



# Natural Health Research Institute

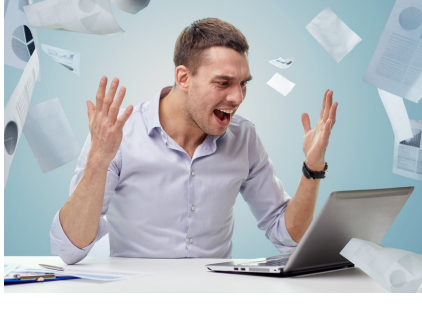
Your One-Stop Website for Research on Natural Health and Wellness

DECEMBER 2020

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

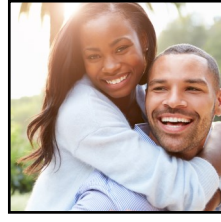
## Coping with Stress

The holidays during a typical year can be stressful, but this year with COVID-19, social distancing and a multitude of other issues, there is a heightened level of stress. Many of us are feeling depressed, anxious and sad because we have had to alter our daily routines, limit family contact or cancel holiday plans. These changes have put everyone under pressure and it is more important than ever to pay attention to our emotional well-being.



Below are some practical tips to help you cope with the added stress of 2020:

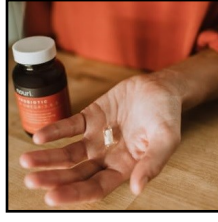
- Limit watching the news, especially before bedtime.
- Get outside, go for a walk and enjoy the fresh air.
- Eat a well-balanced diet - try to include a fruit and vegetable at every meal.
- Reach out and stay connected by making phone calls, texting, video chat and social media.
- Write your feelings down in a journal. Writing helps to get your fears and concerns out of your head and in the open.
- Make time for mindfulness. Practice relaxation techniques such as deep breathing and meditation.
- Control what you can in your home environment – deep clean the house, donate clothing, plant a garden.
- Seek help if needed - many experts are available to provide virtual support during these uncertain times.



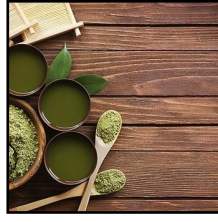
[The Potential of Frequent Laughter to Reduce the Stress of Daily Life](#)



[Ashwagandha Extract Improves Mood and Biomarkers of Stress in Adults with Chronic Stress](#)



[Probiotic Lactobacillus Gasseri CP2305 Mitigates the Effects of Chronic Stress](#)



[The Stress-Reducing Effect of Matcha Green Tea in both Animal and Human Studies](#)

## COVID-19 Resources



Read science-based research to help keep you informed and learn strategies for staying well through this difficult time.

[Read More](#)



Watch the webinar, “Overcome COVID-19 Stress-Induced Food Cravings with Targeted Amino Acid Therapy”, presented by Julia Ross, MA, NNTS.

[Watch Now](#)



Discover integrative approaches to the COVID-19 crisis, written by our featured guest, Sarah Hung, ND, MSOM, L.ac.

[Read More](#)

## Events



### Personalized Nutrition 2020 – Enhancing Immune Resilience

The NHRI was a sponsor and exhibitor at the American Nutrition Associations annual summit.

This two-day virtual event explored the many dimensions of the rapidly emerging personalized nutrition field and industry.

Presentations equipped participants to:

- Recognize the significance of nutrition in shaping immune function.
- Apply immune-supportive personalized nutrition concepts in clinical practice.
- Describe the role of the personalized nutrition professionals in practice care models.

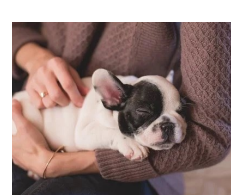
**Presentations and slides will be posted on the website soon.**

## Recent Posts



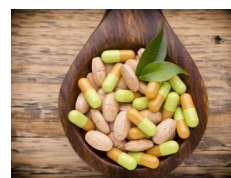
### Masks Reduce the Risk of COVID-19 Infection by Suppressing the Cough-Cloud

*Written by Joyce Smith, Staff Writer.* Researchers use a mathematical model to explore the mechanism by which a pandemic virus is spread when coughing occurs in confined spaces. [Read more »](#)



### Pet Ownership and Pet Contacts are Linked to Healthy Aging Outcomes in Older Adults

*Written by Angeline A. De Leon, Staff Writer.* This study examines the effect of pet ownership on cognitive, physical and psychological well-being. [Read more »](#)



### Are Multivitamins Helpful? Research Suggests Benefits for Older Adults

*Written by Jessica Patella, ND.* Multiple vitamin mineral (MVM) supplementation for 12 weeks significantly increased zinc and vitamin C levels and improved immune function in older adults. [Read more »](#)



### N-Acetyl Cysteine Improves Symptoms of Parkinson's Disease

*Written by Chrystal Moulton, Staff Writer.* Three months administration of N-acetyl-cysteine (NAC) in participants with Parkinson's disease significantly increased dopamine levels as well as motor and non-motor symptoms of Parkinson's disease. [Read more »](#)



### Increased Intake of Healthy Plant-Based Foods Attenuated Overall Blood Pressure

*Halima Phelps, DC, ND.* This study found that higher consumption of total fiber, particularly insoluble fiber, was associated with lower blood pressure (BP), which may be attributable to an inverse association between insoluble fiber and BP. [Read more »](#)

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