



# Natural Health Research Institute

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

MAY 2021

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

## May is Asthma Awareness Month

Asthma is a chronic disease that causes airways to narrow, swell and become inflamed. This causes shortness of breath, wheezing, coughing, tightness in the chest and production of excess mucus. Scientists don't know what exactly causes asthma, however they believe it is a combination of environmental irritants and genetic predisposition. Triggers vary from person to person but common environmental triggers include: allergens, dust mites, pet dander, smoke, mold, pollen, air pollution and chemicals. The American Lung Association lists the following risk factors for developing asthma:

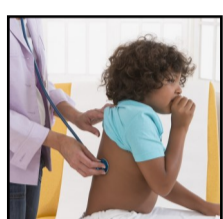


- Family history
- Obesity
- Respiratory infections
- Environmental causes
- Allergies
- Smoking

The prevalence of asthma has steadily increased over the past 15 years and the Asthma and Allergy Foundation estimates that nearly 25 million Americans are affected by asthma. It can develop at any age but commonly begins in childhood.

There is no cure for asthma, however there are a several ways to treat and manage the symptoms allowing people to live normal, healthy lives. Research suggests several natural remedies can help reduce the severity and frequency of asthma attacks. Eating a diet full of antioxidants and anti-inflammatory foods, drinking plenty of water and getting plenty of sleep will help keep your immune system strong. Practicing stress management with deep breathing exercises, yoga and meditation can reduce symptoms. The studies below show the benefits from supplementing with curcumin, fenugreek, vitamin D and omega-3s.

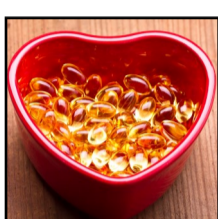
As always, we recommend checking with your doctor before making any changes to your health care plan.



[Curcuma longa Root Helps Improve Asthma Control in Children and Adolescents](#)



[Higher Omega-3 Index Is Associated with Better Asthma Control](#)



[Vitamin D Improved Asthma Symptoms in Vitamin D Deficient Asthmatic Patients](#)



[Fenugreek Seed Extract Helpful in Mitigating Mild Asthma](#)

## New Educational Webinar

### CALCIUM AND MAGNESIUM – MACROMINERAL NUTRITION

**Presented by Neil E. Levin, CCN, DANLA, Certified Clinical Nutritionist**

In this 60-minute webinar, Neil E. Levin, CCN, DANLA discusses why the body needs and how it utilizes two very important macrominerals - calcium and magnesium. Neil also discusses the various supplemental forms of each of these nutrients.



[View the Webinar](#)

## 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



### Blood Group A Antigen on Lung Cells Shows Greater Affinity for SARS-COV-2 Attachment

*Written by Joyce Smith, Staff Writer.* Researchers found that the SARS-CoV-2 receptor preferentially recognizes the blood group A antigen expressed on respiratory epithelial cells which may explain why individuals with group A blood may be more susceptible to respiratory failure from COVID-19 infections. [Read more »](#)



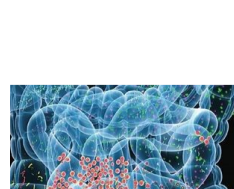
### Amino Acid Profile Associated with Bone Mineral Density and Fracture Risk in Older Adults

*Written by Angeline A. De Leon, Staff Writer.* This study suggests that a specific amino acid (AA) profile is associated with greater bone mineral density (BMD) and lower subsequent fracture risk, independent of diet and lifestyle factors. [Read more »](#)



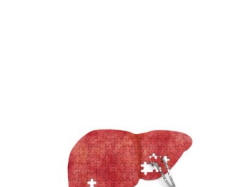
### Ear Infections and Support for Children

*Written by Jessica Patella, ND.* A combination of oral supplements with immune-stimulating molecules reduced inflammation of the upper airway tract and improved otitis-media with effusion (OME) in children. [Read more »](#)



### Artificial Sweeteners May Contribute to Antibiotic Resistance through Horizontal Gene Transfer

*Written by Joyce Smith, Staff Writer.* This study demonstrates that commonly used nonnutritive sweeteners have the ability to promote the spread of antibiotic-resistant genes in the intestine. [Read more »](#)



### Oleuropein-Rich Olive Extract Protects Mouse Liver in Cadmium-Induced Toxicity

*Written by Angeline A. De Leon, Staff Writer.* An oleuropein-rich extract, with its antiapoptotic, anti-inflammatory, and antioxidant properties, significantly reduced cadmium-induced toxicity in the liver cells of mice. [Read more »](#)

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