



Natural Health Research Institute

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

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February is Heart Health Month

In the United States, 1 out of 4 people die from cardiovascular disease each year and every 43 seconds someone is having a heart attack. Heart disease is the leading cause of death for both men and women. In fact, statistics from the Center for Disease Control state that coronary heart disease alone costs the United States \$108.9 billion every year. These numbers are staggering and demonstrate the need for us to take preventative measures in our daily lives to reduce our own risk of cardiovascular disease.

Reduce Your Risk of Cardiovascular Disease

- [Quit Smoking](#)
- [Control Blood Sugar](#)
- [Improve Cholesterol Levels](#)
- [Maintain a Healthy Weight](#)
- [Control Blood Pressure](#)
- [Follow a Healthy Diet](#)
- [Get Active](#)
- [Reduce Stress](#)



[Barley Beta-Glucan Beneficial for Several Measures of Heart](#)



[Argan Oil Improves Heart Health](#)



[Curcumin Shows Promise for Heart Health](#)



[Lutein Benefits Heart Health](#)



NHRI to be an Exhibitor at the 2017 Integrative SIBO Conference Saturday & Sunday, March 25-26, 2017 National University of Health Sciences | Lombard, Illinois

Introducing the first SIBO event of its kind demonstrating a truly integrative platform of leading practitioners and researchers as they pioneer this exciting topic in healthcare. This conference will feature an international line-up of speakers presenting on a comprehensive spectrum of SIBO related topics such as rheumatology, MTHFR, restless leg syndrome, dermatology, diabetes and psychology, as well as current literature on herbal treatment, pharmacological protocols and PPI meta-analyses.

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



Hibiscus Sabdariffa L. Tea (Tisane) Reduces Blood Pressure in Pre-and Mildly Hypertensive Patients

Written by James C. Morton Jr, Staff Writer. In a randomized placebo-controlled, double-blinded, clinical trial research study, Hibiscus Sabdariffa significantly decreased systolic blood pressure (5.5%) and diastolic blood pressure (4.0%) compared to the baseline and placebo groups. [Read more »](#)



Study Links Hearing Loss to Iron Deficiency Anemia – Director's Choice

Written by Greg Arnold, DC, CSCS. A 2016 study analyzing the data on 303,339 subjects, found that iron deficiency anemia increased the odds of developing sensorineural hearing loss by 82% and combined hearing loss by 141% but had no effect on conductive hearing loss. [Read more »](#)



Food Additives Shown to Increase Hyperactive Behavior in Children

Written by Jessica Patella, ND. Artificial food additives and the preservative, sodium benzoate, increased symptoms of hyperactivity when given to a population of (153) 3-year and (144) 8-9 year old children. The amount of artificial food colorings and sodium benzoate consumed daily by children in this study was equivalent to consuming 2 bags of sweets for the 3 year olds and up to 4 bags of sweets for the 8-9 year olds. [Read more »](#)

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