



Natural Health Research Institute

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

JANUARY 2020

WWW.NATURALHEALTHRESEARCH.ORG

Metabolic Syndrome

Metabolic syndrome is a combination of health factors that increase the risk of diabetes, heart disease, stroke and other health issues. Based on the guidelines from the National Heart, Lung, and Blood Institute and the American Heart Association, metabolic syndrome is diagnosed when any three of the following five risk factors are present:



- A waist circumference of 40 or more inches in men; 35 or more inches in women
- HDL cholesterol of less than 40 mg/dL in men; less than 50 mg/dL in women
- Triglyceride levels of 150 mg/dL or greater
- Blood pressure of 130/85 mm Hg or greater
- Blood sugar of 100 mg/dL or greater

Both genetic and environmental factors play important roles in the development of metabolic syndrome. A family history that includes type 2 diabetes, hypertension, and early heart disease greatly increases the chance that an individual will develop metabolic syndrome.

Environmental factors such as low activity level, sedentary lifestyle, and progressive weight gain also contribute significantly to the risk of developing metabolic syndrome.

You can lessen your risks significantly by reducing your weight; increasing your physical activity; eating a heart-healthy diet that is rich in whole grains, fruits, vegetables and fish; and managing your blood glucose, cholesterol, and blood pressure levels. There are a number of natural remedies that benefit metabolic syndrome. They include supplementing with omega-3 fatty acids, curcumin, saffron, cinnamon, hibiscus extract and probiotics.



[Amla Fruit Extract Improves Cardiovascular Risk Factors in Patients with Metabolic Syndrome](#)



[Probiotics Benefit Those With Metabolic Syndrome](#)



[Blueberries Improve Biomarkers of Cardiometabolic Function in Metabolic Syndrome](#)



[Hormone Therapy Improves Lipid Profile and Oxidative Stress in Postmenopausal Women with Metabolic Syndrome](#)

Thank You to Our Sponsors

The NHRI was fortunate to have the support of seven sponsors for the 2019 American College of Nutrition conference. Three of the sponsors were Gold level:



This was Capterk Softgels second NHRI sponsorship.



This was Xsto Solutions third NHRI sponsorship. They sent Andrew Downey to represent them at the conference.



This is Stauber's fourth NHRI sponsorship. Monique Cody came to represent them and she even got involved helping out at the NHRI booth.



Dr. Rick Sharpee, President of NHRI is pictured with Shaun Sinnott, Manager Foundation Development, at the 2019 conference.

Personalized Nutrition 2019 Regenerate Health in Our Toxic Environment

The American College of Nutrition's conference was attended by more than 400 participants that included physicians, nutrition-related practitioners, researchers, academicians, students and other health care professional or individuals active or interested in the field of nutrition science. New research was presented on the impact of environmental toxins on human biology and genetic expression.

[Click here to view conference presentations.](#)

Recent Posts



Ashwagandha Root Extract Improved Sleep Parameters in Insomnia

Written by Angeline A. De Leon, Staff Writer. Ashwagandha root extract improves sleep quality and sleep onset latency in patients with insomnia. [Read more »](#)



Oral Hyaluronic Acid Treatment for Dry Eyes

Written by Joyce Smith, Staff Writer. Study demonstrates that a combined treatment of oral and topical hyaluronic acid is more effective in treating dry eye disease than topical hyaluronic acid alone. [Read more »](#)



Low Levels of Vitamin D may Raise Breast Cancer Risk

Written by Dr. Patrick Massey, MD, PhD. A recent medical study revealed that blood levels of vitamin D greater than 38 ng/ml significantly reduced the risk of breast cancer, especially in postmenopausal women. [Read more »](#)



Blueberries Improve Pain, Inflammation, and Gait in Patients with Knee Osteoarthritis

Written by Jessica Patella, ND. Study suggests that blueberries may positively affect pain management, improve gait performance, and contribute to better physical functionality for patients with osteoarthritis. [Read more »](#)



Boswellia Serrata Extract Helps Improve Symptoms of Irritable Bowel Syndrome

Written by Angeline A. De Leon, Staff Writer. This study suggests that Casperome® supplementation is an effective and safe alternative approach to manage symptoms associated with IBS in otherwise healthy subjects. [Read more »](#)

Winter Health Awareness—Seasonal Affective Disorder (SAD)



Once the excitement of the holidays has passed, many of us find ourselves with the winter blahs. SAD is a form of winter depression that comes and goes with the changing seasons and shorter days.

Nature has given us safe, inexpensive and effective therapies to combat this type of depression.

[Read Dr. Massey's article to learn more.](#)

[Donate to Help Support Our Mission](#)

Visit our website at www.naturalhealthresearch.org



[Unsubscribe](#)