



Natural Health Research Institute

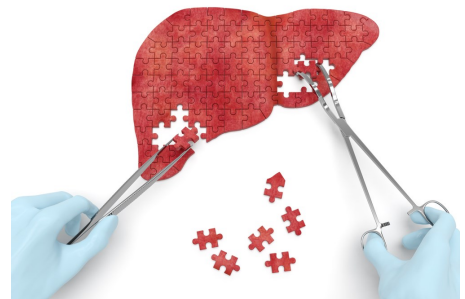
Your One-Stop Website for Research on Natural Health and Wellness

September 2023

www.naturalhealthresearch.org

Non –Alcoholic Fatty Liver Disease (NAFLD)

The liver is the largest internal organ in the body and is responsible for functions vital to life such as filtering out toxins and waste products and producing digestive enzymes. Non-alcoholic fatty liver disease (NAFLD) occurs when there is a build-up of excessive fat in the liver. Having some fat in the liver is normal, but if the fat content is more than 5-10% of the liver’s weight, it is known as fatty liver or hepatic steatosis. Researchers are still unsure of what exactly causes a buildup of fat in an individual’s liver, however, those who are obese, have insulin resistance, diabetes mellitus, hyperlipidaemia, or hypertension are at a high risk of developing NAFLD. There is also a strong association of NAFLD as a possible component in the cluster of metabolic syndrome.



NAFLD usually causes no signs or symptoms. When it does, they may include fatigue and pain or discomfort in the upper right abdomen. If allowed to progress without treatment, other more serious conditions can develop such as cirrhosis and liver cancer. The good news is you can reverse or prevent fatty liver with some simple lifestyle changes. Incorporating the following suggestions can produce positive outcomes, improve liver function and optimize overall health.

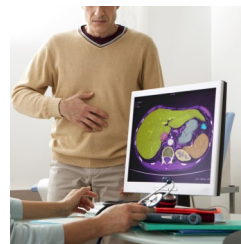
- Lose excess weight
- Get active
- Avoid foods with added sugars
- Target high cholesterol
- Try supplementing with omega-3 fatty acids, milk thistle, curcumin or probiotics
- Drink coffee
- Eat a nutrient-dense diet
- Consider a liver detox
- Get your antioxidants
- Limit exposure to chemicals, toxins and pesticides



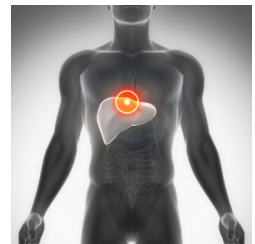
[Cornelian Cherry Positively Affects Body Composition in Patients with Non-Alcoholic Fatty Liver Disease](#)



[Sufficient Vitamin D Levels Reduces Risk for All-Cause and Cardiovascular Mortality in Subjects with Non-Alcoholic Fatty Liver Disease](#)

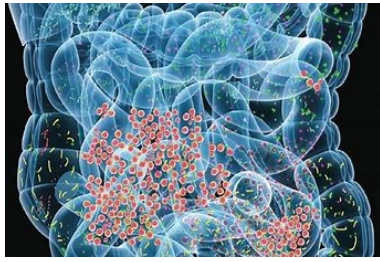


[Amino Acid Citrulline Mitigates Non-Alcoholic Fatty Liver Disease Associated with Western Diet](#)



[Schisandra Chinensis Bee Pollen Mitigates Obesity and Nonalcoholic Fatty Liver Disease](#)

Gut Microbiome and Alzheimer's Disease Connection



The human digestive tract is home to billions of bacteria and other microorganisms, collectively known as the gut microbiome. These microscopic tenants of the digestive system play crucial roles in maintaining human health. A study led by researchers at Washington University School of Medicine in St. Louis found that people in the pre-symptomatic phase of Alzheimer's disease have a different composition of microbes in their intestines than healthy people. Additional studies inspired by these results could shed light on how changes in gut bacteria populations may be an early marker for developing the disease.

[View the Research](#)

September is 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](#)

Upcoming Event

The NHRI will be a sponsor and exhibitor at the American Nutrition Association's annual summit, Personalized Nutrition 2023: Healthy Aging and Longevity. The event will be held on October 19-20 in Charlotte, NC and online.

As research and technology continue to develop, personalized solutions are being designed, tested, and applied to age-related diseases. Personalized Nutrition 2023 brings together thought leaders, scientists, and clinicians to share the latest insights into living a long and healthy life.

SAVE THE DATE

Personalized
NUTRITION™ 2023

Healthy Aging & Longevity
October 19-20 | Charlotte, NC & online

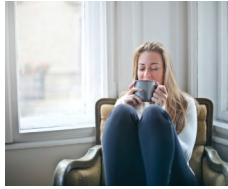
[More Information and Schedule](#)

Recent Posts



Increased Sedentary Behavior Associated with Poorer Quality of Life in Older Adults

Written by Taylor Woosley, Staff Writer. Cross-sectional findings show that higher levels of moderate-to-vigorous intensity physical activity and lower sedentary time was associated with increased quality of life. [Read more »](#)



Saffron Tea Improves Happiness Scores in Postmenopausal Women

Written by Taylor Woosley, Staff Writer. Results of the randomized controlled trial show that consumption of a 30 mg teabag of saffron consumed once daily for 6 weeks significantly improved postmenopausal women's mean happiness scores compared to the control ($p < 0.001$). [Read more »](#)



Low Carb Breakfast Could Support Glycemic Control in Individuals with Type 2 Diabetes

Written by Chrystal Moulton, Staff Writer. Reduction in HbA1C reached near statistical significance in the low carb breakfast group compared to control ($P = 0.06$). [Read more »](#)



Fish Oil Supplementation and the Risk of Coronary Artery Disease in Diabetics and Prediabetics

Written by Harold Oster, MD. Results suggest that fish oil supplementation is associated with decreased risk of coronary artery disease in adult diabetics and prediabetics. [Read more »](#)



Probiotic Administration Positively Influences Cognition in Subjects with Major Depressive Disorder

Written by Taylor Woosley, Staff Writer. 4-week supplementation of probiotics (a daily dose of 900 billion CFU/d) improved immediate recall and reduced hippocampal activation in subjects with depression compared to placebo.

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