



Natural Health Research Institute

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

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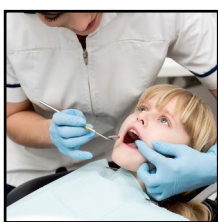
Naturally Improve Your Oral Health



Tooth decay, gum disease and general poor oral health are problems seen throughout the United States in spite of high-tech toothbrushes, toothpastes and mouthwashes. Using incorrect brushing methods or not brushing enough can be a cause, but poor oral health is also a matter of lifestyle. Studies have shown that adults who are sedentary and eat

poorly are significantly more likely to develop periodontal disease than those who engage in high levels of physical activity and choose a healthy diet. If you tend to eat foods high in sugar, such as breads, rice and potatoes as well as sweets, you may be at an increased risk for tooth decay. That's because bacteria feed on sugar, which will increase the amount of acid in your mouth. Also, acidic foods break down your teeth's enamel, putting you at higher risk of cavities. In addition, those using tobacco products are at higher risk of oral cancers.

Developing healthy habits of brushing and flossing your teeth regularly as well as adding simple natural treatments such as supplementing with probiotics, tongue scraping, chewing xylitol sweetened gum after meals and coconut oil pulling can help to improve your oral health.



[Xylitol Protects Against Tooth Decay](#)



[Coconut Oil Pulling Improves Gum Health](#)



[Probiotic Lozenges Benefit Dental Health](#)



[Methods of Improving Bad Breath in Children](#)

February is Heart Health Month



Heart disease is the leading cause of death for both men and women in the United States. One out of four people die from cardiovascular disease each year and every 43 seconds someone is having a heart attack. In fact, statistics from the Center for Disease Control state that coronary heart disease alone costs the United States \$108.9 billion every year. These numbers are staggering and demonstrate the need for us to take preventative measures in our daily lives to reduce our own risk of cardiovascular disease.

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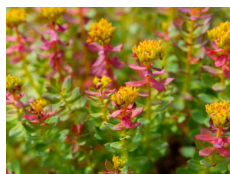
[Supplementation with L-leucine, Vitamin D3 and Medium-Chain Triglycerides Shown to Increase Muscle Strength in Frail Elderly Adults](#)

Written by Jessica Patella, ND. Supplementation with a combination of L-leucine, vitamin D 3 and medium-chain triglycerides significantly improved muscle strength and function in the thirty-eight participating elderly adults. [Read more »](#)



[Elderberry Reduces Cold Duration and Symptom Severity in Air Travelers](#)

Written by Angeline A. De Leon, Staff Writer. Elderberry supplementation prior to, during, and up to 5 days following overseas travel significantly reduced cold duration and symptom severity in participating subjects compared to control. [Read more »](#)



[Rhodiola Rosea for Chronic Fatigue Symptoms](#)

Written by Joyce Smith, Staff Writer. An eight-week supplementation with Rhodiola rosea significantly improved symptoms of chronic fatigue in the one hundred participating subjects. [Read more »](#)



[Lavender and Bitter Orange Improve Sleep Quality in Postmenopausal Women](#)

Written by Shirley Kotadia, Staff Writer. Eight weeks of supplementation with either 500 mg of lavender or 500 mg of bitter orange twice daily significantly improved sleep quality in the 104 participating postmenopausal women compared to the control. [Read more »](#)

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