



Natural Health Research Institute

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

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October is Breast Cancer Awareness Month



Breast cancer is the most commonly diagnosed cancer in women. Approximately 5-10% of all breast cancers are linked to genetic mutations, particularly mutations of the BRAC1 and BRAC2 genes. The most significant risk factors for breast cancer are gender (being a woman) and the aging process. Obesity, early menstruation and late menopause, and taking birth control pills are also some of the risk factors. Studies have shown that we can reduce our cancer risks through lifestyle choices. These include diet, supplements, exercise, and reducing stress. Incorporating whole grains, foods high in carotenoids, and supplements such as vitamin C may also be protective against breast cancer. The choices we make in life can have a tremendous impact on our health— let’s make them wise choices!



Eating Whole Grains may Reduce the Risk of Breast Cancer



Dietary Inflammatory Index Linked to Breast Cancer Risk – Director’s Choice



Vitamin C may Increase Survival in Women with Breast Cancer



Carotenoids in Breast Cancer Prevention



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



Can DHA Supplementation Lessen the Effects of Football Head Injuries?

Written by Joyce Smith, Staff Writer. DHA supplementation during football season significantly decreased the serum level of neurofilament (NFL), a sensitive biomarker of brain cell injury due to head impacts occurring in football players over the course of a football season. [Read more »](#)



Exposure to Bisphenol A is Directly Linked to Inflammation – Director’s Choice

Written by Angeline A. De Leon, Staff Writer. Analysis of urine samples from 200 participating Korean adults revealed a significant relationship between bisphenol A (BPA) and inflammation. [Read more »](#)



Mulberry Leaf Protects the Brain from Glyphosate Toxicity

Written by Joyce Smith, Staff Writer. This study investigates the mechanisms by which mulberry leaf extract protects against glyphosate-induced brain toxicity. [Read more »](#)

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