



Natural Health Research Institute

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

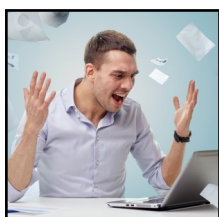
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Relieving Stress Naturally—Stress is an inevitable part of life that everyone will experience at one time or another. The symptoms of stress can affect our bodies and range from headaches, muscle pain, digestive issues, inability to sleep, fatigue and many more. The NHRI contains a vast amount of research that provides various natural methods to help manage and relieve symptoms of stress.



Ashwagandha Root Shows Promise for Anxiety and Stress



Relief for Stressed Out Students



Why It Is So Important to Reduce Your Stress Level



Lavender, More Than Just a Nice Fragrance

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.

[Click here to view full conference details including agenda and registration information.](#)

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



Vitamin D Blood Levels Linked to Reduced Cancer Risk in Women – Director’s Choice

Written by Greg Arnold, DC, CSCS. A study revealed that serum vitamin D levels higher than 40 nanograms /milliliter significantly reduced the overall cancer risk by 67% compared to vitamin D levels less than 20 ng/ml. [Read more »](#)



Whole Grains Shown to Improve Lifespan - Director’s Choice

Written by Jessica Patella, ND. A meta-analysis of 14 studies, found an inverse association between grain consumption and the following 3 categories: mortality from all causes, cardiovascular disease, and cancer. [Read more »](#)



Probiotics Benefit Those with Metabolic Syndrome - Director’s Choice

Written by Greg Arnold, DC, CSCS. Study participants with metabolic syndrome, who supplemented with 80 milliliters of fermented milk containing B. lactis and B. animalis HNO19, significantly improved BMI, total cholesterol, and LDL cholesterol compared to control. [Read more »](#)

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