



Natural Health Research Institute

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

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www.naturalhealthresearch.org

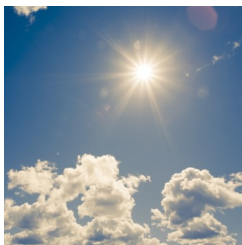
Skin Care—Repair and Rejuvenate Naturally

Over the years our skin changes and we begin to notice the appearance of fine lines and wrinkles. Collagen and elastin production lessen as we age causing skin to thin, become dry and lose elasticity. Skin cells are not as plump and round resulting in loss of structure and tone. Wrinkles tend to appear on parts of the body that received the most sun exposure such as the face, neck, back of the hands, and forearms. Our genes largely control when wrinkles and signs of aging will occur, however, we do have some influence on slowing down the progression and preserving our skins health. Environmental and lifestyle choices have a tremendous impact on our skin. By taking some preventive actions we can delay and reverse the signs of premature aging.



Follow the tips below to help preserve skin health.

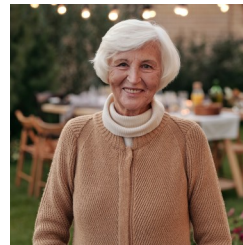
- Exercise daily
- Use sunscreen
- Drink plenty of water
- Get enough sleep
- Lessen stress
- Quit smoking and avoid alcohol
- Balance intestinal microflora
- Eat antioxidant rich foods
- Supplement with vitamins, minerals, fats and amino acids
- Avoid skin care products that contain parabens, silicones and other chemical compounds
- Limit sun exposure



[Effects of Crocin on Skin Photoaging](#)



[Aloe Sterol Improves Skin Function in Healthy Female Volunteers](#)



[Oral Collagen Improves Skin Hydration, Elasticity and Wrinkles in Women](#)



[Uses of Apple Polyphenol for the Skin](#)

November is Diabetes Awareness Month



More than 30 million Americans are living with type 2 diabetes, a condition characterized by high blood sugar, insulin resistance and insufficient insulin production. The disease can develop from a combination of factors such as lack of physical activity, unhealthy eating, emotional stress, not enough sleep, toxins, and genetics.

Over time, having elevated glucose levels can damage the nervous system, blood vessels, eyes, heart and kidneys. For these reasons it is important to be committed to taking care of yourself. A healthy lifestyle that includes eating a balanced carbohydrate-controlled diet, combined with regular exercise and stress reduction techniques are key to treating this disease. Research has shown several supplements, herbs and foods that may be helpful in managing the symptoms of type 2 diabetes.

View the research:

[Pycnogenol, Papain, and Aloe Vera for the Management of Pre-Diabetes](#)

[Unique Profiles of Polyphenol Intake Associated with Risk of Type 2 Diabetes](#)

[Remission of Type 2 Diabetes Through Weight Loss](#)

[Beneficial Effects of Probiotics on Type 2 Diabetes](#)

[Cumin Oil as a Glycemic Aid in Type 2 Diabetes](#)

Recent Event



The NHRI was a sponsor and exhibitor at the American Nutrition Association's annual summit, Personalized Nutrition 2021— Mapping the Future.

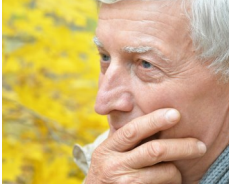
Personalized Nutrition 2021 welcomed experts from diverse sectors of the personalized nutrition ecosystem to consider where we have come from, where we are, and where we are going as we Map the Future of Personalized Nutrition.

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. Its potential must be catalyzed if we are to move nutrition to the core of health care.

Conference presentations will be posted on the website soon.

Recent Posts



Single Dose of L-Theanine Improves Working Memory and Attention in Older Adults

Written by Chrystal Moulton, Staff Writer. Reaction time ($p=0.017$) and working memory ($P<0.05$) were significantly improved following single dose of 100mg L-theanine. [Read more »](#)



Garcinia Kola Improves Intraocular Pressure in Healthy Subjects

Written by Chrystal Moulton, Staff Writer. Statistical analysis revealed that consumption of 100 mg/kg body weight of *Garcinia kola* had a significant effect on intraocular pressure ($F = 90.35, P < 0.0001$). [Read more »](#)



Sardines in the Diet Showed a Decrease in Type 2 Diabetes in the Elderly

Written by Jessica Patella, ND. A one-year sardine-enriched type 2 diabetes preventative diet in an older population with pre-diabetes provided greater protection against developing type 2 diabetes by improving risk factors as compared to a type 2 diabetes preventative diet alone. [Read more »](#)



Oat Beta-Glucans Beneficial to Individuals with Gastritis

Written by Chrystal Moulton, Staff Writer. Histological examination following four weeks supplementation with high molar mass oat beta-glucan showed a reduction in inflammation. [Read more »](#)



Inspiratory Muscle Training (IMST) Improves Blood Pressure in Adults

Written by Chrystal Moulton, Staff Writer. 6-week high resistance inspiratory muscle strength training (IMST) significantly improved blood pressure in healthy adults ($p<0.05$). [Read more »](#)

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