



Natural Health Research Institute

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

FEBRUARY 2021

WWW.NATURALHEALTHRESEARCH.ORG

Healthy Cholesterol

February is American Heart Health month making it the perfect time to have your cholesterol levels checked. It is important to know your numbers as high cholesterol is a major risk factor for heart disease, one of the leading causes of death in the United States.



Cholesterol is a waxy, fat-like substance found in your body and in many foods. It travels around in your bloodstream in high-density lipoproteins (HDL) and low-density lipoproteins (LDL).

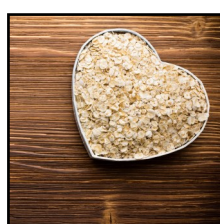
- HDL is considered “good cholesterol.” It helps to locate LDL throughout the body and move it to the liver where it can be eliminated. You want this number to be high.
- LDL is considered “bad cholesterol.” High levels of LDL can lead to a buildup of plaque in your arteries, causing them to narrow and restrict blood flow. You want this number to be low.

You can lower you cholesterol levels by making healthy lifestyle changes:

- Eat a low-fat and high-fiber diet by incorporating lean meats, fresh fruits and vegetables and whole grains.
- Increase your daily exercise. Aim for at least 2 hours and 30 minutes of moderate physical activity each week.
- Reach and maintain a healthy weight.
- Don't smoke or quit if you do smoke.
- Drink alcohol only in moderation.
- Add supplements to your diet. Studies have shown the cholesterol-lowering benefits of red yeast rice, spirulina, resveratrol, and beta-glucans among many others.



[Resveratrol Intake Improves Lipid Profile in Individuals with Dyslipidemia](#)



[Oat-Based Beta-Glucans Improve Lipid Profile in Patients with High Cholesterol](#)



[Spirulina Supplementation Combined with Physical Exercise Improves Dyslipidemia](#)



[Monacolin K from Red Yeast Rice Improves LDL in High Cholesterol Subjects](#)

February Health Awareness

Macular Degeneration

Macular degeneration, also called age-related macular degeneration (AMD), is the deterioration of the central portion of the retina, called the macula. This deterioration leads to the loss of sharp and fine detailed vision required for reading, driving, recognizing faces and seeing colors.



The National Eye Institute states AMD is the leading cause of vision loss, affecting 10 million Americans. The good news is the health of the macula is responsive to lifestyle and nutrition changes and many times the debilitating effects of a damaged macula can be slowed, stopped or even reversed when changes are made. Research indicates that taking dietary supplements such as lutein, zeaxanthin, fish oil, vitamin C, melatonin and B vitamins may also reduce the risk and or severity of AMD.

[View the Research](#)

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](#)

Recent Posts



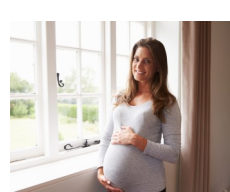
Higher 25-hydroxyvitamin D Levels Associated with Lower Rates of Positive SARS-CoV-2 Tests

Written by Joyce Smith, Staff Writer. This study found an inverse association between serum vitamin D levels and SARS-CoV-2 positivity rates. [Read more »](#)



High-Concentration Ashwagandha Root Extract has Broad Stress-Reducing Effects

Written by Angeline A. De Leon, Staff Writer. Ashwagandha, at both 250 and 600 mg/day doses, significantly decreased perceived stress scores and improved sleep quality in participating subjects compared to controls. [Read more »](#)



Oral Magnesium for Leg Cramps in Pregnancy

Written by Jessica Patella, ND. Oral magnesium supplementation of 300mg daily during pregnancy did not reduce the occurrence and frequency of leg cramps episodes. [Read more »](#)



Impaired Intestinal Microbial Detoxification in Autistic Children

Written by Joyce Smith, Staff Writer. This study suggests that impaired microbial detoxification pathways may play a role in the development of autism in children. [Read more »](#)



Medium Chain Triglycerides Improve Muscular Strength in Elderly Individuals with Sarcopenia

Written by Chrystal Moulton, Staff Writer. A three -month supplementation with medium chain triglycerides (MCTs) significantly improved muscular strength in elderly participants. [Read more »](#)

[Donate to Help Support Our Mission](#)

Visit our website at www.naturalhealthresearch.org

