



# Natural Health Research Institute

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

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## Fitness and Exercise

Regular physical activity is one of the most important things you can do for your health. People of all ages and body types can be physically active.

People who are physically active tend to live longer and have lower risk for heart disease, stroke, type 2 diabetes, and some cancers.

Physical activity can also help with weight control, and may improve academic achievement in students.

Regular exercise can have a profoundly positive impact on depression, anxiety, ADHD, and more. It also relieves stress, improves memory, helps you sleep better, and boosts overall mood. You don't have to be a fitness fanatic to reap the benefits. The best type of exercise is one that you will do on a regular basis, so choose activities that you enjoy. Physical activities that increase your heart rate and move large muscles (such as the muscles in your legs and arms) are good choices. A good goal for many people is to work up to exercising 5 times a week for 30 to 60 minutes at a time, however exercise has so many health benefits that any amount is better than none.



[Exercise Improves Memory in Older Adults](#)



[Exercise may Offer Similar Health Benefits as Smoking Cessation](#)



[Brain Health and Exercise](#)



[Pranayama Yoga Improves Lung Function in Healthy Individuals](#)

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### Quercetin Shown to Improve Symptoms of Rheumatoid Arthritis

*Written by Jessica Patella, ND.* Eight weeks of supplementation with quercetin significantly reduced morning pain, activity-related pain and morning stiffness in the 50 participating arthritic women compared to the placebo group. [Read more »](#)



### L-Arginine and B Vitamins Could Help Lower Blood Pressure – Director's Choice

*Written by Sarah Wong, Staff Writer.* A combination of L-arginine, vitamin B6, vitamin B12, and folic acid significantly reduced deterioration in the endothelium of participating subjects compared to the placebo group. [Read more »](#)



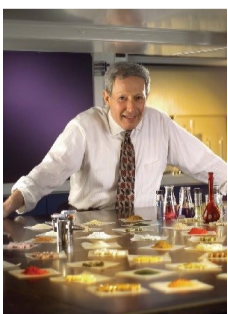
### Vitamin D Supplementation Decreases Acute Respiratory Tract Infections – Director's Choice

*Written by James C. Morton Jr, Staff Writer.* In a meta-analysis review of randomized double-blind, placebo-controlled, clinical research studies, vitamin-D supplements significantly decreased incidence of acute respiratory tract infection (40.3%) compared to placebo group. [Read more »](#)

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## Elwood Richard

September 17, 1931 – April 7, 2017



Elwood Richard was a driving force in the natural health industry. He had a lifelong passion for natural health and wellness and was committed to bringing scientific evidence on the usefulness and cost-effectiveness of diet, supplements and a healthy lifestyle to the public. He founded the Natural Health Research Institute, a non-profit organization, in 2008. Over 2000 articles on topics ranging from ADHD to Women's Health are available on the NHRI website. Elwood's passion and legacy will live on through the Natural Health Research Institute.

The NHRI newsletter is available free to anyone. Send a copy to any interested friends. If they wish to receive it, they can email us at [news@naturalhealthresearch.org](mailto:news@naturalhealthresearch.org). To opt out, hit "Reply" and enter "No NHRI mail"

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