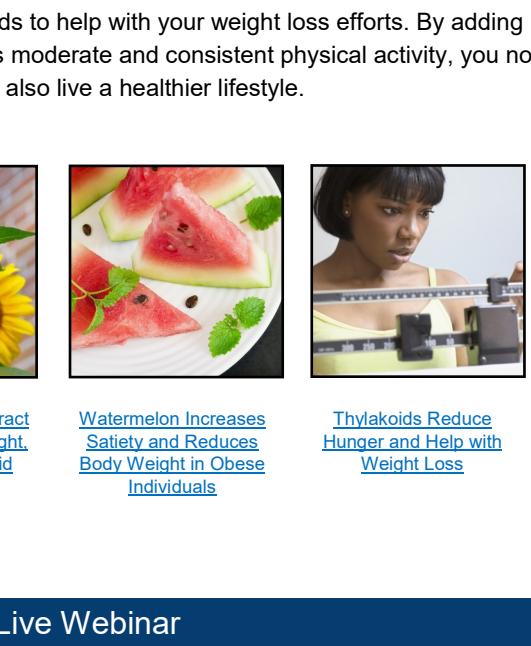
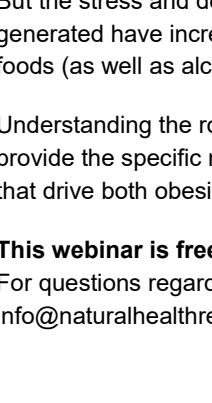


## Weight Loss Strategies

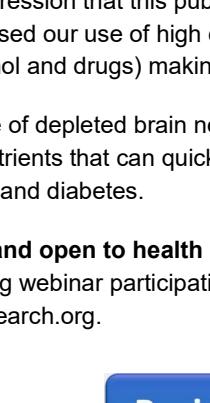
The pandemic and lockdown has disrupted many people's daily routines. The stress and loneliness brought on by being quarantined has led many of us to eat more frequently, make poor food choices and increase our portion sizes, ultimately resulting in weight gain. As restrictions are being lifted you may be looking to develop healthier habits and lose the extra weight.



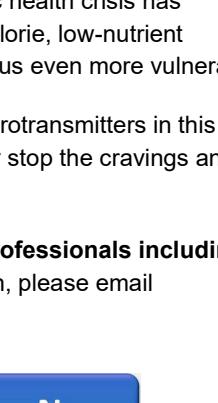
There are many effective, natural methods to help with your weight loss efforts. By adding the simple suggestions below, as well as moderate and consistent physical activity, you not only have the chance to lose weight, but also live a healthier lifestyle.



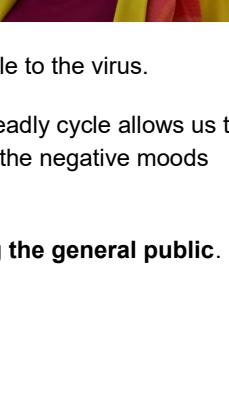
[Paprika Xanthophylls Significantly Reduces Abdominal Fat in Overweight Individuals](#)



[Sunflower Seed Extract Improves Body Weight, Fat Mass, and Lipid Profile in Obese Subjects](#)



[Watermelon Increases Satiety and Reduces Body Weight in Obese Individuals](#)



[Thylakoids Reduce Hunger and Help with Weight Loss](#)

## Free Live Webinar

### Overcome COVID-19 Stress-Induced Food Cravings with Targeted Amino Acid Therapy

Presented by: Julia Ross, MA, NNTS

Date/Time: October 19, 2020, at 7:00 p.m. CST



Those millions suffering from obesity and diabetes in the U.S. are at the greatest risk of infection and death from COVID-19. But the stress and depression that this public health crisis has generated have increased our use of high calorie, low-nutrient foods (as well as alcohol and drugs) making us even more vulnerable to the virus.

Understanding the role of depleted brain neurotransmitters in this deadly cycle allows us to provide the specific nutrients that can quickly stop the cravings and the negative moods that drive both obesity and diabetes.

**This webinar is free and open to health professionals including the general public.**  
For questions regarding webinar participation, please email [info@naturalhealthresearch.org](mailto:info@naturalhealthresearch.org).

[Register Now](#)

## Upcoming Conference

### 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



### Treatment with Calciferol Reduces ICU Admission and Death in Hospitalized COVID-19 Patients

Written by Joyce Smith, Staff Writer. High dose of calcifediol, a main metabolite of the vitamin D endocrine system, significantly reduced the need for ICU treatment of patients hospitalized with COVID-19. [Read more »](#)



### Aloe Sterol Improves Skin Function in Healthy Female Volunteers

Written by Chrystal Moulton, Staff Writer. Low dose aloe sterol (19 $\mu$ g) significantly improved skin barrier function and collagen production after 12 weeks of supplementation. [Read more »](#)



### Mixed Berries for Brain Function in Young Healthy Adults

Written by Jessica Patella, ND. This study demonstrated that consuming a mixture of flavonoid rich berries maintained or improved cognitive performance up to six hours post consumption. [Read more »](#)



### Fenugreek Seed Powder Helps Improve Hyperlipidemia in Patients with Type 2 Diabetes

Written by Angeline A. De Leon, Staff Writer. Supplementation with Trigonella foenum-graecum seed powder significantly improved lipid metabolism in participating type 2 diabetic patients. [Read more »](#)



### Oral Probiotic Streptococcus salivarius M18 Reduces Recurrence of Pediatric Oral Black Stains

Written by Halima Phelps, DC, ND. Oral administration of the probiotic Streptococcus salivarius M18 (SsM18) reduced the reoccurrence of black stains on the teeth of study participants. [Read more »](#)



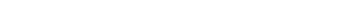
## Holistic Insights on Covid-19

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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