



# Natural Health Research Institute

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

NHRI NEWSLETTER

APRIL 2016

The Natural Health Research Institute will sponsor “Modulating the Microbiome: Therapeutic Potential” at the American College of Nutrition’s 57th Annual Conference - November 9-11, 2016 in San Diego, California. This conference is intended for clinicians (physicians and all nutrition-related practitioners), researchers, academicians, students and any other health care professional or individuals active or interested in the field of nutrition science. Session titles are shown below. The complete agenda will be published shortly.

Symposium I: The Promise of Personalized Nutrition

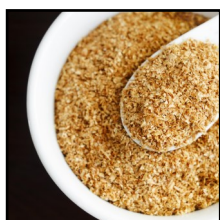
Symposium II: Personalized Nutrition & Cancer Care

Symposium III: Micronutrient Genomics

Symposium IV: Personalized Nutrition & Brain Health

Symposium V: Modulating the Microbiome: Therapeutic Potential – Sponsored by the NHRI

**April is Irritable Bowel Syndrome Awareness Month**—Click on an icon below to view the latest research on staying healthy and preventing disease.



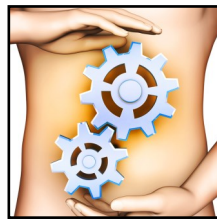
[Fiber may Reduce IBS Symptoms](#)



[Peppermint Oil and Bowel Health](#)



[Probiotics](#)



[Your Inner Ecosystem](#)

**Newest Postings** -- A selection of articles posted in April are shown below. Click on the title or the “Read more” link to view them.



### **Try These Natural Remedies during Spring Allergy Season – Informed Opinion**

*Written by Patrick B. Massey, MD, PhD.* Dr. Massey recommends the use of a neti pot and sterile saline solution or, as a better option, supplementing with an anti-inflammatory herb called butterbur to relieve symptoms of seasonal allergies. [Read more »](#)



### **Lavender Essential Oil Shown to Improve Sleep Quality**

*Written by Jessica Patella, ND.* Lavender essential oil, when inhaled for 5 days, significantly increased sleep quality and decreased daytime fatigue, and in addition, helped study participants feel refreshed upon waking. [Read more »](#)



### **Almonds Superior to Complex Carbohydrates for Weight Loss – Director’s Choice**

*Written by Greg Arnold, DC, CSCS.* After 24 weeks, those on the almond diet (a low carbohydrate diet that included 84 grams of almonds) had significant decreases in blood lipid values, blood pressure, and body fat compared to those on a complex carbohydrate diet. [Read more »](#)

[Click here to read all of the newest postings](#)

The NHRI newsletter is available free to anyone. Send a copy to any interested friends. If they wish to receive it, they can email us at [news@naturalhealthresearch.org](mailto:news@naturalhealthresearch.org). To opt out, hit "Reply" and enter "No NHRI mail"

