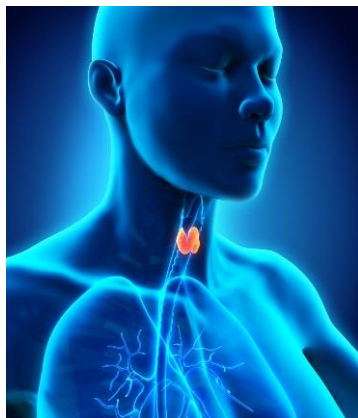




## Natural Health Research Institute (NHRI)

### Monthly Newsletter – January 2016

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#### January is Thyroid Disease Awareness Month

It is estimated that 15 million Americans have undiagnosed thyroid problems. Hashimoto's thyroiditis (also called autoimmune or chronic lymphocytic thyroiditis) is the most common thyroid disease in the United States. Hashimoto's thyroiditis results from a malfunction in the immune system. The immune system of someone with Hashimoto's mistakenly recognizes normal thyroid cells as foreign tissue, and it produces antibodies that may destroy these cells. Proper diagnosis and treatment is critical for the health of the individual. Signs that you might have a thyroid problem are: muscle/joint pain, digestions issues, weight change, depression, high cholesterol, fatigue, hair loss, and anxiety. Is you suspect you may have a thyroid problem, please visit a health professional for guidance. [Visit our website for articles on thyroid health.](#) You can find them in the thyroid category of the website.

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



#### Sage Aromatherapy shown to Improve Depression Markers

*Abstracted by Jessica Patella, ND.* Just 5 minutes of inhaling Clary sage oil significantly improved 3 biomarkers for depression. [Read more »](#)

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#### Study Links Poor Sleep to Type 2 Diabetes Risk – Director's Choice

*Abstracted by Greg Arnold, DC, CSCS.* Sleeping less than 5 hours per night increases the risk of type 2 diabetes by 34% while just 1-3 more hours of sleep have a 6% risk reduction. [Read more »](#)



### [Herbal Extract Benefits those with Ulcerative Colitis](#)

*Abstracted by Greg Arnold, DC, CSCS.* Andrographis paniculata extract was as effective as the drug mesalazine in bringing complete or partial remission to those study participants suffering from ulcerative colitis. [Read more »](#)

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### [Cranberry Juice Improves Cardiovascular and Diabetic Risk Factors – Director's Choice](#)

*Abstracted by Greg Arnold, DC, CSCS.* Cranberry juice (high in quercetin) significantly improves blood pressure, blood glucose, triglycerides and inflammatory levels in participating individuals. [Read more »](#)

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### [Magnesium-Containing Supplement may help Preserve Brain Health](#)

*Abstracted by Greg Arnold, DC, CSCS.* A new study finds that supplementing with MMFS-01, a magnesium-threonic acid compound, significantly improved cognitive impairment in participating subjects compared to control. [Read more »](#)

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

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