



Natural Health Research Institute

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Natural Relief for the Symptoms of Menopause

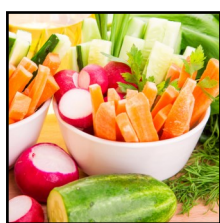
Menopause is a natural part of aging in women and usually occurs between the ages of 50-55.

The time before menopause when women gradually produce less estrogen is called perimenopause. As women transition from perimenopause to menopause they may experience various symptoms such as: hot flashes, fatigue, mood swings, brain fog, sleep issues, and weight gain. Some women manage this transition well and experience only minor symptoms. Others may encounter significant health issues that include depression, osteoporosis and an increased risk of heart disease.

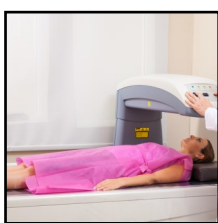


Supplementing with vitamins, minerals and herbs may help to minimize the symptoms of menopause. Vitamins D, K and E and magnesium have been found to help increase bone density. Valerian root, lemon balm, lavender and bitter orange may improve sleep quality. Resveratrol and pycnogenol have been shown to boost cognition and mood.

There are many other healthful, natural ways to manage the changes that occur with menopause. Staying physically active, managing stress, and getting enough sleep can improve quality of life. Also, avoiding processed foods and opting for nutrient dense foods such as fruits, vegetables, whole grains, healthy fats, nuts and seafood can be beneficial.



[Effects of Low-Fat Diet on Cancer, Cardiovascular Disease, and Diabetes in Postmenopausal Women](#)



[Bioavailable Isoflavones Attenuate Menopausal Symptom](#)



[Fenugreek Shown to Alleviate Symptoms of Menopause](#)



[Improving Quality of Life in Menopausal Women](#)

Upcoming Events



American College of Nutrition's Annual Conference
Personalized Nutrition 2019—Regenerate Health in Our Toxic Environment
November 13-15, 2019 in San Diego, CA

The NHRI will be an exhibitor and a sponsor at this landmark 60th annual conference.

The conference will showcase the latest science and solutions from the world's leading nutrition researchers and clinicians and environmental experts.

[View Details and Registration Information](#)

Recent Posts



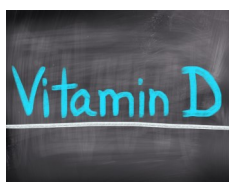
Hot Water Extract of Turmeric Helps Alleviate Chronic Low-Grade Inflammation

Written by Angeline A. De Leon, Staff Writer. Study results suggest that consumption of a hot water extract of Curcuma longa may have the potential to improve general health by reducing chronic low-grade inflammation and improving associated metabolic disorders. [Read more »](#)



Probiotic Lactobacillus Gasseri CP2305 Mitigates the Effects of Chronic Stress

Written by Joyce Smith, Staff Writer. This study demonstrated that the long-term use of CP2305-containing tablets may improve the stress-associated mental state, sleep quality, and gut microbiota of healthy adults under stressful conditions. [Read more »](#)



Vitamin D Improved Asthma Symptoms in Vitamin D Deficient Asthmatic Patients

Written by Chrystal Moulton, Staff Writer. Long term supplementation with vitamin D reduces occurrence of asthmatic exacerbations and corticosteroid use in asthmatic patients with vitamin D deficiency. [Read more »](#)



Association Between Maternal Fluoride Exposure and IQ in Offspring

Written by Jessica Patella, ND. This study found an association between higher levels of fluoride exposure during pregnancy and lower IQ scores in three to four year old children. [Read more »](#)



Does Eating Organic Produce Reduce the Risk of Cancer?

Written by Dr. Patrick Massey, MD, PhD. A recent study found a 25% (one in four) decrease in risk for cancer in those eating organic fruits and vegetables. [Read more »](#)

October is Breast Cancer Awareness Month

Breast cancer is one of the most common forms of cancer diagnosed in women. About 1 in 8 women born today in the United States will get breast cancer at some point in their lives.

The good news is that most women can survive breast cancer if it is found and treated early.

[Visit the NHRI to read the latest research.](#)



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