



Natural Health Research Institute

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

APRIL 2021

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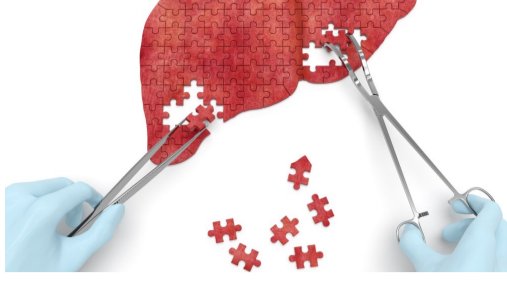
Liver Health

The liver is the largest internal organ in the body and is responsible for many functions vital to life. Its primary jobs are to process nutrients from foods, make bile, cleanse the body of toxins and build proteins.

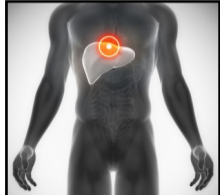
Ensuring that toxins are safely removed from the blood is one of the liver's most critical jobs. It is the most important detoxification organ in the body, flushing out impurities and foreign materials, such as those found in food additives, certain medications and environmental pollution. The more toxins we ingest the greater the burden on the liver.

Maintaining your liver health is important because an overworked liver can cause health problems in every part of your body. Making positive lifestyle choices such as eating a healthy diet, avoiding excess alcohol, drinking plenty of water, daily exercise and reducing the use of toxic chemicals can help ensure your liver remains strong and working well.

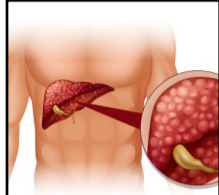
Several herbs and nutritional supplements show promise as a natural means for boosting liver health. Scientific studies support the use of the nutrients below, among others, for aiding in liver function and mitigating fatty liver disease.



[Fermented Ginseng Powder Has Beneficial Effects on Liver Function](#)



[Phytosomal Curcumin Improves Glycemic Factors, Liver Function, and Serum Cortisol in Overweight Subjects](#)



[Amino Acid Citrulline Mitigates Non-Alcoholic Fatty Liver Disease Associated with Western Diet](#)



[Peppermint Oil Can Help Protect Liver and Kidney Against Oxidative Damage](#)

Featured Website



This month we are excited to be collaborating with the Price-Pottenger Nutrition Foundation. Price-Pottenger is a like-minded nonprofit organization with the shared purpose of educating and inspiring others to live a healthy lifestyle. Their mission is “to bring foundational nutrition and effective lifestyle strategies to the forefront of healing, leverage science and ancestral wisdom, and forge strong community networks to restore health and maximize vitality.”

Click on a link below to read their articles on maintaining a healthy liver.

[How Milk Thistle Supports the Liver \(+ Other Benefits\)](#)

[The Vital Role of Dietary Protein in Detoxification](#)

[Restore Your Tired Liver and Lose Excess Weight: An Interview with Ann Louise Gittleman, PhD, CNS](#)

COVID-19 Resources



Read Dr. Patrick Massey's informative summary of herbs and supplements that have strong anti-viral potential and how they work.

[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](#)



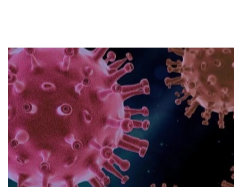
Discover integrative approaches to the COVID-19 crisis, written by our featured guest, Sarah Hung, ND, MSOM, L.ac.

[Read More](#)



Call for Action—A panel of experts have sent an open letter to healthcare officials urging them to increase recommendations for adult vitamin D intake to up to 4,000 IU daily.

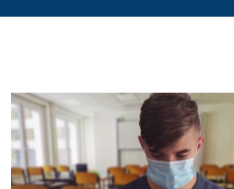
[Read the Open Letter](#)



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

[Read More](#)

Recent Posts



Three Versus Six Feet of Physical Distancing for Control of COVID-19 Spread Among School Students

Written by Joyce Smith, Staff Writer. This study found no substantial difference in the number of COVID-19 cases among students or staff in school districts that implemented a distancing policy of three versus six feet between students, and therefore, does support the return of students to classrooms where physical infrastructure allows for only three feet of distancing. [Read more »](#)



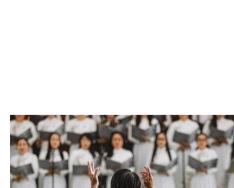
Tocotrienol-Rich Vitamin E Improves Kidney Function in Diabetic Kidney Disease Patients

Written by Angeline A. De Leon, Staff Writer. This study shows that a three-month supplementation with tocotrienol-rich vitamin E significantly increased estimated glomerular filtration rate (eGFR) and creatinine clearance in participating subjects. [Read more »](#)



Supplement Shown to Help Chronic Stress and Anxiety

Written by Jessica Patella, ND. This study suggests that supplementation with an extract of Gynostemma pentaphyllum (EGP) can reduce stress and anxiety in subjects under chronic psychological stress. [Read more »](#)



Cognitive and Psychological Benefits of Choir Singing in Older Adults

Written by Joyce Smith, Staff Writer. This study provides evidence that music and choir singing support better general health and aging. [Read more »](#)



Methylsulfonylmethane Demonstrates Anti-Cancer Effects in Colorectal Adenocarcinoma Cells

Written by Angeline A. De Leon, Staff Writer. This study demonstrated the anti-cancer properties of methylsulfonylmethane (MSM) treatment on cell viability, cell cycle, and the metastatic potential of HT-29 cells. [Read more »](#)

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