



Natural Health Research Institute

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

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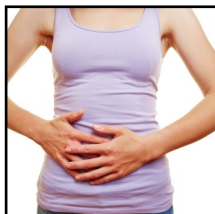
Probiotics— Probiotics scientifically have been shown to restrict the growth of 'bad' or disease causing bacteria, stimulate immunity, and support digestion and absorption of nutrients. Studies have even shown that probiotics can significantly reduce the occurrence of gum disease by 40%. Probiotics can influence genes regulating healing, blood pressure, and release of hormones. Having a healthy intestinal population of probiotics can protect you from pathogenic bacteria that wreak havoc and cause serious illnesses.



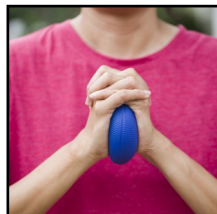
[Multispecies Probiotics and Diabetes](#)



[Probiotics for Cancer Prevention and Treatment](#)



[Probiotics for IBS and Constipation](#)



[Effect of Probiotic Lactobacillus Casei Strain Shirota on Stress](#)

The Natural Health Research Institute will sponsor "Modulating the Microbiome: Therapeutic Potential" at the American College of Nutrition's 57th Annual Conference - November 9-11, 2016 in San Diego, California. This conference is intended for clinicians (physicians and all nutrition-related practitioners), researchers, academicians, students and any other health care professional or individuals active or interested in the field of nutrition science. [Click here to view full conference details including featured speakers and agenda.](#)

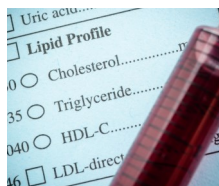
Elwood Richard, Founder and technical director of the NHRI has written a poetry book for children titled "Grandpa's Rhymes for Healthy Times". A healthy take on classic nursery rhymes. The book can be purchased at health food stores. If you are a health food store owner, you can purchase the book from Now Foods for the amount of \$2.97. If interested please call and ask for item #8997. Poems by Elwood Richard will be featured on the NHRI website beginning this month. Look for them on the NHRI homepage under the icon titled "Children's Health Rhymes".

Newest Postings -- A selection of articles recently posted are shown below. Click on the title or the "Read more" link to view them.



Probiotic Supplement Benefits Preterm Infant Health – Director's Choice

Written by Greg Arnold, DC, CSCS. 10,890 infants who were given a combination of Lactobacillus acidophilus and Bifidobacterium infantis had a significant 52 % reduced risk of developing necrotizing enterocolitis (NEC); a 49% reduced risk of death after contacting NEC and an 11% reduced risk of blood stream infections compared to preterm infants who did not receive probiotics. [Read more »](#)



Fish Oil Shown to Help Those with Familial High Cholesterol

Written by Jessica Patella, ND. Hypercholesterolemia patients (on statin drugs), who supplemented with 4 grams of omega 3 per day for 8 weeks, saw significant improvements in large artery elasticity, and decreased blood pressure, triglycerides, and apB concentration. [Read more »](#)



Cranberry Extract (Proantocyanidin-A) Reduces Factors to Recurrent UTI by E. Coli – Director's Choice

Written by James C. Morton Jr., Staff Writer. In a randomized placebo-controlled clinical research study, cranberry extract significantly reduces urinary tract infection factors (75.8%) related to E. Coli compared to baseline and placebo group. [Read more »](#)

[Click here to read all of the newest postings](#)

The NHRI newsletter is available free to anyone. Send a copy to any interested friends. If they wish to receive it, they can email us at news@naturalhealthresearch.org. To opt out, hit "Reply" and enter "No NHRI mail"

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