



Natural Health Research Institute

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

DECEMBER 2019

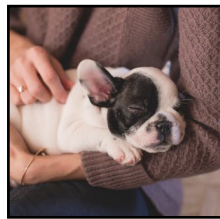
WWW.NATURALHEALTHRESEARCH.ORG

Emotional Self-Care

Emotional self-care is being aware of your thoughts, feelings and behaviors and what you do to find inner stability and balance. Learning healthy ways to cope with stress and problems in life, cultivating healthy relationships and feeling good about yourself are essential for staying emotionally well. Your emotions can often manifest themselves physically, so it is important to be aware of how you are feeling and how your body is responding.



Maintaining emotional well-being should occur on a daily basis. Practices such as prayer, meditation, expressing gratitude, reflecting and sharing with friends and family or seeing a therapist can help you get in touch with your emotions. Whether you consider yourself religious, spiritual or indifferent, taking care of your soul is just as important as taking care of the other aspects of yourself; attend church, go out in nature, exercise, or read a good book. Part of emotional self-care is identifying what activities bring you joy and incorporating them into your life. Making small changes can rejuvenate your body, mind and spirit.



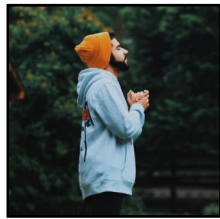
[Petting Dogs and Cats Reduces Cortisol Levels in University Students](#)



[Meditation Can Help Body As Well As Mind](#)



[The Healing Power of Gratitude](#)



[The Power of Prayer to Eliminate Depression and Anxiety](#)

Recent Events

American College of Nutrition Conference Personalized Nutrition 2019 – Regenerate Health in our Toxic Environment



The NHRI was an exhibitor and a sponsor at the conference which was held November 13-15, 2019 in San Diego, CA.

The conference showcased the latest science and solutions from the world's leading nutrition researchers and clinicians and environmental experts.

Conference proceedings will be posted on the website soon.

Save the Date

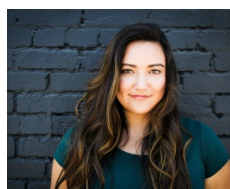
#GIVINGTUESDAY

December 3, 2019

Please consider NHRI when making charitable donations on Giving Tuesday. Your generosity will help us continue our mission of improving human health through natural and alternative methods.

[DONATE NOW](#)

Recent Posts



Sucralose Stimulates Insulin Secretion in Healthy Young Adults

Written by Angeline A. De Leon, Staff Writer. A 48 mg sucralose sip increased serum insulin and unbalanced monocyte subpopulations expressing CD11c and CD206 in noninsulin-resistant healthy young adults who were subjected to an oral glucose tolerance test. [Read more »](#)



Higher versus Lower 25-hydroxyvitamin D Levels Markedly Reduce Breast Cancer Risk

Written by Joyce Smith, Staff Writer. Pooled analysis of three studies show that the relationship between 25(OH)D serum levels and breast cancer risk are inversely related. [Read more »](#)



Effect of Mediterranean Diet in Pregnant Women with Metabolic Risk Factors

Written by Chrystal Moulton, Staff Writer. Mediterranean diet attributed to significantly reduced risk of gestational diabetes in high-risk mothers. [Read more »](#)



Ashwagandha Shown to Increase DHEA-S and Testosterone in Men

Written by Jessica Patella, ND. An eight-week supplementation with ashwagandha extract was associated with increased levels of DHEA-S and testosterone. [Read more »](#)



Quercetin Lessens Obesity and Fat Associated Inflammation

Written by Marcia J. Egles, MD. Study shows that quercetin or botanical extracts containing quercetin induce white adipose tissue remodeling which may occur through inflammatory-related mechanisms. [Read more »](#)

[Donate to Help Support Our Mission](#)

Visit our website at www.naturalhealthresearch.org



[Unsubscribe](#)