



Natural Health Research Institute

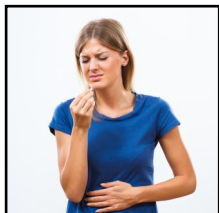
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MARCH 2017

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Digestive Health

Digestive health is essential to our overall health. The length of our intestines is about 25 feet. Food passes along the intestinal tract where nutrients are absorbed and later distributed to all areas of the body. The gastro-intestinal (GI) tract is also highly innervated and plays a very important role in immune health as well. For this reason, proper diet and nutrition is regarded as a preventative measure against disease.



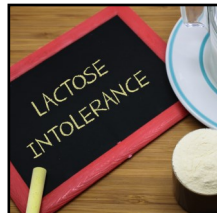
[Anti-Inflammatory Diet May Help with Reflux](#)



[Lifestyle Changes Can Bring a Bowel Back into Balance](#)



[Gut Feelings, Tummy Matters](#)



[Prebiotics Improve Symptoms of Lactose Intolerance](#)



NHRI to be an Exhibitor at the 2017 Integrative SIBO Conference Saturday & Sunday, March 25-26, 2017 National University of Health Sciences | Lombard, Illinois

Introducing the first Small Intestinal Bacterial Overgrowth event of its kind demonstrating a truly integrative platform of leading practitioners and researchers as they pioneer this exciting topic in healthcare. This conference will feature an international line-up of speakers presenting on a comprehensive spectrum of SIBO related topics such as rheumatology, restless leg syndrome, dermatology, diabetes and psychology, as well as current literature on herbal treatment and pharmacological protocols.

[Click here for more information](#)

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



If You Give a Mouse a Migraine, will He Ask for St. John's Wort?

Written by Marcia J. Egles, MD. Using a mouse model of a chemically -induced migraine event, researchers demonstrated that a single dose of St. John's Wort blocked the migraine pain. [Read more »](#)



Probiotics Improve Breast Milk Quality in Nursing Mothers

Written by Greg Arnold, DC, CSCS. A probiotic, when given to pregnant women 4 weeks prior to anticipated delivery, significantly improved immune cytokines in the nursing newborns. [Read more »](#)



Study Links Vitamin D to Thyroid Health

Written by Greg Arnold, DC, CSCS. Researchers found that vitamin D deficiency is significantly higher in patients with autoimmune thyroid disease, particularly in patients with Hashimoto's Disease and Grave's Disease. [Read more »](#)



Some Foods and Herbs May Help Ward Off the Flu

Written by Patrick Massey, MD. Fight the flu this winter with Dr. Massey's recommended arsenal of natural remedies for seasonal flu protection such as herbs, Bifidobacterium probiotics, and cranberries and elderberries that are rich in polyphenols. [Read more »](#)

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