



Natural Health Research Institute

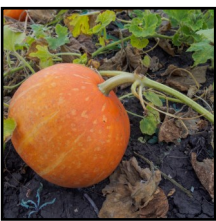
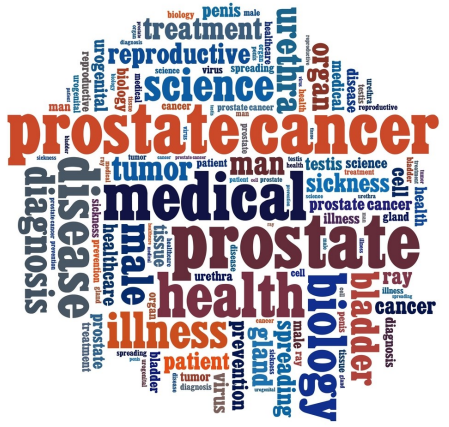
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Prostate Health

Prostate cancer is the most frequently diagnosed cancer in men. Symptoms of prostate cancer can include: problems passing urine, blood in urine, and low back pain. Many studies suggest that complementary and alternative medicine is common among prostate cancer patients, and the use of vitamins, supplements, and specific foods is frequently reported being used by cancer patients with great success. Research suggests that the following natural remedies may support prostate health and decrease chances of prostate cancer: lycopene, omega 3, vitamin D, green tea, cranberry extract and pumpkin seeds. Incorporating these into your diet may help prevent prostate cancer and help you lead a healthier life.



Pumpkin Seed Benefits Prostate Health



Cranberry Extract Improves Urinary Tract Health in Men with Prostate Problems



Fish Oil Improves Prostate Cancer Measures



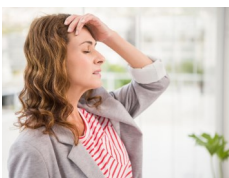
Vitamin D may Help Low-Risk Prostate Cancer Patients



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



‘Leaky Gut’ Impacts Other Medical Conditions, Including Migraines

Written by Dr. Patrick Massey, MD, PhD. Pathological gut bacteria are associated with “leaky gut, and many chronic illnesses such as” migraine headaches, diabetes, obesity, inflammatory bowel disease and asthma/allergies.

[Read more »](#)



Probiotics Reduce Prevalence of Eczema

Written by Joyce Smith, Staff Writer. Genotyping a cohort of children at high risk for eczema revealed that supplementing with *Lactobacillus rhamnosus* HN001 was more effective in modifying gene susceptibility to eczema than supplementing with *Bifidobacterium animalis* subsp *lactis* HN019.

[Read more »](#)



Vitamin D Decreases Risk of Premature Birth

Written by Tatjana Djakovic, Staff Writer. This study demonstrates that women with vitamin D levels > 40 ng/mL had significantly lower risk of preterm births compared to those with vitamin D levels < 20ug/mL. [Read more »](#)

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