



Natural Health Research Institute

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

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Environmental Health



Our health is directly affected by the environment. The harmful choices we make, such as spraying farm fields with pesticides and herbicides, geoengineering, BPA in drinking water, and toxic lead exposure, threaten our health. According to the World Health Organization, 23% of all estimated global deaths are linked to the environment. Geo-engineering, the deliberate large-scale intervention in the Earth's natural systems to counteract climate change, has been linked to heart disease, upper respiratory illnesses, asthma, and Alzheimer's disease. Toxic chemicals such as glyphosate, BPA and lead have been associated with Parkinson's disease, inflammation and cardiovascular disease.

There are ways you can limit your exposure to these toxins by incorporating lifestyle changes. Eating organic can limit the exposure from pesticides sprayed on your food. Switching to natural forms of household cleaners and limiting your time on electronics are other changes you can make to protect yourself. There are also many natural and alternative options that can be of benefit from exposure to these toxins.

Safe air, land, water and homes are fundamental to a healthy community environment and should be a top priority. Implementing and enforcing environmental standards and regulations would improve quality of life. If we continue to cause permanent and irreversible changes to our planet, we potentially threaten our very existence as a human race.

"When the earth is sick and polluted, human health is impossible.... To heal ourselves we must heal our planet, and to heal our planet we must heal ourselves." – Bobby McLeod (Aboriginal Activist & Poet)



[Low-Level Lead Exposure A Risk Factor For Cardiovascular Disease](#)



[Exposure to Bisphenol A is Directly Linked to Inflammation](#)



[Chemtrails, Geoengineering and Global Warming](#)



[Mulberry Leaf Protects the Brain From Glyphosate Toxicity](#)

Upcoming Events

Free Live Webinar:



Biochemical and Nutritional Interventions for ADHD and Behavioral Disorders

Presented by William J. Walsh, PhD, FACN

Date: Wednesday, September 12, 2018

Time: 10:00 a.m. PT, 12:00 p.m. CT, 1:00 p.m. ET

The NHRI is excited to announce we will be collaborating with the Walsh Institute to co-host an upcoming webinar on biochemical and nutritional factors that influence a child's focus, mood, behavior and academic performance.

[Click here to register and for more information.](#)



Trinity Conference
A Natural Health Experience
September 22-23, 2018 Schaumburg, IL

The NHRI will be an exhibitor at this comprehensive natural and alternative health forum.
[Click here for more information.](#)



American College of Nutrition's Annual Conference
Personalized Nutrition 2018 - Translate the Science of NutriGenomics into Practice
November 7-9, 2018 in Seattle, WA

The NHRI will be a sponsor at the ACN's annual conference.
[Click here for more information.](#)

Recent Posts



[Stevia Shown to be Effective Against Lyme Disease](#)
Written by Joyce Smith, Staff Writer. This study demonstrated the effectiveness of a stevia extract to effectively eliminate all in-vitro morphological forms of Borrelia burgdorferi known to cause Lyme disease. [Read more »](#)



[Mercury Exposure from Thimerosal Significantly Associated with Abnormal Brain Connectivity](#)
Written by Angeline A. De Leon, Staff Writer. Results from this study suggest that Hg exposure from thimerosal is significantly associated with the abnormal connectivity spectrum disorders of autism spectrum disorder, tic disorder, and ADD/ADHD. [Read more »](#)



[Music Therapy May Reduce Agitation in Dementia](#)
Written by Marcia J. Egles, MD. Study demonstrated that six weeks of individualized music therapy significantly reduced agitation and disruptiveness and improved quality of life in the participating nursing home residents suffering from dementia. [Read more »](#)



[Combining Lentils With Carbohydrates Helps Blood Sugar](#)
Written by Jessica Patella, ND. Combining lentils with rice or potatoes significantly reduced glycemic response in the 24 participating subjects compared to those in the control group. [Read more »](#)

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