



Natural Health Research Institute

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

January 2022

www.naturalhealthresearch.org

Natural Support for Children's Health

Children today are facing a multitude of stressors that can contribute to a weakened immune system. Processed foods, increasing environmental toxins, constant overstimulation from heavy electronic use, social media pressures and less time spent outside are challenges for today's youth. This, combined with the daily exposure to bacteria and viruses at school and daycare can leave parents wondering what they can do to ensure their child's health and well-being.

The use of holistic, or integrative, pediatric care is increasing in popularity. Holistic medicine focuses on the body, mind, and spirit of the patient as well as social and environmental aspects of health. This form of healing takes an integrative and functional medicine approach to determine underlying imbalances that might be affecting your child's health. A holistic doctor looks at a patient's entire life, not just one part of it when making a diagnosis and developing a treatment plan. Aspects such as, nutrition and diet, the connection between gut health and brain health, genetics, behavior, and toxic exposures are taken into consideration. Many different practices and therapies can be included in this form of care, such as herbs, dietary supplements, homeopathy, chiropractic care, acupuncture, massage, hypnosis and spiritual healing.

If you decide to seek out alternative medicine, it's important to discuss any new therapies with your pediatrician or other healthcare provider for children.



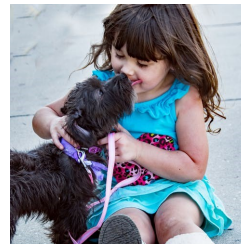
View the research:



[Ear Infections and Support for Children](#)



[Oral Probiotic Spray Effective for Recurrent Streptococcal Pharyngotonsillitis in Children](#)



[Children with ADHD Benefit from Canine Therapy](#)



[Honey Shown to Help with Cold Sores in Children](#)

January is Thyroid Awareness Month



The thyroid is a hormone-producing gland that regulates the body's metabolism—the rate at which the body produces energy from nutrients and oxygen—and affects critical body functions, such as energy level and heart rate.

The American Thyroid Association estimates that 20 million Americans have some form of thyroid disease and up to 60% of those are unaware of their condition.

Research has shown supplementing with certain vitamins, minerals and herbs can be helpful in managing the underlying causes in thyroid disorders. Adding zinc, iodine, selenium, L-tyrosine, ashwagandha, aloe Vera, vitamin A and vitamin D to your diet have been found beneficial.

[View the Research](#)

Welcome New Writers

The NHRI is pleased to announce the addition of two science writers.

Taylor Woosley studied biology at Purdue University before becoming a 2016 graduate of Columbia College Chicago with a major in Writing. She currently resides in Glen Ellyn, IL.

Marlene Hollick, Ed.D., M.P.H., M.A., R.D. has decades of hands-on experience and academic expertise across a wide range of health and nutrition disciplines, including home care, hospitals, nursing homes, public schools, and higher education. Dr. Hollick earned her Ed.D. in Higher Education Leadership and Health Care Education from Nova Southeastern University, a Master of Public Health from New York University, and a Master of Arts in Food and Nutrition, also from NYU. She is a Registered Dietitian, a Certified Dietitian/Nutritionist, and is currently enrolled in the post-graduate Science Writing program at Johns Hopkins University.

Recent Posts



[Insufficient Levels of Vitamin D and Zinc May Increase Severity of Symptoms in Adults Infected with COVID-19](#)

Written by Taylor Woosley, Staff Writer. Study results show that infected participants with deficient levels of vitamin D and zinc experience higher severity of general and pulmonary symptoms of COVID-19 compared to participants with adequate vitamin D and zinc serum levels. [Read more »](#)



[Spermidine in Diet Shown to Improve Cognitive Function in Older Adults Suffering from Mild to Moderate Dementia](#)

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