



Natural Health Research Institute

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Strategies for Weight Loss

When attempting to lose weight, there are many things to consider. Two of the most important factors to consider are increasing metabolism and controlling blood sugar. Proper diet and exercise are required in managing these important factors. Also, no matter the diet plan, eating late can lead to weight gain. Furthermore, adding artificial sugars to your diet may work against your weight loss goals, especially if you are not diabetic. There are many effective, natural methods to help with your weight loss efforts. Adding the simple suggestions below, as well as moderate and consistent physical activity, can help you not only lose weight, but also live a healthier lifestyle.

Natural Remedies for Weight Loss Support

- [Fiber](#)
- [Krill Oil](#)
- [Cocoa Powder](#)
- [Quercetin](#)
- [Coconut Oil](#)
- [Magnesium](#)
- [Vitamin D](#)
- [Whey Protein](#)
- [Nuts](#)



[Onion Peel/Quercetin Combination may be Effective for Weight Loss](#)



[Green Coffee Bean Extract \(GCBE\) and Weight Loss](#)



[Study Finds Whey Protein Best For Short-Term Appetite Control](#)



[When You Eat Could Determine Your Weight Loss](#)

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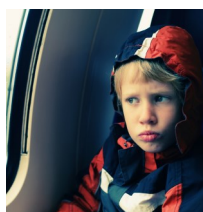
Supplemental Vitamin C and E may Benefit Mental Health - Director's Choice

Written by Greg Arnold, DC, CSCS. Study participants who supplemented with Vitamin C and E had a 40% reduced risk of Alzheimer's disease, a 38% reduced risk of any kind of dementia, and a 23% reduced risk of "Cognitive Impairment, Not Dementia" compared to those who did not supplement with Vitamin C or E. [Read more »](#)



Lavender Tea Benefits Mothers after Giving Birth - Director's Choice

Written by Greg Arnold, DC, CSCS. A cup of lavender tea, consumed daily for 2 weeks, significantly improved fatigue, depression, and bonding in postpartum women; however, their quality of sleep did not improve significantly. [Read more »](#)



Vitamin D may Benefit Children with Autism

Written by Greg Arnold, DC, CSCS. "Oral vitamin D supplementation may safely improve signs and symptoms of autism spectrum disorder and could be recommended for children with autism spectrum disorder". [Read more »](#)

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