



Natural Health Research Institute

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

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A Good Night's Sleep is Crucial to Your Health



Lifestyle choices are critically important for long-term health. We often hear about diet, exercise and stress reduction as being the keys to good health. However, there is one lifestyle choice that most Americans ignore and yet is indispensable. It is sleep. Without a good night's sleep, the body does not heal. You can eat organic

food, exercise every day and reduce all of your stress, yet without a good night's sleep you are at an increased risk of all major illnesses.

A chronic lack of sleep increases the risk for almost all medical conditions. High blood pressure, heart disease, obesity, diabetes, autoimmune disease and chronic pain syndromes are all higher in those who don't get a good night's sleep. And a good night's sleep is not just eight hours at any time. The best eight hours are between 10 p.m. and 6 a.m.

A recent Taiwanese study found that individuals who were unable to get a solid night's sleep had a significantly increased risk of developing autoimmune disease. For most of the autoimmune diseases studied, the increased risk of developing autoimmune disease was 1.5 to 2 times greater in those individuals not getting a good night's sleep.

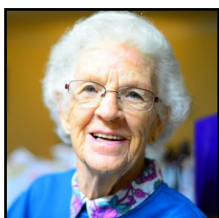
Over the past 50 years, the average night's sleep has decreased from 7.9 hours to 6.8 hours. This is a significant reduction in sleep, considering that about 30 percent of Americans are getting less than 6.8 hours of sleep per night. There are many reasons for this level of sleep deprivation. Among them are increasing workloads, TV, night shift work, the Internet, as well as stress and even perhaps medications. The bottom line is that Americans are not getting enough good quality sleep and it is impacting our health. One rather disturbing statistic is that sleep deprivation among children and teenagers is dramatically increasing.

Sleep is the one indispensable factor for good health. No one is immune. Better health is the reward.

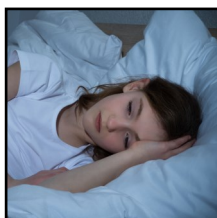
Written by Patrick Massey, MD, PhD.



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[Music Therapy Improves Sleep Quality and Mental Health in the Elderly](#)



[L-Theanine Improves Sleep Quality of Children With ADHD](#)



[Lavender Aromatherapy Shown to Improve Sleep and Anxiety](#)

Upcoming Events



TRINITY conference

**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



Probiotics Improve Immune Function and Decrease Colds/Flu-Like Symptoms

Written by Jessica Patella, ND. A combination of probiotics Lactobacillus paracasei, Lactobacillus casei, and Lactobacillus fermentum significantly reduced the incidence and severity of upper respiratory infection in participating subjects compared to placebo. [Read more »](#)



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Written by Angeline A. De Leon, Staff Writer. Compared to the control group, phytoosomal curcumin supplementation significantly reduced hepatic fat accumulation in the participating subjects with non-alcoholic fatty liver disease. [Read more »](#)



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Written by Dr. Patrick Massey, MD, PhD. Studies have shown that supplementation with CoQ10 improves many of the symptoms of congestive heart failure including exercise stamina, shortness of breath and leg swelling. [Read more »](#)



Mobile Phone Radiation Associated with Genotoxic Effects

Written by Angeline A. De Leon, Staff Writer. This study demonstrates that mobile phones when used for prolonged periods can cause genotoxicity and that headphone use reduces the harmful effects of mobile phone radiation. [Read more »](#)

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