



Natural Health Research Institute

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

NHRI NEWSLETTER

FEBRUARY 2016

February is Heart Health Month—Click on an icon below to read the latest research on staying healthy and preventing disease.



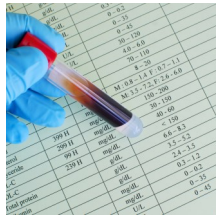
[Cardiovascular Health](#)



[Lower Blood Pressure Naturally](#)



[Heart Attack—Know the Signs](#)



[Lower Your Cholesterol](#)

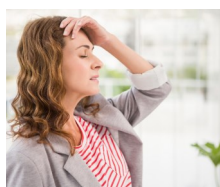
Survival Guide to the Healthcare Crisis



In his current newsletter, Dr. Patrick Massey, MD, PhD, gives us some useful tips for weathering the current and future storm in medicine.

[Click here](#) to learn what you can do to stay healthy and thrive during these changing times.

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



Could a "Leaky Gut" Be the Cause of Migraine Headaches? – Informed Opinion

By Patrick B. Massey, MD, PH.D. A "leaky gut" may stimulate the immune system to generate an inflammatory response which, in turn, may trigger migraine headaches, autoimmune disease, arthritis, and chronic muscle pain.

[Read more »](#)



Papillomavirus (HPV) L1 DNA in Gardasil Vaccine – Director's Choice

Abstracted by Joyce Smith, BS. This study demonstrates how the aluminum adjuvant in Gardasil vaccine, which contains particles of viral DNA, may initiate a severe inflammatory response leading to autoimmune disease and even death. [Read more »](#)



When You Eat could Determine Your Weight Loss – Director's Choice

Abstracted by Jessica Patella, ND. Study showed that a high caloric lunch eaten earlier in the day resulted in a significantly greater weight loss than a high caloric lunch eaten later in the day. [Read more »](#)

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

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