



Natural Health Research Institute

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

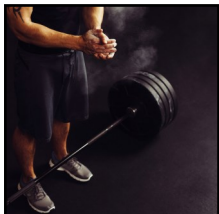
JUNE 2016

WWW.NATURALHEALTHRESEARCH.ORG

June is Men's Health Month— The purpose of Men's Health Month is to bring about awareness of preventable health problems and encourage regular checkups and screenings from healthcare providers. Screenings for blood pressure, cholesterol, glucose and prostate, help ensure early detection and treatment. Click on an icon below to view the latest research on staying healthy and preventing disease.



Fish Oil Improves Prostate Cancer Measures



Betaine shows Muscle Health Benefits



Olive Oil Improves LDL Cholesterol in Men



CoQ10 Affects Enzyme Levels Predicative to Chronic Disease

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.](#)

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



Aging Successfully – Director's Choice

Written by Jessica Patella, ND. Those with the highest intake of high glycemic index foods had a 65% risk of dying while those on diets of high fiber breads and cereals or high fiber fruits had a 64% and 81% increased likelihood of aging successfully. [Read more »](#)



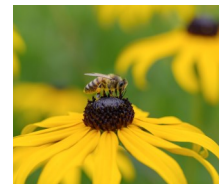
Study Identifies Legumes to be Most Related to Lifespan – Director's Choice

Written by Greg Arnold, DC, CSCS. This study demonstrates that, for supporting longevity, legumes may be the most important component in the Greek variant of the Mediterranean Diet. [Read more »](#)



Probiotics Shown to Decrease Dental Cavities

Written by Jessica Patella, ND. Of the 75 school-aged children, those who had 3 months of treatment with the probiotic Streptococcus salivarius M18 experienced a significant improvement in Cariogram score as well as a 50% plaque reduction and a 75% decrease in Streptococcus mutans (the "bad bacteria"). [Read more »](#)



The Plight of the Honey Bee

Written by Joyce Smith, BS. Cell towers, poor nutrition, stress, and excessive use of pesticides are destroying our bee population. [Read more »](#)

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

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