

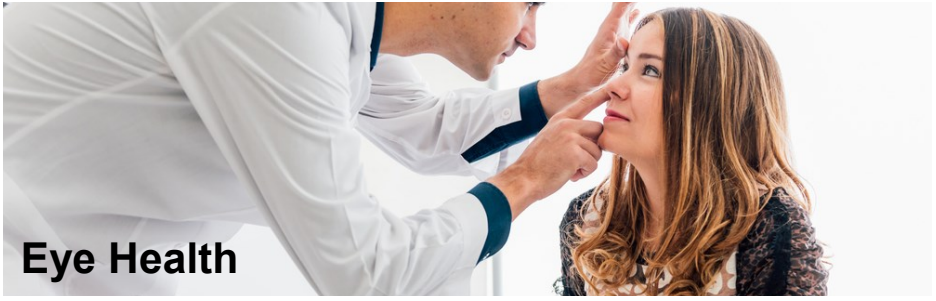


Natural Health Research Institute

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

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WWW.NATURALHEALTHRESEARCH.ORG



Eye Health

Our eyes, as it goes, 'are our windows to the world'. Without sight, it's impossible to fully experience the colors, shades, tints and tones of our environment. Therefore, maintaining good eye health is necessary in our daily lives. Formulas for eye health rank second in consumer demand for dietary supplements according to the latest marketing research. With millions of computer users out there, this isn't surprising. Many spend their days in front of a computer screen with less than ideal lighting, and then sit up at night watching TV. Is it any wonder that our eyes itch, burn, tear up and turn red? Our modern lifestyle may be negatively affecting the health of our eyes.

Five things you can do to improve your vision and protect your eyes:

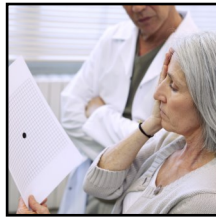
1. Avoid excess UV exposure and harsh light in the workplace. Use antioxidants and nutraceuticals that support healthy vision and reduce eye strain.
2. Reduce stress and get plenty of sleep. Use melatonin until your sleep pattern is re-established.
3. Eat plenty of dark leafy greens, red, orange and yellow fruits and vegetables. Get two servings of fatty fish per week, or take a fish oil supplement. Add astaxanthin if you work outdoors to help protect against UV light.
4. Drink a phytofood beverage. Do a liver cleanse if needed.
5. Quit smoking and add vitamin C to your diet.



Lutein and Zeaxanthin Improve Eye Health in Young Subjects



Fish Oil Shown to Improve Symptoms of Dry Eyes from Computer Vision Syndrome

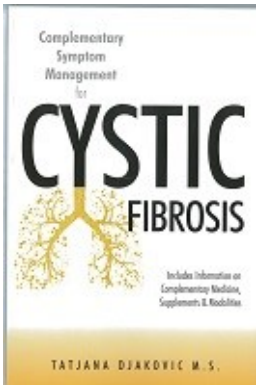


Ginkgo and Bilberry Benefit Those with Glaucoma



Long-Term Effects of Antioxidants on Age-Related Macular Degeneration

Recently Published Cystic Fibrosis Booklet



This booklet produced by the Natural Health Research Institute (NHRI) and Tracie Lawlor Trust for cystic fibrosis (TLT4CF) on complementary symptom management for cystic fibrosis (CF) is meant to bring together some of the most widely used complementary treatments for CF and establishes a solid evidence base for the expanding role of alternative approaches within the integrative medical field.

Visit our [Amazon page](#) to purchase this informative booklet.

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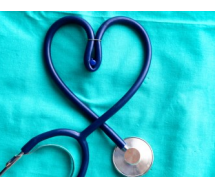
Blackcurrant Seed Oil for Atopic Dermatitis in Young Children

Written by Jessica Patella, ND. Three grams of blackcurrant seed oil, when given to pregnant women at 8-16 weeks gestation, later through their breastfeeding cycle, and then to their infants until age 2 years, significantly improved atopic dermatitis in 12 month old infants compared to the olive oil placebo. [Read more »](#)



Curcumin Reduces Adipose Tissue and Aids Weight Loss

Written by Angeline A. De Leon, Staff Writer. Supplementation with 800 mg of curcumin with added piperine and phosphatidylserine significantly improved weight loss and reduced waist size and hip circumference in participating subjects compared to control. [Read more »](#)



Does a Diet High in Linoleic Acid Prevent Coronary Heart Disease?

Written by Joyce Smith, Staff Writer. Re-evaluation of previous studies validates that increasing dietary saturated fats reduces the risk for coronary heart disease in spite of increasing serum cholesterol. [Read more »](#)

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