



Natural Health Research Institute

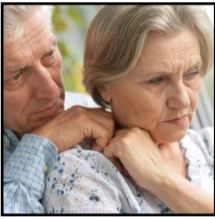
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Alzheimer's Disease Awareness

Alzheimer's disease is a major cause of age related cognitive decline. It is one of the leading causes of death. Symptoms of Alzheimer's can include changes in mood, memory loss, and increasing confusion. Prevention may be one of the best approaches to take for this debilitating disease. Exercise, vitamin D and fish oil are a few lifestyle choices you can make that may help in prevention. Leading a healthy lifestyle may reduce the chance of developing the disease as well as benefit those already diagnosed.



Scallop-Derived Plasmalogen Improves Cognitive Functioning in Patients with Mild Alzheimer's Disease



New Study Proposes Treatment Program for Alzheimer's



Vitamin D May Help Prevent Alzheimer's Disease



Sugary Beverage Intake Associated with Preclinical Markers of Alzheimer's Disease

June is Men's Health Month



The American male consumes very meaty, starchy foods besides the occasional beer and other forms of alcohol. This diet puts them at high risk for cardiovascular disease, stroke, and gout (a form of arthritis caused by the body's inability to remove uric acid from the blood stream leading to joint pain and swelling). The common American diet, besides leading to chronic dysfunction, also increases uric acid levels in the body. Simple steps taken to improve diet and maintain physical activity can lead to a long, healthy and productive life.

[Click here to view the latest research on Men's Health](#)

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



Fish Oil in Pregnancy Shown to Lessen Asthma in Children – Director's Choice

Written by Jessica Patella, ND. Analysis of 695 children (3 years post-delivery) revealed that children of mothers who supplemented with fish oil in the third trimester of their pregnancies had a 16.9% reduction in persistent wheeze and asthma compared to 23.7% in the control group, corresponding to a relative reduction of 30.7%. [Read more »](#)



Aromatherapy Oil Inhalation Significantly Reduces Perennial Allergic Rhinitis and Hypersensitivity Factors

Written by James C. Morton Jr., Staff Writer. In a randomized double-blind, placebo-controlled, clinical research study, aromatherapy oil inhalation significantly decreased perennial allergic rhinitis symptoms (52.3%), rhino conjunctivitis/quality of life, (62.0%), and fatigue and sleep factors (32.3%) compared to placebo group. [Read more »](#)



Research Studies Effect of Vitamin C on Cancer Cells

Written by Patrick B. Massey, MD, Ph.D. Studies have shown that Vitamin C supplementation can significantly reduce breast cancer mortality risk as well as risk of cancer recurrence. [Read more »](#)

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