



Natural Health Research Institute

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

NOVEMBER 2017

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November is American Diabetes Month

Diabetes is prevalent in society today, with 1.5 million Americans being diagnosed each year. It affects children and adults alike. There are different types of diabetes: type 1 diabetes, type 2 diabetes, and gestational diabetes. Type 1 diabetes is an autoimmune disorder with unknown causes in which the body does not produce enough insulin. Type 2 diabetes, which is the most common form, arises from poor diet and lifestyle choices that cause insulin resistance thus making it difficult for the body to utilize insulin properly. Type 2 diabetes may be preceded by prediabetes which indicates a higher than normal blood glucose level but not high enough to be diagnosed as diabetes. Gestational diabetes is a condition in which a woman without diabetes develops high blood sugar levels during pregnancy. Prevention, treatment and blood sugar balance involves eating a healthy diet, regular physical exercise and maintaining a healthy weight. Lifestyle choices can make a tremendous impact on blood glucose management.



Multispecies Probiotics and Diabetes



Supplementing with Chromium shown to Lower Type 2 Diabetes Risk



Fenugreek in the Prevention of Diabetes in Prediabetics



High Dose Vitamin D Shown to Improve Gestational Diabetes



The Natural Health Research Institute will sponsor “Modulating the Microbial Landscape” at the American College of Nutrition’s 58th Annual Conference - November 8-10, 2017 in Alexandria, VA. This conference is intended for clinicians (physicians and all nutrition-related practitioners), researchers, academicians, students and any other health care professionals or individuals active or interested in the field of nutrition science.

[Click here to view the complete agenda and to register.](#)

Recent Posts



Capsaicin May Improve Risk Factors of Coronary Heart Disease

Written by Angeline A. De Leon, Staff Writer. Three months of capsaicin supplementation significantly increased serum HDL -C levels and moderately reduced triglycerides, CRP and PLTP in participating volunteers compared to controls.

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Sage Extract Improves Mental Performance

Written by Greg Arnold, DC, CSCS. This study demonstrated that Salvia lavandulaefolia essential oil extract inhibits human acetylcholinesterase as evidenced by significant improvements in cognitive function tests, improved alertness and decreased fatigue in participating test subjects.

[Read more »](#)



Heat-Killed Lactobacillus brevis Improves Dry Skin

Written by Angeline A. De Leon, Staff Writer. Of the 118 study participants, those who supplemented for eight weeks with Lactobacillus brevis (L. brevis) SBC8803 significantly improved skin hydration compared to the placebo group. [Read more »](#)

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