



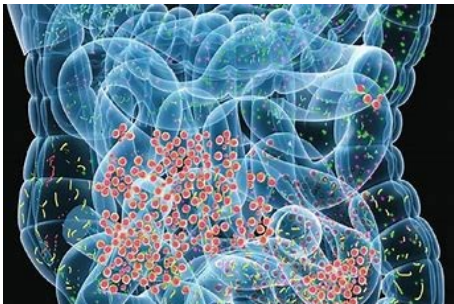
Natural Health Research Institute

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

SEPTEMBER 2018

WWW.NATURALHEALTHRESEARCH.ORG

The Microbiome



The microbiome is the collection of microorganisms that live on or within the human body. All humans have a microbiome from very early in life, even though they do not start out with one. Newborns pick up microbes as they pass through the birth canal and add new species from association with family, clothing, bedding and even pets. Yet no two people share the same microbial makeup – even identical twins. These microbes include bacteria, archaea, protozoa, viruses and fungi.

The microbes inhabit all parts of our body such as the upper respiratory tract (sinuses, nasal pharynx), oral cavity, skin, and urogenital areas, however most reside in the gut where they have a constant supply of nutrients. Collectively, these organisms outnumber our own human cells 10 to 1, making up to 5 pounds of our body weight.

The symbiotic relationship between these organisms and the body has a powerful effect on our health. Scientists have discovered that an imbalanced microbiome can be involved in a number of clinical problems including inflammatory bowel disease, irritable bowel syndrome, colorectal cancer, gut-derived infections, and even frailty in the elderly. Additionally, there are proposed links between the microbiota and appetite control, energy balance, obesity, diabetes, immune function, allergies, behavioral problems, cardiovascular disease, and some cancers. An ever-growing number of studies have demonstrated that changes in the composition of our microbiomes correlate with these disease states, raising the possibility that manipulation of these communities could be used to treat disease.



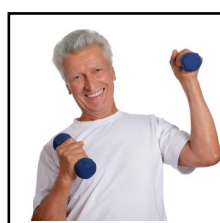
[Do Whole Grain Diets Change Our Gut Microbiome?](#)



[Pesticide Chlorpyrifos Associated with Changes in Intestinal Microbiota](#)



[Artificial Sweetener Aspartame Influences Gut Microbial Composition](#)



[The Effects of Exercise on Gut Microbiota in Lean and Obese Participants](#)

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 in 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



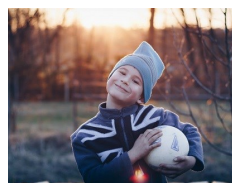
Proton Pump Inhibitors Promote Alcoholic Liver Disease
Written by Joyce Smith, Staff Writer. Researchers found an association between increases in the use of gastric acid-suppressive medications (proton pump inhibitors) and the increasing incidence of chronic liver disease. [Read more »](#)



Residential Proximity to Agricultural Pesticides Affects Neurodevelopment in Children
Written by Angeline A. De Leon, Staff Writer. This study demonstrates an inverse relationship between prenatal residential proximity to agricultural use of potentially neurotoxic pesticides and poorer neuro-development in 7-year-old children. [Read more »](#)



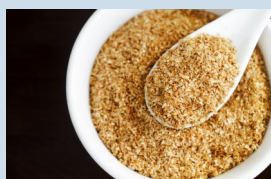
Dark Chocolate Shown to Improve Cardiovascular Health
Written by Jessica Patella, ND. Study participants who consumed ten grams of dark chocolate had a significant reduction in systolic blood pressure and heart rate compared to the control group who ate white chocolate. [Read more »](#)



Cannabidiol Manages Seizures in Patients with Lennox-Gestaut Syndrome
Written by Angeline A. De Leon, Staff Writer. A fourteen-week treatment of 20 mg/kg daily of a pharmaceutical formulation of purified cannabidiol significantly diminished drop seizures in the participating patients with Lennox-Gastaut syndrome compared to the control group. [Read more »](#)

CONSUMER SURVEY FACT:

Supplementing with psyllium fiber could generate an average annual savings on healthcare of \$4.38 billion per year between 2013 and 2020 if all U.S. adults over the age of 55 diagnosed with coronary heart disease were to use preventive intake levels of this supplement.



From The Council for Responsible Nutrition

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