



Natural Health Research Institute

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

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Coping with Stress



Stress is not a bad thing. In fact, stress is a great motivator. It causes some level of discomfort and compels us to seek something different. However, it is when stress is chronic and unable to be relieved that damage to the body, mind and soul occurs.

There are two kinds of stress...acute and chronic. Acute stress is rapidly relieved...the stress caused by being

chased by a wolf is quickly relieved when you climb a tree (unless you cannot climb a tree).

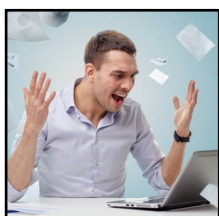
Chronic stress is something else. This stress is unrelieved no matter what the circumstances...constant deadlines at work, a sick family member, frustration, fear, unhappiness. Chronic stress lives with you 24/7 and affects all of your organ systems, your mind and can even rock you to your very soul.

In today's society we keep pushing...and we actually define ourselves by how much stress we can carry but the effects on the body, mind and soul can be tremendous and unrelenting. Stress is associated with all chronic disease including heart disease, diabetes, obesity and dementia.

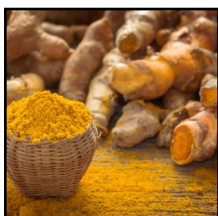
Stress reduction is life-saving and healthy. Everyone has the power to reduce the impact of stress, we just need to do it more often.

Natural Methods to Relieve Stress

- Get regular, relaxing exercise
- Eat well-balanced, healthy meals
- Limit media
- Have some fun – play every day
- Try something different – energy healing, like Reiki, is very relaxing
- Supplement to counter the effects of stress and increase your ability to cope with it
- Think positive thoughts and meditate
- Get proper sleep



Effects of L-Theanine and Caffeine on Blood Pressure Under Stress



Curcumin and Stress Levels



Stress-Reducing Effects of Aromatherapy



Hops Dry Extract May Help Alleviate Anxiety, Depression, and Stress



The Natural Health Research Institute sponsored "Modulating the Microbial Landscape" at the American College of Nutrition's 58th Annual Conference which was held November 8-10, 2017 in Alexandria, VA. Researchers and clinicians gave innovative presentations on how nutrition intersects with current research in systems biology, epigenetics, nutrigenomics, metabolomics, and the microbiome to impact the trajectory of cancer.

[Click here to view conference presentations.](#)

Recent Posts



Whole Grain Diets can Change Our Gut Microbiome

Written by Joyce Smith, Staff Writer. A whole grain diet, compared with a refined grain diet, significantly reduced body weight, energy intake, fat-free mass, plasma leptin, inflammatory marker CPR, and proinflammatory cytokines IL6 and IL1 β but had no effect on insulin sensitivity or gut microbiota. [Read more »](#)



Combined Supplementation with Coenzyme Q10, Feverfew, and Magnesium May Help Alleviate Migraines

Written by Angeline A. De Leon, Staff Writer. A prospective observational study found that a 3-month supplementation with a combination of feverfew, magnesium and coenzyme Q10 significantly decreased headache duration in the 68 participants with migraine headaches. [Read more »](#)



Vitamin D Plays Important Role in the Functioning of the Immune System

Written by Patrick B. Massey, MD, PhD. Adequate Vitamin D levels not only support the immune system but may also play an important role in the treatment of Hashimoto's Disease. [Read more »](#)

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