



# Natural Health Research Institute

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

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[WWW.NATURALHEALTHRESEARCH.ORG](http://WWW.NATURALHEALTHRESEARCH.ORG)

## Autoimmune Disease

An autoimmune disease is a condition in which the body's immune system mistakenly attacks healthy cells and tissues. The National Institutes of Health estimates that as many as 23.5 million Americans live with an autoimmune disease and its prevalence is expected to rise.



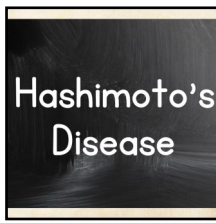
There are more the 80 types of autoimmune disorders. They may involve a single organ such as Hashimoto's thyroiditis or type 1 diabetes or instead be generalized, attacking nearly any organ or tissue of the body such as with lupus.

Scientist are not entirely sure what triggers an autoimmune disease to develop. Genetics likely play a role in combination with external factors such as environment, lifestyle and even past infections. With the number of incidences rising, researchers suspect exposures to chemicals or solvents may be involved.

There are many effective natural approaches to easing the symptoms of autoimmune disease including, diet, food sensitivity tests, and supplements. Fish oil, vitamin D and vitamin C, ginger, curcumin and probiotics are just a few supplements helpful in reducing inflammation. In addition to supplements, lifestyle changes such as eating a healthy diet, exercise and getting plenty of rest may also contribute to easing the pain and symptoms of autoimmune disease.



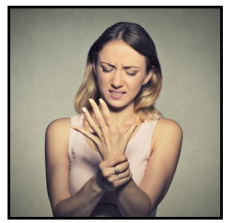
[Taurine may Improve Blood Vessel Health in Type 1 Diabetics](#)



[Ashwagandha May Benefit Those With Thyroid Problems](#)



[Aromatherapy and Reflexology for Patients with Rheumatoid Arthritis](#)



[Vitamin D Improves Symptoms of Systemic Lupus Erythematosus](#)

## Recent Events

### American College of Nutrition's Annual Conference, Personalized Nutrition 2018— Translate the Science of Nutrigenomics into Practice

The NHRI was an exhibitor at the conference which was held November 7-9, 2018 in Seattle, WA. Researchers and clinicians gave innovative presentations on how NutriGenomic science provides deep insight into a person's unique health trajectory, empowering clinicians to practice truly personalized nutrition.

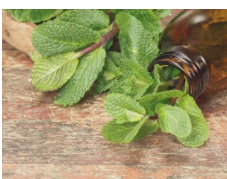
Conference proceedings will be posted on the website shortly.

## Recent Posts



### Greater Consumption of Organic Food Linked to Reduced Risk of Cancer

*Written by Angeline A. De Leon, Staff Writer.* In this population-based cohort study of 68,946 participating French adults, a higher frequency of organic food consumption was associated with a 34.3% reduced risk of breast cancers, 13.4% prostate cancers, 7.4% colorectal cancers, and a 3.5% reduced risk for Non-Hodgkin's lymphomas. [Read more »](#)



### Peppermint Essential Oil Shown to Improve Mental Functioning

*Written by Jessica Patella, ND.* Compared to the placebo, only the higher dose of 100 microL of peppermint essential oil (*Mentha piperita*) was effective in significantly improving participants' cognitive tasks performance and reducing the mental fatigue associated with the extended cognitive testing in this double-blind, placebo-controlled, balanced cross-over study. [Read more »](#)



### Does a Balanced Diet Reduce Asthma Attacks?

*Written by Dr. Patrick Massey, MD, PhD.* Research suggests a well-balanced diet rich in vegetables and fruits may reduce the risk of severe asthma attacks. [Read more »](#)



### Chamomile Oleogel Effective for Pain Relief in Migraine

*Written by Angeline A. De Leon, Staff Writer.* After 30 minutes of application, an oleogel form of chamomile significantly decreased pain, nausea, vomiting, photo and phenophobia in participants suffering from migraine without aura. [Read more »](#)

## SUPPLEMENT FACT

A new review published in Nutrition, Metabolism and Cardiovascular Diseases concluded that thiamine (also known as vitamin B1) deficiency could have a role in the development of cardiovascular diseases.

From The Council for Responsible Nutrition



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