



Natural Health Research Institute

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

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www.naturalhealthresearch.org

Rheumatoid Arthritis

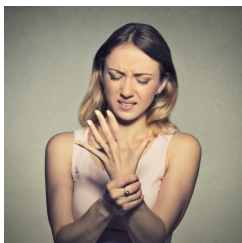
Rheumatoid arthritis (RA) is a chronic autoimmune disease where the body's immune system mistakenly attacks the lining of the joints. It causes pain, stiffness, swelling and decreased movement of the joints. It commonly affects the hands, knees or ankles and usually the same joint on both sides of the body. It can also result in joint deformity and can damage other organs such as the eyes, heart, skin, and lungs.



The exact cause of RA is unknown, however, genetics, environmental factors, physical and emotional stress, hormones and gut health are all thought to play a role in the disease. Viral infections, cigarette smoking and obesity are also thought to increase the odds in genetically susceptible individuals. Rheumatology International estimates that RA affects more than 1.36 million adults in the U.S. with women being 3 times more likely than men to develop the disease.

There are many natural therapies and interventions that can help combat the symptoms of RA. Simple lifestyle changes such as daily exercise, maintaining a healthy weight, proper sleep and eating an anti-inflammatory diet can help to make RA symptoms more manageable. Nutritional and herbal supplements have been found to help reduce pain and inflammation. Studies support the use of curcumin, fish oil, quercetin, menaquinone-7, rose hips, cat's claw, vitamin D and krill oil. Other alternative therapies that have been found beneficial include: aromatherapy, reflexology, massage, yoga and tai chi.

It is always recommended to speak with your primary treating doctor and obtain his/her recommendation before beginning a new health regimen.



[Highly Bioavailable Curcumin Mitigates Rheumatoid Arthritis Symptoms](#)



[Yoga Based Mind-Body Intervention Improves Rheumatoid Arthritis Symptoms](#)



[Supplements, Diet Changes Can Help with Rheumatoid Arthritis](#)



[Menaquinone -7 Therapy for Rheumatoid Arthritis](#)

October is ADHD Awareness Month



Attention Deficit Hyperactivity Disorder (ADHD) is a common neurodevelopmental disorder that causes an inability to focus, trouble with organization and a difficulty with detail-oriented tasks. Though it mostly affects children, adults can also suffer from ADHD.

There are a number of natural treatments for ADHD that are safe and effective. Positive results have been shown when making diet and lifestyle changes, implementing behavior therapy, supplementing with vitamins, minerals and herbs and the use of aromatherapy.

[View the Research](#)

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.

Conference presentations will be posted on the NHRI website as soon as they are available.

Recent Posts



Red Blood Cell Fatty Acids Could Serve as Predictors to All-Cause Mortality

Written by Chrystal Moulton, Staff Writer. Four red blood cell fatty acids were found to serve as predictors of all-cause mortality. [Read more »](#)



Energy Metabolism Linked to Bone Remodeling

Written by Chrystal Moulton, Staff Writer. DPP4 is a potential osteoclast-osteoblast coupling factor; treatment with DMAB improved glycemic control in diabetic participants with osteoporosis. [Read more »](#)

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