



Natural Health Research Institute

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

November 2022

www.naturalhealthresearch.org

November is National COPD Awareness Month

Chronic Obstructive Pulmonary Disease (COPD) is a group of progressive lung diseases that cause the lungs and airways to become damaged and inflamed. This damage leads to difficulty breathing and other symptoms.

There are two main forms of COPD:

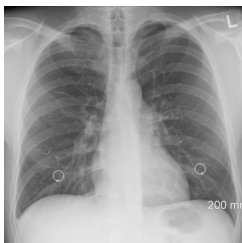
- Chronic bronchitis, which involves a long-term cough with mucus
- Emphysema, which involves damage to the lungs over time



Most people with COPD have a combination of both conditions. Common symptoms include chronic cough, excess phlegm production, shortness of breath, tightness in the chest and wheezing. The disease may also result in decreased immunity to colds and infections. The main cause of COPD is smoking, but nonsmokers can be diagnosed as well. Exposure to air pollutants in the home and workplace, genetic factors and respiratory infections also play a role in developing the disease. The CDC estimates that nearly 16 million Americans have been diagnosed with COPD, making it a leading cause of disability and death in the U.S.

Each person's COPD is different and your doctor and healthcare team will work with you to set up the best plan to address your symptoms and needs. Although there is currently no cure for COPD, various natural therapies can help manage the symptoms and slow disease progression.

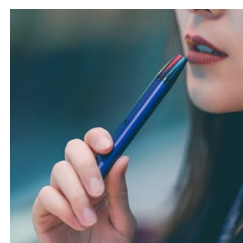
- Quit smoking and vaping
- Eat a healthy diet and exercise
- Try to avoid infections
- Get enough rest
- Practice deep-breathing exercises
- Include complementary therapies such as massage, yoga and acupuncture
- Add supplements, essential oils, and herbal remedies in your daily routine



[Saffron \(Crocus sativus L.\) Improves Antioxidant Capacity and Inflammation in Subjects with COPD](#)



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



[Toxic Effects of Electronic Cigarettes vs. Combustible Cigarettes](#)



[Processed Meat Associated with Increased Overall and Cause-Specific Mortality](#)

Recent Event



The NHRI was a sponsor and exhibitor at the American Nutrition Association's annual summit, **Personalized Nutrition 2022: Mental Health Matters**. The event was held on October 26-29, 2022 in San Diego, CA.

Personalized nutrition is increasingly being recognized as a powerful tool in the prevention and treatment of a spectrum of brain and mental health conditions; our nutritional status, cognition, and mental wellbeing are intricately connected. Mental health, neurological, and substance-use disorders some of the top contributors to the global burden of disease and disability and to reduced quality of living. Furthermore, conditions like depression, anxiety, and disordered eating have been associated with increased risk of some of the leading causes of death worldwide, such as cardiovascular disease. The COVID-19 pandemic and other tragedies around the world in recent years have brought conversations about mental health into focus in the public sphere.

Conference presentations will be posted on the website soon.



CRN Report—Supplements to Savings



The Council for Responsible Nutrition (CRN) released a new economic report detailing billions of dollars in potential savings in U.S. health care costs from the selective use of certain dietary supplements.

According to the report, the use of certain dietary supplements by specific populations could reduce the direct and indirect medical costs associated with chronic diseases such as coronary artery disease, osteoporosis, age-related macular degeneration, cognitive decline, irritable bowel syndrome, and childhood cognitive development disorders.

[View the Report](#)

Recent Posts



Vitamin D Supplementation Reduces Depressive Symptoms in Subjects with Major Depressive Disorder

Written by Taylor Woosley, Staff Writer. Significant findings of this systemic review and meta-analysis of 41 papers with a total of 53,235 participants show that subgroup analysis in participants with clinically relevant depressive symptoms (including subjects with MDD) yielded a moderate effect favoring vitamin D supplementation. [Read more »](#)



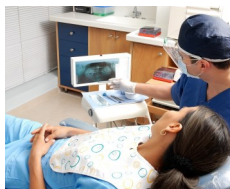
Dietary Fiber Associated with Reduced Risk of CVD in Korean Adults

Written by Chrystal Moulton, Staff Writer. A significantly lower incidence of death was found in participants in the highest dietary fiber intake group compared to the lowest for both all-cause mortality (HR = 0.84, P <0.001) and CVD mortality (our = 0.61, P <0.001). [Read more »](#)



Water-Soluble Tomato Concentrate Inhibits Platelet Activation and Aggregation in Healthy Middle-Aged and Elderly Subjects

Written by Taylor Woosley, Staff Writer. Results of the 10-week randomized, double-blinded, placebo-controlled crossover trial show that WSTC increased the serum total antioxidant capacity levels (p<0.05), while attenuating platelet endogenous reactive oxygen species generation (p<0.05), and inhibiting platelet aggregation and activation (p<0.05). [Read more »](#)



Resveratrol Ameliorates Symptoms of Periodontal Disease

Written by Chrystal Moulton, Staff Writer. The resveratrol group showed significant improvement in clinical attachment levels (CAL), bleeding index (BI), probing pocket depth (PPD), and oral hygiene index- simplified (OHI-S) compared to placebo [P < 0.01]. [Read more »](#)



Six Non-Essential Amino Acids Improves Joint Pain and Stiffness in Healthy Subjects with Joint Discomfort

Written by Taylor Woosley, Staff Writer. 12-week supplementation of 12 g of 6 non-essential amino acids (alanine, aspartic acid, glutamic acid, glycine, proline, and serine) resulted in improved VAS, JKOM, and JOA scores, suggesting that the treatment group experienced improved joint pain, discomfort, and stiffness both in a resting state and during normal activity. [Read more »](#)

[Donate to help support our mission](#)

[Visit our website at www.naturalhealthresearch.org](http://www.naturalhealthresearch.org)

Follow us:

