



# Natural Health Research Institute

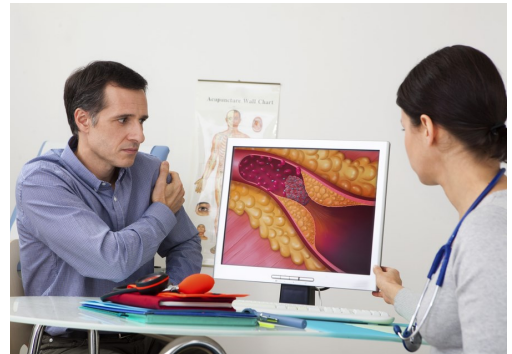
Your One-Stop Website for Research on Natural Health and Wellness

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[www.naturalhealthresearch.org](http://www.naturalhealthresearch.org)

## Heart Health - Preventing Coronary Artery Disease

Coronary artery disease is a type of heart disease caused by atherosclerosis, a buildup of cholesterol plaque in the walls of the arteries. Over time the plaque buildup starts to obstruct blood flow and the risk of serious complications increases. The Centers for Disease Control and Prevention estimates that about 20.5 million U.S. adults have coronary artery disease, making it the most common type of heart disease in the United States.



Risk factors often include:

- Smoking
- High LDL cholesterol, high triglycerides levels, and low HDL cholesterol
- High blood pressure
- Physical inactivity
- Obesity
- High saturated fat diet
- Diabetes
- Family history

Common signs of the disease may include, chest pain and discomfort, nausea and lightheadedness, shortness of breath, weakness and fatigue and pain in the upper body, including arms, back, neck and jaw. For many people, the first clue that they have coronary artery disease is a heart attack.

There are several ways you can protect yourself from coronary artery disease and its symptoms and complications.

- Eat a healthy, balanced diet
- Maintain a healthy weight
- Exercise regularly
- Reduce alcohol consumption
- Lower your blood pressure
- Control your diabetes
- Reduce cholesterol
- Manage stress
- Stop smoking
- Try aromatherapy
- Consider taking omega-3 fatty acids, CoQ10, vitamin D, magnesium or garlic



[Sedentary Lifestyle Linked to Higher Risk of Coronary Heart Disease](#)



[Fish Oil Supplementation and the Risk of Coronary Artery Disease in Diabetics and Prediabetics](#)



[L-Carnitine Improves Oxidative Stress in Coronary Artery Disease Patients](#)



[Coconut Oil Improves Cholesterol and Weight in Patients with Coronary Artery Disease](#)

## Webinar Replay



The NHRI would like to thank everyone who attended Dr. Massey's engaging webinar "The Power of Thoughts and Health". We are pleased that you could join us for this event and we hope you gained valuable and insightful information.

For those who missed the webinar or would like to refer back, you can view the entire recording on our YouTube channel.

[View Webinar Recording](#)

### Webinar summary:

Our thoughts are more important than we would believe. Thoughts are real energy that we generate and direct. They travel and affect others both in positive and negative ways...your thoughts can affect others and other's thoughts can affect you.

Your thoughts literally create your world. Medical and quantum physics research strongly supports the idea that thoughts can have a great impact on our health/life – physically, mentally and spiritually. However, not all thoughts are equal...some are powerful and lasting while other are weak and transient.

Medical research has demonstrated that creating an environment filled with positive thoughts minimizes the effects of negative thought...resulting in better health. A negative thought environment is ultimately destructive to body and mind.

In this interesting lecture, Dr. Massey explores the physics and medicine characterizing the reality and life altering power of your thoughts, how to your enhance positive thought and protect yourself from negative thoughts.

*Dr. Patrick Massey is medical director of complementary and alternative medicine at Alexian Brothers Hospital Network, and president of ALT-MED Medical and Physical Therapy, 1544 Nerge Road, Elk Grove*

## Age-Related Macular Degeneration (AMD) Awareness Month

Macular degeneration, also called age-related macular degeneration (AMD), is the deterioration of the central portion of the retina, called the macula. This deterioration leads to the loss of sharp and fine detailed vision required for reading, driving, recognizing faces and seeing colors.

The National Eye Institute states AMD is the leading cause of vision loss, affecting 10 million Americans. The good news is the health of the macula is responsive to lifestyle and nutrition changes and many times the debilitating effects of a damaged macula can be slowed, stopped or even reversed when changes are made. Research indicates that taking dietary supplements such as lutein, zeaxanthin, fish oil, vitamin C, melatonin and B vitamins may also reduce the risk and or severity of AMD.

[View the Research](#)



## Recent Posts



### **Vitamin D Deficiency Associated with Increased Stroke Severity in Acute Ischemic Stroke Patients**

*Written by Taylor Woosley, Staff Writer.* Multivariable analysis findings show that lower serum Vitamin D levels were associated with an increased risk of stroke severity ( $p < 0.001$ ) and poor functional outcomes. [Read more »](#)



### **Pet Ownership Offsets the Risk of Cognitive Decline in Older Adults Living Alone**

*Written by Chrystal Moulton, Staff Writer.* This analysis revealed that pet ownership was associated with slower rates of cognitive decline among older adults living alone but not those living with others ( $p < 0.05$ ). [Read more »](#)



### **Propolis Supplementation Improves Insulin Resistance, LDL/HDL Levels, Testosterone, and Anxiety in Women with Polycystic Ovarian Syndrome**

*Written by Taylor Woosley, Staff Writer.* Results of the study show that a 12-week 500 mg/daily propolis intervention significantly improved insulin levels, testosterone, inflammatory markers, and anxiety scores in women with PCOS. [Read more »](#)



### **Curcumin Significantly Improves Overall Remission in Myeloma Patients**

*Written by Chrystal Moulton, Staff Writer.* Results from this trial suggest that adding curcumin to standard treatment for myeloma (Melphalan and Prednisone) could significantly increase overall remission. [Read more »](#)



### **Beneficial Effects of Berry Consumption on Sleep Duration in Healthy Adults**

*Written by Harold Oster, MD.* Results suggest that adults who consume berries have a lower risk of inadequate sleep duration. [Read more »](#)

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