



Natural Health Research Institute

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

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WWW.NATURALHEALTHRESEARCH.ORG

November is Diabetes Awareness Month

More than 30 million Americans are living with type 2 diabetes, a condition characterized by high blood sugar, insulin resistance and insufficient insulin production. The disease can develop from a combination of factors such as, lack of physical activity, unhealthy eating, emotional stress, not enough sleep, toxins, and genetics.



Over time, having elevated glucose levels can damage the nervous system, blood vessels, eyes, heart and kidneys. For these reasons it is important to be committed to taking care of yourself. A healthy lifestyle that includes eating a balanced carbohydrate-controlled diet, combined with regular exercise and stress reduction techniques are key to treating this disease. Research has shown several supplements, herbs and foods that may be helpful in managing the symptoms of type 2 diabetes.

As always, please see a qualified natural health practitioner to determine appropriate support for your specific circumstances.



[Apple Vinegar Associated with Improved Glycemic Indices in Diabetics with Dyslipidemia](#)



[Beneficial Effects of Probiotics on Type 2 Diabetes](#)



[Remission of Type 2 Diabetes Through Weight Loss](#)



[Evaluating Bitter Melon in Individuals with Diabetes](#)

Webinar Recording

The NHRI would like to thank everyone who attended Julia Ross's informative webinar "**Overcome COVID-19 Stress-Induced Food Cravings with Targeted Amino Acid Therapy**". For those who missed the webinar or would like to refer back, you can view the entire recording on our YouTube channel.



Millions suffering from obesity and diabetes in the U.S. are at the greatest risk of infection and death from COVID-19. The self-medicating use of high calorie, low-nutrient foods during the stress of pandemic has increased the public's vulnerability to the virus. How do we stop this deadly cycle? Bestselling author and nutritional expert, Julia Ross, MA, NNTS, discusses how individualized amino acid therapy can restore brain-levels of the key neurotransmitters, stop aberrant cravings, prevent weight gain, reduce stress, and improve mood.

[Click here to watch the full recording.](#)

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



Beetroot Juice Associated with High Blood Pressure Reduction in Hypertensive Tanzanian Adults
Written by Joyce Smith, Staff Writer. This study provides preliminary evidence that dietary inorganic nitrate supplementation, alone or in combination with folic acid, significantly reduced blood pressure in hypertensive adults from Tanzania, Africa. [Read more »](#)



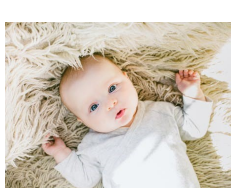
Medical-Grade Face Masks Effectively Control Particle Emissions during Expiratory Activities
Written by Angeline A. De Leon, Staff Writer. This study demonstrated that wearing surgical masks or KN95 respirators, but not paper or fabric masks, substantially reduced particle emissions even in the absence of testing for proper fitting. [Read more »](#)



Effects of Crocin on Skin Photoaging
Written by Jessica Patella, ND. This cell study demonstrated that the antioxidant properties of crocin, a constituent of saffron, protected the skin from ultraviolet light (UVB)-induced photo-aging. [Read more »](#)



Leucine Maintains Muscle Mass in Elderly Nursing Home Residents
Written by Chrystal Moulton, Staff Writer. Leucine supplementation had no effect on muscle mass; however, it did improve physical performance and respiratory muscle function in nursing home participants. [Read more »](#)



Exposure to Early Childhood Antacids and Antibiotic Use is Linked to Obesity
Written by Joyce Smith, Staff Writer. This study quantifies the potential long-term risk of obesity associated with early exposure to acid-suppressing medications and antibiotics. [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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