



Natural Health Research Institute

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

MAY 2018

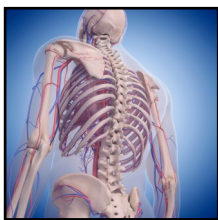
WWW.NATURALHEALTHRESEARCH.ORG

Bone Health

Bone health is essential for overall health and quality of life. Keeping your bones strong and healthy is important as they provide structure, protect organs, anchor muscles and store important minerals. As you age your bones are constantly changing. Your body naturally removes old bone and replaces it with new bone. When you're young, your body makes new bone faster than it breaks down old bone, and your bone mass increases. Peak bone mass is usually reached around age 30. After that, bone remodeling continues, but you lose slightly more bone mass than you gain. As people enter their forties and fifties, they tend to lose more bone tissue, resulting in low bone mass.

When bone breaks down faster than it is built up, osteoporosis is the result. Osteoporosis is a major concern for older adults (especially women) with low bone mass.

It's never too late to take steps to protect your bones. There are many supplements that support bone health such as vitamins D and K, choline, melatonin, calcium and magnesium. Good nutrition and regular exercise, including weight-bearing routines and plenty of walking are also important.



[Choline Directly Related to Bone Density](#)



[Vitamins K and D Found to Work Together to Benefit Bone Health](#)



[Melatonin May Help Improve Bone Density](#)



[Green Tea and Tai Chi Improve Osteopenia and Muscle Strength](#)

Save the Date



**American College of Nutrition's Annual Conference
Personalized Nutrition 2018 - Translate the Science of NutriGenomics into Practice
November 7-9, 2018 in Seattle, WA**

The NHRI will be a sponsor at the American College of Nutrition's annual conference.

NutriGenomics is revolutionizing the discipline of nutrition. At the nexus of systems biology, omics and nutritional biochemistry, NutriGenomic science provides deep insight into a person's unique health trajectory, empowering clinicians to practice truly personalized nutrition.

[Click here for more information.](#)

Vitamin D Decreases Risk of Premature Birth



Recently published research conducted at the Medical University of South Carolina in partnership with Grassroots Health, shows pregnant women who maintain vitamin D levels of 40-60 ng/ml, experience a reduction in preterm births by up to 60 percent. Out of the 1,000 pregnant women studied, 90 percent were deficient in vitamin D. During the study, researchers did not find a single complication related to pregnant women taking vitamin D.

[Click here to view the study.](#)

Recent Posts



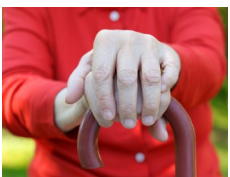
Effect of Artificial Sweeteners on Gut Microbiota Composition and Function

Written by Joyce Smith, Staff Writer. A study demonstrates in a mouse model and in humans that consumption of non-caloric sweeteners are associated with increased risk for glucose intolerance, diabetes and metabolic syndrome. [Read more »](#)



Coconut Oil Improves Cholesterol and Weight in Patients with Coronary Artery Disease

Written by Angeline A. De Leon, Staff Writer. Extra virgin coconut oil significantly reduced abdominal fat and significantly increased serum levels of HDL-cholesterol and apolipoprotein A in the participating subjects with coronary artery disease compared to the control group. [Read more »](#)



Effects of Curcumin and Boswellia for Osteoarthritis

Written by Jessica Patella, ND. Participating osteoarthritic participants who took a combination of curcumin and Boswellia for twelve weeks experienced the greatest improvement in pain-related symptoms of arthritis compared to those who took curcumin or Boswellia alone. [Read more »](#)



Music-Based Training Improves Mood and Thinking in Adults

Written by Greg Arnold, DC, CSCS. Six months of once weekly music-based multitask training was associated with improved cognitive function and decreased anxiety in community-dwelling older adults, compared to non-exercising controls. [Read more »](#)

[Donate to Help Support Our Mission](#)

Visit our website at www.naturalhealthresearch.org



[Unsubscribe](#)