



# Natural Health Research Institute

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

NHRI NEWSLETTER

MARCH 2016

**The Natural Health Research Institute** is proud to announce the launch of our newly-redesigned website! The new design features a more visual and user friendly browsing experience. Our upgrades include: an enhanced search key, easier site navigation, compatibility for desktop and mobile devices and a monthly informational blog.

We hope you enjoy the look of our new website and we welcome any feedback as we continue to enhance the NHRI.

**March is Colorectal Cancer Awareness Month**—Click on an icon below to view the latest research on staying healthy and preventing disease.



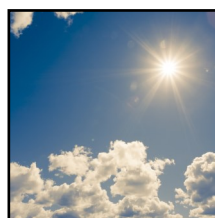
Colon Cancer Prevention



B Vitamins and Colorectal Health



Foods that Reduce Colorectal Polyps



Vitamin D and Prevention

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



### The Healing Benefits of Coconut Oil

*Written by Joyce Smith, BS.* Studies show that coconut oil offers many remarkable health benefits such as lowering blood pressure, improving cholesterol and helping to support stable blood sugar levels. [Read more »](#)



### Vitamin B-12 with Omega-3 Fats help with Inflammatory Proteins in Cardiovascular Disease

*Written by Greg Arnold, DC, CSCS.* A combination of B-12 and fish oil, when taken for 8 weeks, significantly decreased homocysteine, c-reactive protein, and ferritin levels. [Read more »](#)



### Krill Oil Shown to Improve Cardiovascular Risk Factors in Those with Diabetes

*Written by Jessica Patella, ND.* Type 2 diabetics who took krill oil for 4 weeks, significantly improved endothelial function and improved HDL (good cholesterol) levels compared to placebo. [Read more »](#)



### Aloe Vera Gel helps with Blood Sugar and Cholesterol in Diabetics – Director's Choice

*Written by Greg Arnold, DC, CSCS.* Two months of aloe vera supplementation significantly decreased glucose, total cholesterol and LDL cholesterol in participating subjects. [Read more »](#)

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

The NHRI newsletter is available free to anyone. Send a copy to any interested friends. If they wish to receive it, they can email us at [news@naturalhealthresearch.org](mailto:news@naturalhealthresearch.org). To opt out, hit "Reply" and enter "No NHRI mail"

