

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

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Depression

According to the World Health Organization, depression is the leading cause of ill health and disability worldwide with more than 300 million people of all ages suffering from this condition.

It is believed that depression is the result of chemical

imbalances in the brain, especially low levels of the neurotransmitter serotonin. Depression is commonly divided into three subdivisions: mild, moderate and severe. There are many signs and symptoms of depression and they may include: feelings of sadness,

hopelessness or guilt; irritability, loss of energy, a change in appetite, sleeping more or less, anxiety, and reduced concentration. Recent published medical research has demonstrated

that prescription antidepressants work best for those

who have severe depression but for mild to moderate depression, antidepressants do not seem to be any more effective than a "sugar pill" or placebo. That does not mean that antidepressants are not effective, but it does suggest that there are many factors that contribute to depression, not just changes in brain neurotransmitters. For many, antidepressant medications may not be the best option.

There are many complementary and alternative treatments for depression that have been found effective such as exercise, massage therapy, relaxation therapy, acupuncture and dietary supplement therapy. Some of the supplements that may improve symptoms are: St. John's Wort, Rhodiola rosea, saffron, curcumin, magnesium, hops, probiotics, vitamin D, sage, omega-3 fatty acids, and fish oil.







The Effects of Probiotics on Depression



Shown to Improve **Depression Markers**



for Depression

View Webinar Presentation on ADHD

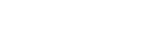
Biochemical and Nutritional Interventions for ADHD and Behavioral Disorders

This public webinar was hosted by Walsh Research Institute and Natural Health Research Institute. Dr. William Walsh described how biochemical and nutritional imbalances influence behavior and mental health including symptoms of moodiness, defiance, aggressiveness, hyperactivity, impulsivity, phobias, fears, perfectionism, and obsessive-compulsive disorder.

Watch Webinar

View Presentation Slides View the Latest ADHD Research on NHRI





WALSH RESEARCH INSTITUTE

American College of Nutrition's Annual Conference

Upcoming Events



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 ACN's annual conference.

Click here for more information

Cumin Oil as a Glycemic Aid in Type 2 Diabetes Written by Marcia J. Egles, MD. This study demonstrated that

with Polycystic Ovary Syndrome

Recent Posts



FBS, glycosylated hemoglobin, and inflammatory indices of TNF-α and hsCRP and significantly increased their serum levels of adiponectin. Read more » Cinnamon Positively Impacts Metabolic Status of Women

Written by Angeline A. De Leon, Staff Writer. Eight weeks of supplementation with 500 mgs of cinnamon significantly improved anthropometric measures, glucose metabolism and serum lipids but did not impact adiponectin levels in the participating subjects with Polycystic Ovary Syndrome.

type 2 diabetic patients who supplemented with Cuminum cyminum significantly decreased their serum levels of insulin,



Read more »

Glyphosate and Roundup Alter the Microbiome in **Prepuberty** Written by Joyce Smith, Staff Writer. This study provides initial evidence that exposures to commonly used GBHs, at doses considered safe, are capable of modifying the gut microbiota in early development, particularly before the onset

of puberty and warrants future studies on potential health effects of GBHs in early childhood development. Read more Lutein and Zeaxanthin Improves Cognitive Function in **Older Adults**



Written by Angeline A. De Leon, Staff Writer. Compared to the control group, supplementation with lutein and zeaxanthin significantly improved macular pigment, optical density and cognitive function in the participating community-dwelling older adults. Read more »

SUPPLEMENT FACT

The average price of a multivitamin ranges from \$.03 to about a dime a day, making it an economical way to fill nutrient gaps people may be missing in their diets.

From The Council for Responsible Nutrition



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