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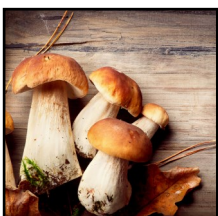
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Cognitive Decline

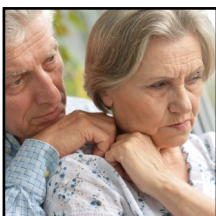
As we age, a certain amount of minor cognitive decline is normal. The American Heart Association states that the brain begins showing signs of cognitive decline as a person enters their 20's. Symptoms of cognitive decline vary, but can include forgetfulness, lack of focus, decreased problem solving capacity, poor judgement, volatile behavior and general confusion.



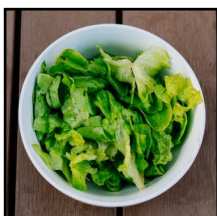
Many of the same lifestyle and nutritional approaches associated with heart health are also found to support cognitive function. Physical activity, brain training games, reducing chronic stress, meditation and sleep all help to enhance brain function. Switching from a Western diet to a Mediterranean diet high in mono and polyunsaturated omega-3 fats, fiber and polyphenols is also beneficial. Some of the natural nutrients that help to optimize brain function and may even prevent and reverse the signs of cognitive decline include fish oil, lutein, zeaxanthin, folic acid, and vitamins B, C, and D.



Mushroom Consumption Delays Mild Cognitive Impairment



Lutein and Zeaxanthin Improves Cognitive Function in Older Adults



Green Leafy Vegetables Reduce Cognitive Decline by Eleven Years



Folic Acid Reduces Neuroinflammation and Improves Cognitive Function in Older Adults

Recent Posts



Mediterranean Diet is Associated with Bone Mineral Density in Premenopausal Women

Written by Angeline A. De Leon, Staff Writer. This cross-sectional study found that higher adherence to a Mediterranean-style diet was significantly associated with improved bone density. [Read more »](#)



Thylakoids Reduce Hunger and Help with Weight Loss

Written by Joyce Smith, Staff Writer. Compared to the control group, participants who consumed 5 grams of spinach extract for three months had significantly reduced body weight and total and LDL-cholesterols, and experienced increased fullness, reduced hunger, and a reduced urge for sweets and chocolate. [Read more »](#)



What is Digestion Resistant Starch?

Written by Dr. Patrick Massey, MD, PhD. Foods such as oatmeal and barley that contain digestion resistant starch, have been shown to stimulate the growth of gut bacteria and may reduce the incidence of chronic illness. [Read more »](#)



Stair Climbing Improves Cardiovascular Health and Muscle Strength in Postmenopausal Women

Written by Angeline A. De Leon, Staff Writer. Compared to the non-stair climbing control group, stair-climbing training over a twelve-week period significantly improved systemic arterial stiffness, blood pressure, and leg muscle strength in the participating postmenopausal women with stage 2 hypertension. [Read more »](#)



Pulsatile Dry Cupping Shown Helpful for Lower Back Pain

Written by Jessica Patella, ND. Both pulsatile and minimal dry cupping were effective at 4 weeks; however, after 12 weeks of treatment only pulsatile cupping offered pain relief for participants suffering from chronic back pain. [Read more »](#)

SUPPLEMENT FACT

New research found that intervention with a supplement containing wild blueberry extract could facilitate better episodic memory performance and reduce cardiovascular risk factors in the elderly population.

From The Council for Responsible Nutrition



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