

Healthy Aging Month

September is recognized as Healthy Aging Month, an annual occurrence to raise awareness about the positive aspects of growing older. The campaign focuses on staying active and vital as long as possible, both physically and mentally.



Try these tips for aging healthfully, no matter what your age:

- Promote good physical health by being active. Exercise regularly to maintain a healthy body and brain.
- Eat a healthy diet and get regular check-ups and yearly physicals. Take medications and vitamins/supplements as prescribed in order to ensure you are feeling your best.
- Surround yourself with people who make you smile and laugh. Take a class, volunteer, play games, see old friends, and make new ones.
- Research your family tree and talk with your physician about your family history.
- Be realistic. Some living modifications may be necessary as people age; falls may become more prevalent.
- Balance your body and mind. Keep your mind active by reading and doing puzzles and keep your body active through stretches and yoga. Try and keep a positive attitude.

[View the Research](#)

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](#)

Upcoming Event



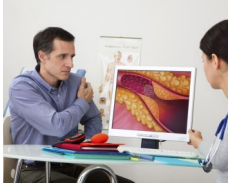
AMERICAN
NUTRITION
ASSOCIATION®

The NHRI will be a sponsor and exhibitor at the American Nutrition Association's annual summit, Personalized Nutrition 2022: Mental Health Matters. The event will be held on October 26-29, 2022 in San Diego, CA.

The Personalized Nutrition 2022 Summit will explore the complex ways that nutrition, food, and other compounds in our diets influence our brains, mood, and mental health.

[View the Agenda](#)

Recent Posts



Black Seed Oil (*Nigella sativa*) Improves Vascular Function in Adults with Pre-Existing Risk Factors for Cardiovascular Disease

Written by Taylor Woosley, Staff Writer. 2-month supplementation of 500 mg *N. sativa* oil resulted in a significant increase in FMD and plasma NOx levels ($2.97 \pm 2.11\%$ vs. $0.71 \pm 3.19\%$, $p < 0.001$ for FMD and $4.73 \pm 7.25 \mu\text{mol/L}$ vs. $0.99 \pm 5.37 \mu\text{mol/L}$, $p = 0.036$ for plasma NOx). [Read more »](#)



Probiotic Adjunct Therapy Ameliorates Symptoms of Major Depressive Disorder

Written by Chrystal Moulton, Staff Writer. Patients assigned to probiotic treatment had significant decrease in depression score at the end of treatment [$p < 0.05$] and at follow-up (8-weeks later) [$p < 0.01$]. [Read more »](#)



Higher DHA Levels Associated with Slower Decline in Alzheimer's Disease

Written by Jessica Patella, ND. Study observations show an association between higher omega-3s, DHA and EPA and slower cognitive decline in patients with Alzheimer's disease on acetylcholinesterase inhibitors. [Read more »](#)



Effects of Melatonin for Delirium in Elderly Acute Heart Failure Patients

Written by Marlene Hollick, Ed.D., R.D. Based on a randomized, double-blind, placebo-controlled study exploring the effects of melatonin on delirium in elderly acute heart failure patients while in the ICU, results demonstrated that melatonin could reduce the incidence of delirium, average lengths of stay, and costs of hospitalization. [Read more »](#)



Saffron (*Crocus sativus* L.) Improves Antioxidant Capacity and Inflammation in Subjects with COPD

Written by Taylor Woosley, Staff Writer. 12-week supplementation of 30 mg/day of crocin from saffron resulted in a significant decrease in serum NF- κ B levels ($p < 0.05$), along with an increase in mean serum TAOC levels in the crocin group ($p < 0.05$). [Read more »](#)

[Donate to help support our mission](#)

[Visit our website at www.naturalhealthresearch.org](http://www.naturalhealthresearch.org)

Follow us:

