



Natural Health Research Institute

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

APRIL 2018

WWW.NATURALHEALTHRESEARCH.ORG

April is Autism Awareness Month



Autism is an increasingly common medical condition that affects a child's ability to develop social and communication skills. The number of children who are diagnosed with autism has increased dramatically over the past 20 years. Although there are no medications that directly treat autism, medications are used to treat specific symptoms like hyperactivity, depression and changes in mood.

The exact causes of autism have not been discovered. There seems to be a genetic link, but genetics alone cannot explain the rapid increase in autism over the past few decades. In the 1980s, autism was diagnosed in one child per thousand. According to the CDC, the autism rates are now one in every sixty-eight children. One reason for the increase may be that the criteria for the diagnosis of autism has changed since the 1980s. However, environmental factors cannot be ruled out.

Continuing research into various nontraditional approaches seems to be promising and safe. Studies have shown positive results for supplementing with vitamins, minerals and amino acids, nutritional intervention, and probiotic treatments.



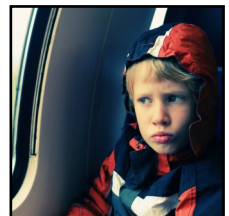
[Environmental Exposure to Heavy Metals May Be Linked to Autism](#)



[Vitamin D May Benefit Children With Autism](#)



[Vitamin B-12 \(Methyl\) for Children With Autism](#)



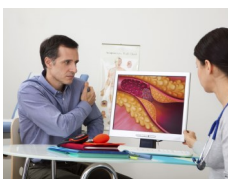
[Gut Microbiota: A Potential Treatment for Autism](#)



The NHRI was an exhibitor at the 2018 Nutrition Conference, which was held March 24-25, 2018 in Lombard, IL. The conference provided health care practitioners, students, and patients with information about various food movements in nutrition, and specifically, how to implement these food diets or strategies with success. The Ketogenic, Paleo, Gluten, and Dairy free diets and the role GMOs play in our food sources were discussed.

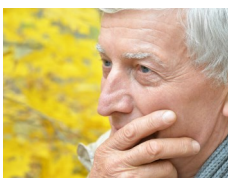
Conference proceedings will be posted on the NHRI website shortly.

Recent Posts



Periodontal Disease Contributes to Atherosclerotic Vascular Disease

Written by Joyce Smith, Staff Writer. This study demonstrates how an oral infection with *P. gingivalis* can lead to chronic periodontal disease and the development and progression of atherosclerotic vascular disease. [Read more »](#)



Resveratrol a Potential Therapy for Alzheimer's Disease

Written by Angeline A. De Leon, Staff Writer. Supplementation with two grams of resveratrol significantly reduced proinflammatory markers and CSF Aβ42 and slowed down cognitive decline in the thirty-eight participating subjects with Alzheimer's disease. [Read more »](#)



DHA and Fish Oil Shown to Improve the Brain After Stroke

Written by Jessica Patella, ND. A combination of omega-3 fish oils and DHA significantly improved brain tissue recovery by increasing blood vessel and nerve tissue growth and spatial memory following induced ischemic stroke in a mouse model. [Read more »](#)



Omega-3 Fatty Acids Benefit Those With Inflammatory Heart Condition

Written by Greg Arnold, DC, CSCS. Participating subjects with chronic Chagas cardiomyopathy who supplemented with three grams of omega-3 fatty acids daily for eight weeks had significant improvements in serum triglycerides and IL-10 levels compared to controls. [Read more »](#)

[Donate to Help Support Our Mission](#)

Visit our website at www.naturalhealthresearch.org



[Unsubscribe](#)