



Natural Health Research Institute

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

April 2023

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Naturally Preserve and Build Muscle Mass

Age-related muscle loss, also known as sarcopenia, is a natural part of aging. According to the International Osteoporosis Foundation (IOF), muscle mass starts to decline around the age of 40. The loss of muscle tissue may progress more rapidly when a person reaches their 60s and 70s. Sarcopenia is a major factor in increased frailty, falls and fractures. Sarcopenia can have an impact on a person's ability to perform everyday activities, such as climbing stairs, lifting objects, and walking.

Although aging is the most common cause of sarcopenia, other factors can accelerate muscle loss. Low physical activity, insufficient calorie and protein intake, inflammation, and stress can all contribute to muscle deterioration.

There are steps you can take to maintain your muscle mass and prevent muscle loss. Exercise and diet are both important.

- Combine cardio and resistance training
- Go walking
- Eat plenty of protein
- Consume enough calories
- Increase your omega-3's
- Check your vitamin D levels
- Limit alcohol and quit smoking
- Get enough rest and sleep



[Higher Intake of Essential Amino Acids Associated with a Significant Increase in High Muscle Strength in Older Adults](#)



[Effects of Low Protein Intake in the Elder Population](#)



[Leucine Maintains Muscle Mass in Elderly Nursing Home Residents](#)



[Supplementation with Krill Oil Significantly Improves Muscle Function and Size in Older Adults](#)

April is Stress Awareness Month



Stress is a normal part of daily life, but prolonged periods of stress can cause or aggravate health problems. Stress can come in different forms, including physical, mental, and emotional variations. It is important to have a variety of stress relief tools at your disposal. Then, you'll be able to pick a strategy that works best for your current circumstances. Learning to cope with stress and finding healthy ways to deal with different situations can go a long way in living a healthy and positive life.

Natural Strategies for Relieving Stress

- Get regular, relaxing exercise
- Eat well-balanced, healthy meals
- Limit media
- Connect with others
- Think positive thoughts and meditate
- Get proper sleep
- Keep a journal
- Practice deep breathing
- Consider supplements such as magnesium, rhodiola, ashwagandha, B vitamins, and L-theanine

Recent Posts



Probiotic Supplementation Improves Forced Expiratory Volume and Forced Vital Capacity in Subjects with Asthma

Written by Taylor Woosley, Staff Writer. 8-week once daily supplementation of a probiotic significantly increased FEV1 ($p < 0.01$) and FVC ($p < 0.001$), while also reducing the inflammation-related miRNAs of both miR-146 and miR-16 compared with baseline ($p < 0.05$). [Read more »](#)



Performing Acts of Kindness Improves Social Connection

Written by Taylor Woosley, Staff Writer. While all social conditions (acts of kindness, social activities, and cognitive reappraisal) showed a significant linear improvement from baseline to follow-up for the Satisfaction with Life Scale (SWLS), only participants in the acts of kindness group exhibited a significant linear increase in the Social Connectedness Scale (SCS-R). [Read more »](#)



Negative Correlation Between Serum Zinc Levels and the Severity of COVID-19 Infection

Written by Taylor Woosley, Staff Writer. Results from this observational prospective study using 123 adult COVID-19 patients and 48 controls shows that a moderately negative correlation was observed between serum zinc levels and the severity of COVID-19 infection. [Read more »](#)

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