



Natural Health Research Institute

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

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WWW.NATURALHEALTHRESEARCH.ORG

Natural Solutions for Healthy Skin— We can all be proactive in delaying the natural aging process and protect against various skin problems. Simple steps involve practicing good skin care and making healthy lifestyle choices. Use “gentle to the skin” cleansing products, eat a healthy, well balanced diet and taking supplements that promote healthy skin are also important. Lastly, practice stress management, refrain from smoking, and use sunscreen liberally to avoid excessive sun exposure. Above all, do not forget your 7-8 hours of sleep!



Cocoa Intake Improves Skin Health



Grapeseed Extract may Help with Skin Conditions



Trio of Supplements may Offer Help for Psoriasis



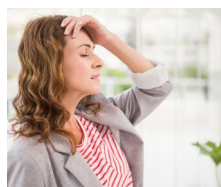
Lycopene-Rich Tomatoes Can Do Your Skin Good

The Natural Health Research Institute will sponsor “Modulating the Microbiome: Therapeutic Potential” at the American College of Nutrition’s 57th Annual Conference - November 9-11, 2016 in San Diego, California. This conference is intended for clinicians (physicians and all nutrition-related practitioners), researchers, academicians, students and any other health care professional or individuals active or interested in the field of nutrition science.

[Click here to view full conference details including agenda and registration information.](#)

Elwood Richard, Founder and technical director of the NHRI has written a poetry book for children titled “Grandpa’s Rhymes for Healthy Times”. A healthy take on classic nursery rhymes. The book can be purchased at health food stores. If you are a health food store owner, you can purchase the book from Now Foods for the amount of \$2.97. If interested please call and ask for item #8997.

Newest Postings -- A selection of articles posted in August are shown below. Click on the title or the “Read more” link to view them.



Melatonin Comparable to Medications for Migraines – Director’s Choice

Written by Greg Arnold, CSCS. Sixty migraine sufferers, who took 3 milligrams of melatonin for 12 weeks, significantly improved the frequency, intensity and duration of their migraines compared to the 59 participants in the placebo group. [Read more »](#)



New Study Shows Smell of Lavender Could Enhance Memory – Informed Opinion

Written by Patrick B. Massey, MD, PH.D. This article discusses the benefits of essential oils, particularly lavender, for relieving a number of health conditions such as pain, anxiety, and insomnia. [Read more »](#)



Effect of Probiotic Lactobacillus Casei Strain Shirota on Stress – Director’s Choice

Written by Joyce Smith, BS. Students, who drank milk containing the probiotic Lactobacillus casei [called Shirota (LcS)] 8 weeks prior to taking an important exam, experienced significantly lower salivary cortisol levels while taking the exam. Their rate of cold and flu symptoms were also significantly lower during the 8 weeks prior to the exams when compared to control. [Read more »](#)

[Click here to read all of the newest postings](#)

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