



Natural Health Research Institute

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

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www.naturalhealthresearch.org

Vascular Health

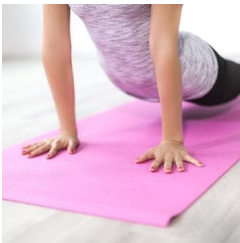
Our arteries and veins are responsible for transporting oxygen-rich blood back and forth from the heart to the tissues of the body, playing a vital role in our overall health. Maintaining good vascular health will help ensure you avoid diseases of your arteries and veins as you age. Most often, vascular disease affects blood flow, either by blocking or weakening blood vessels, or by damaging the valves that are found in veins. Heart disease can occur if the blood vessels become clogged with plaque and cholesterol and the arteries can suffer the same problem, hardening of the arteries (atherosclerosis) can occur in any artery in the body. Common types of artery disease include: carotid artery disease and stroke, aneurysms, and peripheral arterial disease (PAD). Common types of vascular disease are varicose veins, chronic venous insufficiency and deep vein thrombosis.



Daily exercise has been found to have a significant positive effect on vascular health, along with other good lifestyle choices, such as not smoking, eating heart-friendly foods, maintaining a healthy body weight, keeping cholesterol down, and controlling blood sugar.

Many supplements have been clinically shown to enhance circulation and help maintain healthy arteries, veins, and capillaries. Research studies on [magnesium](#), [omega-3 fatty acids](#), [resveratrol](#), [CoQ10](#) and [olive leaf extract](#) found positive results for blood vessel health.

Always seek the advice of a physician or other qualified healthcare provider before beginning any new treatment.



[Stretching the Musculoskeletal System Improves Vascular Function](#)



[Curcumin Improves Vascular Endothelial Function in Healthy Older Adults](#)



[Omega-3 Fatty Acids Improve Indices of Vascular Stiffness in Men with Abdominal Aortic Aneurysm](#)



[Prolonged Sitting with Interrupted Activity Improves Vascular Function in Type 2 Diabetics](#)

August is National Wellness Month



August is National Wellness Month, a time to focus on self-care, managing stress, and promoting healthy routines. It is about making a commitment to improving the body, mind, and spirit.

Research has shown that self-care helps cut down on stress levels and increases happiness. Take this month to challenge yourself to incorporate one new, healthy activity into your day. Before you know it these improvements will become a lifelong habit. Try going for a walk in nature, begin a daily gratitude journal, make healthy food swaps or learn to meditate. Making a small change can lead to a big impact on your health.

View the research:

[Positive Effect is Associated with Healthier Aging and Less Memory Loss](#)

[Saffron Extract Reduces Stress and Improves Low Mood in Healthy Individuals](#)

[The Potential of Frequent Laughter to Reduce the Stress of Daily Life](#)

[Fruit and Vegetable Consumption is Inversely Associated with Mortality](#)

[Meditation Can Help Body As Well As Mind](#)

[The Healing Power of Gratitude](#)

Upcoming Event



AMERICAN
NUTRITION
ASSOCIATION*

Personalized Nutrition 2021: Mapping the Future

September 28– October 1, 2021—Chicago, IL

The NHRI is pleased to announce that we will be a sponsor at the American Nutrition Association's annual summit.

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. The ANA catalyzes the movement of personalized nutrition into the core of health care.

[Click here for more information and to register.](#)

Informed Opinion



Did you know that Irritable Bowel Syndrome affects about 15% of the world's population and is most prevalent in the United States? Symptoms include long-standing abdominal pain with constipation and/or diarrhea (but sometimes neither). If you suffer from this chronic condition, read Dr. Massey's latest article to discover tips on maintaining a healthy bowel to help prevent and treat IBS.

[Focus on Diet, Stress, Sleep, Exercise to Improve IBS – Informed Opinion](#)

Recent Posts



Cranberry Juice as a Complementary Treatment for H. pylori Infection

Written by Chrystal Moulton, Staff Writer. High proanthocyanidin (PAC) standardized cranberry juice significantly suppressed Helicobacter pylori infection at week 8 ($p < 0.05$). [Read more »](#)



Plasma Levels of Omega-3 Polyunsaturated Fatty Acids Are Positively Associated with Bone Mineral Density in Postmenopausal Women

Written by Angeline A. De Leon, Staff Writer. Study results suggest that higher levels of plasma n-3 PUFAs may play a key role in maintaining bone health by protecting bone mass and preventing risk of fracture. [Read more »](#)



Ashwagandha Extract Shown to Help with Sleep

Written by Jessica Patella, ND. Ashwagandha root extract resulted in significant improvements in sleep parameters, sleep quality, mental alertness and anxiety parameters when compared to placebo in both healthy participants and those suffering from insomnia. [Read more »](#)



Effects of Low Protein Intake in the Elder Population

Written by Jessica Patella, ND. Intake of less than 1 gram of protein per kilogram of body weight per day was negatively associated with muscle strength and performance later in life, especially in older women. [Read more »](#)



Dietary Nitrate from Vegetables Significantly Reduces the Risk of Cardiovascular Events

Written by Chrystal Moulton, Staff Writer. Participants with moderate intake of vegetable nitrate had a 15% lower risk of CVD. [Read more »](#)

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