



# Natural Health Research Institute

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

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## Respiratory Health



The respiratory system is a group of organs and tissues that work together to help us breathe. Composed of our lungs, airways and the muscles and blood vessels connected to them, the respiratory system carries oxygen throughout our body and makes everything we do possible. Our lungs are one of the most important and active organs in the body. They work continuously to take in oxygen, filter it and release it to the circulatory system. According to the National Institutes of Health, the process of inhalation and exhalation (breathing) happens approximately 25,000 times a day.

Taking care of the respiratory system is essential to keeping our entire body functioning at its best. Just like other parts of the body such as the heart and joints, our lungs age with time. They become less flexible and lose their strength, which can make it more difficult to breathe. You can help maintain the health of your lungs and keep them functioning properly by adopting healthy habits. The American Lung Association recommends:

- Don't smoke
- Avoid exposure to indoor pollutants that can damage your lungs
- Minimize exposure to outdoor air pollution
- Prevent infection
- Get regular health care
- Exercise

There are a number of herbs, botanicals and supplements that help to provide nutrition to the respiratory system. Nigella sativa, rhodiola, beta glucans, vitamin D, eucalyptus, and curcumin work well to benefit respiratory and lung health.



[Vitamin D Decreases Acute Respiratory Tract Infections](#)



[Rhodiola Benefits Those with Lung Disease](#)



[Curcumin as a Treatment for Mesothelioma](#)



[Nigella Sativa for Treatment of Asthma](#)

## Recent Posts



### Aloe Vera in Hashimoto's Thyroiditis

*Written by Marcia J. Egles, MD.* A nine-month supplementation with 50 ml/day of aloe vera juice restored normal thyroid function in the participating subjects with subclinical hypothyroidism, and significantly decreased their highly elevated serum TPOAb levels after just three months of aloe vera juice. [Read more »](#)



### Beneficial Effects of Probiotics on Type 2 Diabetes

*Written by Jessica Patella, ND.* This study demonstrated that L. reuteri strains ADR-1 and ADR-3 had significantly beneficial hemoglobin A1c levels, cholesterol, and blood pressure for the participating type 2 diabetics. [Read more »](#)



### Dietary Geraniol Helps Relieve Symptoms of Irritable Bowel Syndrome

*Written by Angeline A. De Leon, Staff Writer.* Geraniol improved dysbiosis and significantly improved inflammation in the participating patients with irritable bowel syndrome. [Read more »](#)



### Intake of Collagen Peptide Reduces Signs of Photoaging Skin

*Written by Chrystal Moulton, Staff Writer.* Collagen peptides derived from catfish skin significantly improved skin hydration, wrinkling and elasticity of sun-damaged skin in the participating 40 to 60 year old women. [Read more »](#)



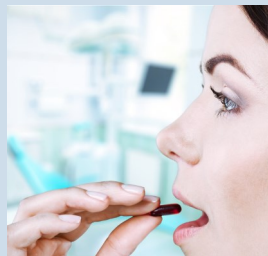
### Schisandra Chinensis Bee Pollen Mitigates Obesity and Nonalcoholic Fatty Liver Disease

*Written by Joyce Smith, Staff Writer.* A bee pollen extract of Schisandra chinensis significantly improved the high-fat diet-potential to prevent obesity and the development of nonalcoholic fatty liver disease. [Read more »](#)

## SUPPLEMENT FACT

Supplement users are more likely to engage in other healthy habits than non-users. According to the CRN 2018 Consumer Survey on Dietary Supplements, 85 percent of supplement users visit a doctor regularly, versus 68 percent of non-users.

From The Council for Responsible Nutrition



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