



# Natural Health Research Institute

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

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**Women's Health** — Women have unique health concerns. Pregnancy, menopause, and conditions of the female reproductive organs can affect women in different ways. Many women can react differently to medication, are more vulnerable to certain diseases, and may experience different symptoms than men with similar conditions. For example, the symptoms of a heart attack can be significantly different for women than for men. Therefore, it is paramount that women are aware of these differences and become proactive in maintaining their health. By understanding health conditions and keeping current on relevant information, women can maximize their chances for having a healthy life and minimize the negative impact of diseases.



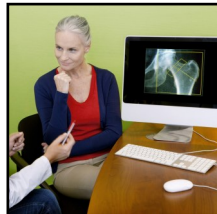
[Multivitamin Use Helps Reduce Heart Attack Risk in Women](#)



[Probiotics may Benefit Diabetes During Pregnancy](#)



[Fenugreek Shown to Alleviate Symptoms of Menopause](#)



[Improving Bone Health in Postmenopausal Women](#)

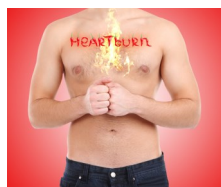


Joyce Smith, NHRI Staff Writer, is pictured above.

**The NHRI Sponsored** "Modulating the Microbiome: Therapeutic Potential" at the American College of Nutrition's 57th Annual Conference in November. The conference was attended by more than 425 participants, making it the largest conference held by the ACN. Each speaker was excellent and delivered a strong message on the importance of developing a healthy and diverse microbiome. The microbiome has been shown to affect a variety of health conditions including digestion and immunity, cardiovascular health, autism, Alzheimer's, weight management, IBD, ADHD, and leaky gut, just to name a few.

[Click here to view conference presentations.](#)

**Newest Postings** -- A selection of articles recently posted are shown below. Click on the title or the "Read more" link to view them.



### **An Anti-Inflammatory Diet May Help with Reflux – Informed Opinion**

*Written by Patrick Massey, MD, PhD.* This article suggests that simple and sustainable changes in lifestyle alone may have a profound benefit in the treatment of GERD.

[Read more »](#)



### **The Importance of Probiotics**

*Written by Joyce Smith, Staff Writer.* Learn about the many beneficial ways that probiotics influence our health and well-being. [Read more »](#)



### **Curcumin Benefits Stress Levels**

*Written by Greg Arnold, DC, CSCS.* A new curcumin formulation containing fenugreek fiber significantly decreased stress, anxiety and fatigue and improved Quality of Life in participating subjects. [Read more »](#)

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