



# Natural Health Research Institute

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

OCTOBER 2018

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

## Complementary and Alternative Medicine



Alternative medicine offers an integrated approach to healing and may include interventions such as herbal remedies, chiropractic care, nutritional supplements, massage therapy, acupuncture and many more.

Complementary and alternative medicine is increasing in popularity. Many Americans are choosing to use healthcare approaches developed outside of mainstream Western, or conventional medicine.

Patients are looking for different ways to support their health, and seeking less invasive, non-drug, low-cost approaches to strengthen their well-being.

Although the term alternative medicine covers a wide range of approaches, bringing the individual system back to its own unique balance is generally the goal of alternative medicine.

Always remember to do your research, take preventative measures, and talk to many practitioners, experts in different healthcare methods, to find the treatment combination that works best for you.

### Alternative Therapies

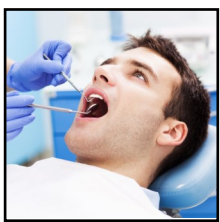
- Naturopathy
- Acupuncture
- Acupressure
- Reiki
- Aromatherapy
- Ayurvedic Medicine
- Homeopathy
- Chiropractic
- Reflexology
- Biofeedback
- Balneotherapy
- Herbology
- Meditation
- Massage Therapy



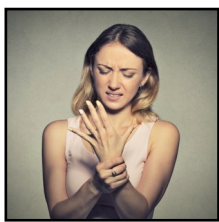
[Aromatherapy and Reflexology for Patients with Rheumatoid Arthritis](#)



[Reiki Comparable to Physiotherapy for Intervertebral Disc Herniation](#)



[Ozone and Laser Therapies on Recovery From Wisdom Tooth Removal](#)



[Meditation Awareness Training Improves Fibromyalgia Symptoms](#)

## 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](#)

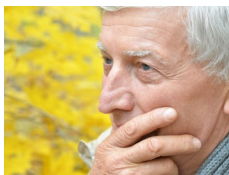
## Recent Posts



### Melatonin Improves Sleep Quality in Patients with Traumatic Brain Injury

*Written by Angeline A. De Leon, Staff Writer.*

Supplementation with melatonin significantly reduced anxiety and fatigue and significantly improved sleep quality in participating subjects compared to control. [Read more »](#)



### Saffron Extract Benefits Patients with Alzheimer's Disease

*Written by Angeline A. De Leon, Staff Writer.*

Saffron, the dried stigma of *Crocus sativus* L, is comparable with memantine in reducing cognitive decline in patients with moderate to severe Alzheimer's disease. [Read more »](#)



### Strawberry and Cranberry Polyphenols Improve Insulin Sensitivity in Overweight and Obese Adults

*Written by Jessica Patella, ND.*

A six-week consumption of 333 mg of strawberry and cranberry polyphenols significantly improved insulin sensitivity in the polyphenol group compared to the control. [Read more »](#)



### Probiotics May Reduce Negative Thoughts Associated with Sad Mood

*Written by Angeline A. De Leon, Staff Writer.*

This study suggests that a probiotic combination of different strains and species of *Lactobacillus*, *Lactococcus*, and *Bifidobacterium* can significantly reduce negative thoughts, specifically for aggression and rumination. [Read more »](#)

## SUPPLEMENT RESEARCH FACT

According to new research, supplementation with soy isoflavones, compounds found predominantly in legumes and beans, may improve cardiovascular disease risk markers in early menopausal women.

From The Council for Responsible Nutrition



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