



# Natural Health Research Institute

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

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

## Natural Immune Support



Now more than ever, maintaining and promoting good health is a top priority. When it comes to fighting viruses, everyday precautions such as washing your hands often and avoiding close contact with others is key. But experts say that boosting your immune system may also give you an edge in staying healthy.

To improve immune function, a healthy lifestyle as a whole is your best defense. Follow these tips to ensure a strong and balanced immune system: eat a nutritious diet high in fruits and vegetables, supplement with vitamins and minerals, get adequate sleep, reduce stress, maintain a healthy gut with probiotics, and get plenty of exercise.

### Supplements for Immune Support

- Zinc
- Selenium
- Astragalus
- Vitamin D
- N-acetyl cysteine
- Vitamin C
- Fish Oil
- Ginger
- Dimethylglycine
- Vitamin A
- Echinacea
- Astaxanthin
- Vitamin E
- Probiotics
- Elderberry
- Iron
- Folate
- Mushrooms



[Probiotics Improve Immune Function and Decrease Colds/Flu-Like Symptoms](#)



[Elderberry Reduces Cold Duration and Symptom Severity in Air Travelers](#)



[Zinc Helps Regulate the Immune System](#)



[Immunomodulating Effects of beta-Glucans in Adolescents](#)

## Upcoming Event

### Personalized Nutrition 2020: Enhancing Immune Resilience Will Take Place Virtually on November 12-13, 2020



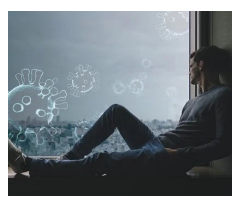
AMERICAN NUTRITION ASSOCIATION®

The NHRI is pleased to announce that we will be a sponsor at the American Nutrition Association's annual summit.

Each person's immune system responds differently to viral exposure and infection. The immune system works in concert with other many physiological systems, and personalized nutrition can uniquely enhance immune preparedness by optimizing an individual's functional status. Personalized nutrition practitioners bring much-needed services, helping to prepare society to meet the rising challenges of our modern world. Join the personalized nutrition community for Personalized Nutrition 2020, November 12-13, on our new virtual platform.

[Click here for more information and to register.](#)

## Recent Posts



### Coronavirus Lockdowns and the Impact on Global Nitrogen Dioxide

*Written by Joyce Smith, Staff Writer.* Levels of nitrogen dioxide (NO<sub>2</sub>), a major pollutant, were significantly reduced in response to lockdowns following the COVID-19 pandemic, while simultaneously a secondary pollutant called ground level ozone was significantly increased in China. [Read more »](#)



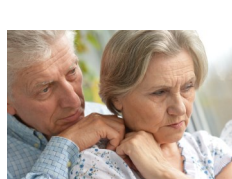
### Citrus Fruits, Olive Polyphenols and Flavanones Reduce Cardiovascular Disease Risk

*Written by Angeline A. De Leon, Staff Writer.* Supplementation with a mixture of grapefruit, bitter orange fruits, and olive leaf extracts may potentially lessen the risk of cardiovascular disease. [Read more »](#)



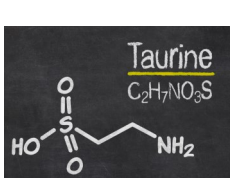
### Evaluating Bitter Melon in Individuals with Diabetes

*Written by Jessica Patella, ND.* A three-month supplementation with bitter melon significantly lowered fasting blood sugar levels, glycated hemoglobin (HbA1c) and triglycerides in participating subjects. [Read more »](#)



### Constant Worry may Negatively Impact Brain Health

*Written by Patrick Massey, MD, PhD.* A recent medical study concluded that people who repetitively have negative thoughts are at an increased risk of developing Alzheimer's disease later in life. [Read more »](#)



### Oral Taurine Improves Cycling Stamina in Thermal Conditions

*Written by Halima Phelps, Staff Writer.* This study demonstrated that supplementing with 50 mg/kg of taurine 2 hours prior to training improved physical performance and stamina and attenuated the acceleration of internal body temperature. [Read more »](#)

## Holistic Insights on Covid-19

An informed opinion by our featured guest, Sarah Hung, ND, MSOM, L.ac., on integrative approaches to the Covid-19 crisis.

[Herbal Strategies Used in Chinese Hospitals to Treat SARS Coronavirus Patients](#)

[6 Antiviral Nutrients and Their Effects on Coronavirus](#)

[Inspiring Innate Immunity During COVID-19 Times](#)



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