



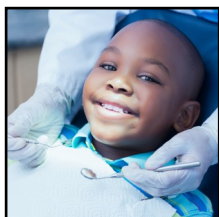
# Natural Health Research Institute

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

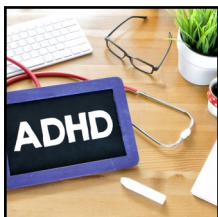
OCTOBER 2016

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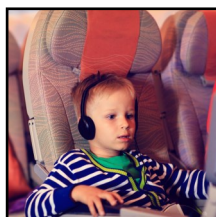
**Infant and Children’s Health** — The first 18 years of life sets the pace for adulthood. During youth, proper nutrition is key to development. Consumption of vitamin D especially during early stages decreases the severity of illnesses in children. To encourage proper growth, omega-3’s are recommended to maintain normal birth weight and tryptophan is important to keep children sleeping well. Consumption of wholesome greens, organic foods, and nuts such as Brazilian nuts, sets the stage for good cardiac health. Setting good eating and lifestyle habits can decrease the overall occurrence of childhood obesity, which is linked to a 130% greater rate of death before the age of 55 years old.



Probiotics Shown to Decrease Dental Cavities



Zinc for ADHD



Technology Shown to Disrupt Children’s Sleep Quality



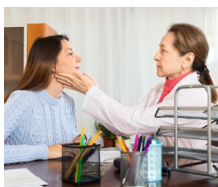
Common Pesticide and Childhood Cognitive Development

**The Natural Health Research Institute** will sponsor “Modulating the Microbiome: Therapeutic Potential” at the American College of Nutrition’s 57th Annual Conference - November 9-11, 2016 in San Diego, California. This conference is intended for clinicians (physicians and all nutrition-related practitioners), researchers, academicians, students and any other health care professional or individuals active or interested in the field of nutrition science.

[Click here to view full conference details including agenda and registration information.](#)

**Elwood Richard, Founder and technical director of the NHRI** has written a poetry book for children titled “Grandpa’s Rhymes for Healthy Times”. A healthy take on classic nursery rhymes. The book can be purchased at health food stores. If you are a health food store owner, you can purchase the book from Now Foods. If interested please call and ask for item #8997.

**Newest Postings** -- A selection of articles recently posted are shown below. Click on the title or the “Read more” link to view them.



### Review Finds Selenium Beneficial for Thyroid Health

*Written by Greg Arnold, DC, CSCS.* Participating subjects, who supplemented with 200 micrograms of selenium for 3 months, saw a significant 71.6% reduction in thyroid peroxidase antibodies, a hallmark of Hashimoto’s disease.

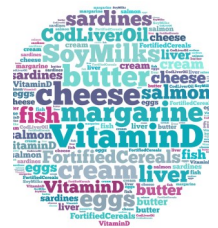
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### Study Further Links Cooked Red Meat to Increased Colon Cancer Risk – Director’s Choice

*Written by Greg Arnold, DC, CSCS.* Researchers found that eating “heavily browned or blackened” meat significantly increased the risk of colon cancer by 125% compared to eating meat that was only “lightly browned or rare”.

[Read more »](#)



### Vitamin D Deficiency May Increase Risk of Polycystic Ovary Syndrome

*Written by Patrick B. Massey, MD, PH.D.* Women with polycystic ovarian disease are at a greater risk of infertility, cancer, type 2 diabetes, hypertension, and cardiovascular disease and should, therefore, have vitamin D blood levels checked and supplement accordingly.

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