



# Natural Health Research Institute

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

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## Probiotics

Probiotics are living microorganisms such as bacteria and yeasts that provide many health benefits for your body and brain. Lifestyle habits tend to interfere with the healthy balance between good and bad bacteria in our bodies. Poor diet, stress, smoking, and the environment can promote an overgrowth of harmful bacteria. Probiotics have scientifically been shown to restrict the growth of “bad” or disease causing bacteria, stimulate immunity, and support digestion and absorption of nutrients. Probiotics have also been shown to influence genes that regulate healing, improve mental health and reduce heavy metal toxicity. Having a healthy intestinal population of probiotics can protect you from pathogenic bacteria that wreak havoc and cause serious illnesses.



[Probiotics May Reduce Negative Thoughts Associated with Sad Mood](#)



[Probiotics Help Eradicate Dangerous Bacteria](#)

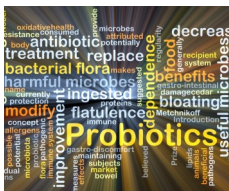


[Saccharomyces Yeast Probiotic in Irritable Bowel Syndrome Trial](#)



[Probiotics Improve Immune Function and Decrease Colds/Flu-Like Symptoms](#)

## Recent Posts



### Lactobacillus Brevis Mitigates Mercury Toxicity

*Written by Angeline A. De Leon, Staff Writer.* This study demonstrates that *L. brevis* 23017 effectively prevents Hg-induced injury by promoting Hg binding in the small intestine, by preserving the integrity of the intestinal barrier, reducing intestinal epithelial cell cytotoxicity, protecting TJ proteins, and modulating inflammation and alleviating oxidative stress through both MAPK and NF- $\kappa$ B pathways. [Read more](#)



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*Written by Joyce Smith, Staff Writer.* Aqueous and ethanolic extracts of Welsh onion significantly decreased the body weights of mice fed a high-fat diet. [Read more »](#)



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*Written by Dr. Patrick Massey, MD, PhD.* Several studies conducted in China demonstrated that iodine supplementation in iodine-deficient parts of China significantly increased the risk and diagnosis of Hashimoto's thyroiditis. [Read more »](#)



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*Written by Marcia J. Egles, MD.* Data suggest that dietary polyphenols may act in the gut to modify microbial community structure, resulting in lessened intestinal and systemic inflammation and improved metabolic outcomes. [Read more »](#)



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*Written by Jessica Patella, ND.* Annurca apple extract is a powerful antioxidant that stimulates hair follicles to engage in fatty acid oxidation, generate ATP, and prevent amino-acid catabolism, thus enabling keratin production. [Read more »](#)

## SUPPLEMENT FACT

The 2015-2020 Dietary Guidelines for Americans identify the under-consumed nutrients calcium, potassium, dietary fiber, and vitamin D as nutrients of public health concern because low intakes of these essential nutrients are associated with particular health concerns.

From The Council for Responsible Nutrition



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