



Natural Health Research Institute

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

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www.naturalhealthresearch.org

Healthy Pregnancy

Good nutrition before and during pregnancy is vital for the healthy growth and development of your baby. Getting the right nutrients is important at every stage of life, but it is critical during pregnancy. Nutrition and lifestyle go hand-in-hand in reducing the risk of future issues for your child such as obesity, diabetes and cardiovascular disease. A healthy lifestyle can also lower the chance of many birth defects and help to ensure good brain development and a healthy birthweight.



Tips for a Healthy Pregnancy

- Take a prenatal vitamin
- Consume plenty of organic fruits, vegetables and foods rich in protein, fiber and folate
- Eliminate use of toxins
- Exercise and stay active
- Relax and reduce stress
- No smoking, alcohol and drugs
- Limit caffeine intake

Despite all of the joys that a pregnancy brings, it usually brings some challenging symptoms. The more common ailments include morning sickness, constipation, heartburn, leg cramps, joint pain and fatigue. Many women choose to avoid medications and turn to natural remedies to ease these symptoms.

It is recommended to work with a naturopathic doctor, herbalist or other practitioner who works with natural medicine and pregnancy, and talk to them about natural ways to treat yourself for pregnancy related symptoms and other ailments while you are pregnant.



[Oral Magnesium for Leg Cramps in Pregnancy](#)



[Higher Maternal Choline Levels Protect Fetal Brain Development](#)



[Magnesium-Zinc-Calcium-Vitamin D Combination Improves Gestational Diabetes](#)



[Multivitamin Intake During Pregnancy Reduces Risk of Autism Spectrum Disorder in Children](#)

July is UV Safety Awareness Month



Summer is in full swing, the sun is out, and we are all ready to enjoy our favorite activities. As we spend more time outdoors it is important to remember to take steps to protect our skin and eyes from the damaging effects of the sun. The sun emits radiation known as UV-A and UV-B rays. In addition to the risk of skin cancer, UV rays can cause macular degeneration, cataracts, skin growths, and suppression of the immune system. And while we all need Vitamin D, it is far safer to get it by eating the right foods and the right supplements than by being in the sun too long.

Research suggests negative outcomes – including skin cancers – can be prevented by protecting your skin from UV radiation. In addition to wearing sunscreen, sunglasses and protective clothing, several natural remedies have gained popularity in their potential to help with sun protection.

View the research:

[Pomegranate Juice Extract Protects Against UVB-Induced Skin Damage](#)

[Lycopene-Rich Tomato Nutrient Complex Protects against UV Radiation](#)

[Dietary Astaxanthin Protects Against UVA-Induced Skin Damage](#)

[Effects of Crocin on Skin Photo-aging](#)

Upcoming Event



AMERICAN
NUTRITION
ASSOCIATION®

Personalized Nutrition 2021: Mapping the Future

September 28– October 1, 2021—Chicago, IL

The NHRI is pleased to announce that we will be a sponsor at the American Nutrition Association's annual summit.

Nutrition is core to human health. Differences in our biochemistry, metabolism, genetics, and microbiota all contribute to the dramatic differences among individuals in response to their nutrition. Personalized nutrition leverages human individuality to drive nutrition strategies that can prevent, manage, and treat disease and optimize health. The ANA catalyzes the movement of personalized nutrition into the core of health care.

[Click here for more information and to register.](#)

NHRI Educational Webinars



[Calcium and Magnesium – Macromineral Nutrition](#)

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.



[Overcome COVID-19 Stress-Induced Food Cravings with Targeted Amino Acid Therapy](#)

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.

Recent Posts



Intake of BCAA Associated with Handgrip Strength in Older Adults

Written by Chrystal Moulton, Staff Writer. BCAAs from non-grain sources were positively associated with handgrip strength ($P < 0.05$). [Read more »](#)



Vitamin B12 Improves Pain Score, Quality of Life, and Neurophysiological Indices of Neuropathy in Patients with Diabetic Neuropathy

Written by Angeline A. De Leon, Staff Writer. In subjects with deficient levels of vitamin B12, methylcobalamin (a form of vitamin B12) intake for one year produced significant improvement on neuropathy tests, pain scores, and self-reported quality of life.

[Read more »](#)



Focus on Diet, Stress, Sleep, Exercise to Improve IBS – Informed Opinion

Written by Dr. Patrick Massey, MD, PhD. Changing one's diet, reducing stress, getting quality sleep and exercise all contribute to the health of the bowel. [Read more »](#)



Consuming Omega-3 Fatty Acid Associated with Less Subclinical Inflammation, a Marker of Heart Disease in Healthy Men

Written by Jessica Patella, ND. The study results demonstrate an inverse association between omega-3 fatty acid consumption and subclinical inflammation for healthy older men. [Read more »](#)



Turmeric as Effective as Acetaminophen in Treatment of Osteoarthritis

Written by Chrystal Moulton, Staff Writer. Patient response on the WOMAC scale demonstrated that 18% of the turmeric group experienced at $\geq 50\%$ reduction in stiffness ($p = 0.0002$). [Read more »](#)

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