



Natural Health Research Institute

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

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Eye Health—Glaucoma

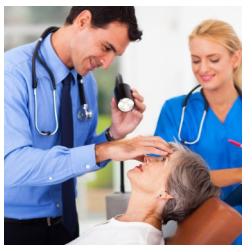
Glaucoma is a progressive eye disease that is associated with excessively high internal eye pressure, called intraocular pressure (IOP). The increased pressure causes compression against the optic nerve resulting in damage. If left untreated, the disease may cause peripheral vision loss and can eventually lead to blindness. Many people are not aware they have glaucoma, as the condition is usually asymptomatic until irreversible damage has already been done. Risk factors for glaucoma include increased age, family history of the disease, being of African American, Asian or Hispanic descent, or having certain medical conditions such as diabetes, heart disease, high blood pressure and sickle cell anemia.



Glaucoma generally isn't curable, but medications and surgery can help slow disease progression. A healthy lifestyle, including good nutrition, regular exercise, stress management, limiting caffeine, staying hydrated and avoiding smoking may also be protective.

Growing evidence suggests the use of alternative therapies to treat glaucoma or supplement traditional glaucoma management may be good adjuncts to conventional care. View the research below supporting the use of ginkgo biloba, bilberry, vitamin B3, omega-3 and saffron.

Always speak to your eye care specialist before beginning a new regimen that could affect your condition or interact with your current treatment.



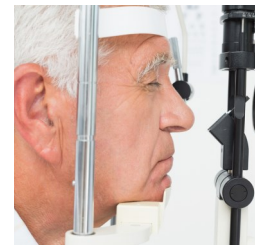
[Nicotinamide Adenine Dinucleotide \(Vitamin B3\) Protects Retinal Ganglion Cells in Glaucoma](#)



[Saffron Supplementation Protects against the Development of Glaucoma](#)

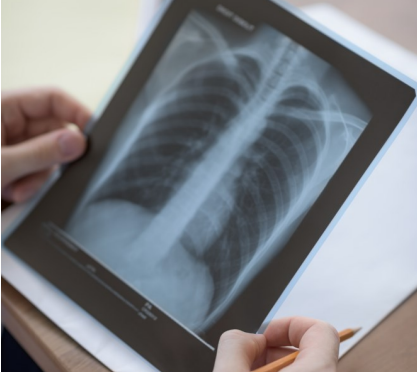


[Potential Prevention of Glaucoma Using Oral Omega-3](#)



[Ginkgo and Bilberry Benefit Those with Glaucoma](#)

September 26 is Mesothelioma Awareness Day



Mesothelioma is a rare cancer resulting mainly from exposure to asbestos or asbestos-like materials. The disease destroys the protective tissues around the lungs, abdomen, and heart. Symptoms of mesothelioma usually do not show until 20-50 years after asbestos exposure, which is when tumors have grown and spread.

Patients often seek alternative treatments in addition to conventional treatment in hopes of enhancing treatment effects or managing pain. This includes dietary supplements, medical marijuana, acupuncture, energy therapy, yoga, meditation and more.

View the research:

[High Dose Vitamin C against Mesothelioma Cells](#)

[Curcumin as a Treatment for Mesothelioma](#)

[Artichoke Leaf Extract in the Treatment of Pleural Mesothelioma](#)

[Biomarkers Improve Malignant Mesothelioma Diagnosis](#)

[Combined Gamma-Tocotrienol and Statin Treatment for Malignant Mesothelioma](#)

[Combination Drug and Alternative Therapy for Mesothelioma](#)

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.](#)

Informed Opinion



A medical study done at Northwestern University Feinberg School of Medicine suggests that increasing vegetables and reducing processed meats may reduce the risk of contracting COVID-19. A vegetable-rich diet contains antioxidants, vitamins, and fiber needed for good bacteria and detoxification as well as carotenoids and flavonoids that are essential for optimal health.

Read Dr. Massey's latest article to learn more.

[Lifestyle Changes may Help Protect Against COVID-19 - Informed Opinion](#)

Recent Posts



Genomic Variants of Alpha-Tocopherol Associated with Bone Mineral Density

Written by Chrystal Moulton, Staff Writer. Two single nucleotide polymorphisms (SNPs) linked to circulating alpha-tocopherol are strongly associated with estimated bone mineral density ($P < 0.001$). [Read more »](#)



Bitter and Strong-Tasting Vegetables Associated with Greater Cardiometabolic Benefits than Mild and Sweet-Tasting Vegetables

Written by Angeline A. De Leon, Staff Writer. Study findings suggest bitter and strong-tasting vegetables, such as cabbage, cauliflower and Brussels sprouts, show a favorable impact on insulin sensitivity, lipid profile, and blood pressure. [Read more »](#)



Overconsumption of Sugar Shown to Have Lasting Effects on the Brain

Written by Jessica Patella, ND. Study results suggest that long-term, high-sugar consumption of the Western diet may play a role in attention deficits and hyperactivity disorders into adulthood. [Read more »](#)



Postmenopausal Women Consuming Dried Plums Shown to Have Improvements in Cholesterol and Inflammation

Written by Jessica Patella, ND. Study results indicate that daily consumption of 50-100 grams of dried plums may improve cardiovascular risk factors in healthy postmenopausal women by increasing antioxidant capacity. [Read more »](#)



Serum Vitamin D Level Affected by Tumor Size in Stage II Melanoma Patients

Written by Chrystal Moulton, Staff Writer. Participants with Breslow thickness $< 3\text{mm}$ doubled in 25OH serum levels after 3 years. [Read more »](#)

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