



# Natural Health Research Institute

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

NOVEMBER 2018

[WWW.NATURALHEALTHRESEARCH.ORG](http://WWW.NATURALHEALTHRESEARCH.ORG)

## 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.



[Rhodiola rosea Versus Sertraline for Major Depression Therapy](#)



[The Effects of Probiotics on Depression](#)



[Sage Aromatherapy Shown to Improve Depression Markers](#)



[Saffron Shows Promise 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](#)



## Upcoming Events



**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 ACN's annual conference.

[Click here for more information](#)

## Recent Posts



**Cumin Oil as a Glycemic Aid in Type 2 Diabetes**  
*Written by Marcia J. Egles, MD.* This study demonstrated that type 2 diabetic patients who supplemented with Cuminum cyminum significantly decreased their serum levels of insulin, FBS, glycosylated hemoglobin, and inflammatory indices of TNF- $\alpha$  and hsCRP and significantly increased their serum levels of adiponectin. [Read more »](#)



**Cinnamon Positively Impacts Metabolic Status of Women with Polycystic Ovary Syndrome**  
*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. [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



[Donate to Help Support Our Mission](#)

Visit our website at [www.naturalhealthresearch.org](http://www.naturalhealthresearch.org)



[Unsubscribe](#)