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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.

May is Arthritis Awareness Month—Click on an icon below to view the latest research on staying healthy and preventing disease.



Vitamin D and **Rheumatoid Arthritis** 



Arthritis- Nighttime Support



Curcumin may Ease Arthritis Pain



Collagen Improves Joint Health

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



#### **Dried Plum Benefits Bone Density in Women -Director's Choice**

Written by Greg Arnold, DC, CSCS. Of the 48 participating osteopenic women, those who included dried prune in their diets had significant benefits in bone density and bone biomarkers compared to the placebo group. Read more »



Curcumin Found to Benefit Crohn's Patients
Written by Greg Arnold, DC, CSCS. Participants who received curcumin enemas experienced a significant improvement in response, remission, and mucosal healing compared to placebo group. Read more »



## **Probiotics for Cancer Prevention and Treatment**

Written by Joyce Smith, BS. Researchers hypothesized that our gut bacteria might delay the onset of cancer and that supplementing with probiotics may help with this delay. Read more »



### **Herbal Mouthwash Effective for Gingivitis**

Written by Greg Arnold, DC, CSCS. Participants who rinsed with either a chlorohexidine mouthwash or a ginger/ rosemary/ calendula mouthwash significantly improved gingivitis, bleeding, and gum plaque compared to the placebo group. Read more »

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