthritis](#)



[Cannabidiol Manages Seizures in Patients with Lennox-Gestaut Syndrome](#)

June is Migraine and Headache Awareness Month



The most common type of headache is a tension headache often related to stress, depression, or anxiety. Other common types of headaches are migraines, cluster headaches, and sinus headaches.

Migraine is an extraordinarily prevalent neurological disease, affecting 39 million men, women and children in the U.S. and 1 billion worldwide according to the Migraine Research Foundation.

Prevention is the key for migraines and there are now a number of medications that reduce migraine attacks. Unfortunately, these medications all have significant side effects, especially when used over a long period of time. Several natural remedies have been found effective in relieving some of the pain or discomfort caused by migraines.

View the research:

[Ginger](#)

[St. John's Wort](#)

[Riboflavin](#)

[CoenzymeQ10](#)

[Melatonin](#)

[Calcium and Magnesium](#)

[Chamomile Oleogel](#)

[Lavender Essential Oil](#)

[Omega-3 Fatty Acids](#)

Upcoming Event



AMERICAN
NUTRITION
ASSOCIATION®

Personalized Nutrition 2021: Mapping the Future

September 28– October 1, 2021—Chicago, IL

The NHRI is pleased to announce that we will be a sponsor at the American Nutrition Association's annual summit.

Nutrition is core to human health. Differences in our biochemistry, metabolism, genetics, and microbiota all contribute to the dramatic differences among individuals in response to their nutrition. Personalized nutrition leverages human individuality to drive nutrition strategies that can prevent, manage, and treat disease and optimize health. The ANA catalyzes the movement of personalized nutrition into the core of health care.

[Click here for more information and to register.](#)

Covid-19 Resources



Follow the quick links below to view information on natural ways to boost immunity and support your bodies defenses.

[Read Dr. Patrick Massey's informative summary of herbs and supplements that have strong anti-viral potential and how they work.](#)

[Watch the webinar, "Overcome COVID-19 Stress-Induced Food Cravings with Targeted Amino Acid Therapy", presented by Julia Ross, MA, NNTS.](#)

[Discover integrative approaches to the COVID-19 crisis, written by our featured guest, Sarah Hung, ND, MSOM, L.ac.](#)

[Read science-based research to help keep you informed and learn strategies for staying well through the pandemic.](#)

Recent Posts



Neuroprotective Effect of Melatonin in Breast Cancer Patients

Written by Chrystal Moulton, Staff Writer. Melatonin significantly improved cognitive function, depressive symptoms and sleep quality in breast cancer patients. [Read more »](#)



Bergamot Reduces Plasma Lipids and Reduces Markers of Atherosclerosis in Individuals with Hypercholesterolemia

Written by Angeline A. De Leon, Staff Writer. Six months of supplementation with Bergavit® was shown to significantly improve not only plasma lipid levels in subjects with moderate hypercholesterolemia, but lipoprotein profile as well. [Read more »](#)



Methylsulfonylmethane (MSM) Reduces Viability and Invasiveness of Prostate Cancer Cells

Written by Angeline A. De Leon, Staff Writer. The apoptosis-inducing properties of MSM, together with its ability to diminish cell invasiveness and migration, suggest that MSM may be an effective, natural means of controlling the proliferation of cancer cells in prostate cancer. [Read more »](#)



Ultra-Processed Foods Linked to Renal Failure

Written by Chrystal Moulton, Staff Writer. Ultra-processed food consumption is associated with a 50% risk of renal failure in older adults. [Read more »](#)



Omega-3 Fatty Acids Improve Indices of Vascular Stiffness in Men with Abdominal Aortic Aneurysm

Written by Chrystal Moulton, Staff Writer. Supplementation with omega-3 fatty acids significantly improved heart rate ($p= 0.009$) and pulse wave velocity ($p= 0.014$) in patients with abdominal aortic aneurysm (AAA). [Read more »](#)

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