



Natural Health Research Institute

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

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WWW.NATURALHEALTHRESEARCH.ORG

COVID-19 Resources

We've been living with the new coronavirus for the better part of 2020, and the spread of COVID-19 is still going strong in many areas.

The NHRI has posted a number of studies that were conducted over the last few months regarding COVID-19. Our goal is to bring you helpful, evidence-based research to keep you informed and learn strategies for staying well through this difficult time.

[Click here to view the research.](#)



Holistic Insights on Covid-19

An informed opinion by our featured guest, Sarah Hung, ND, MSOM, L.ac., on integrative approaches to the Covid-19 crisis.

[Herbal Strategies Used in Chinese Hospitals to Treat SARS Coronavirus Patients](#)

[6 Antiviral Nutrients and Their Effects on Coronavirus](#)

[Inspiring Innate Immunity During COVID-19 Times](#)



Upcoming Webinar

Nutritional First Aid During the COVID-19 Crisis: Overcoming Depression- and Stress-Induced Food Cravings with Targeted Amino Acid Therapy

Presented by: Julia Ross, M.A., N.N.T.S.

Date: September 28, 2020

Time: 7:00 p.m. CT



Those millions suffering from obesity and diabetes in the U.S. are at the greatest risk of infection and death from COVID-19. But the stress and depression that this public health crisis has generated have increased our use of high calorie, low-nutrient foods (as well as alcohol and drugs) making us even more vulnerable to the virus. Understanding the role of depleted brain neurotransmitters in this deadly cycle allows us to provide the specific nutrients that can quickly stop the cravings and the negative moods that drive both obesity and diabetes.

Instructions on how to register for this event will be posted on the NHRI website shortly.

Virtual Summit 2020

Personalized Nutrition 2020: Enhancing Immune Resilience Will Take Place Virtually on November 12-13, 2020



AMERICAN NUTRITION ASSOCIATION

The NHRI is pleased to announce that we will be a sponsor at the American Nutrition Association's annual summit.

Each person's immune system responds differently to viral exposure and infection. The immune system works in concert with other many physiological systems, and personalized nutrition can uniquely enhance immune preparedness by optimizing an individual's functional status. Personalized nutrition practitioners bring much-needed services, helping to prepare society to meet the rising challenges of our modern world. Join the personalized nutrition community for Personalized Nutrition 2020, November 12-13, on our new virtual platform.

[Click here for more information and to register.](#)

Recent Posts



Nicotinamide Adenine Dinucleotide (Vitamin B3) Protects Retinal Ganglion Cells in Glaucoma

Written by Joyce Smith, Staff Writer. In this study oral supplementation with Nicotinamide Adenine Dinucleotide (NAM) was associated with significant improvements in inner retinal function for glaucoma patients concurrently taking elevated intraocular pressure (IOP)-lowering medication. [Read more »](#)



Tocotrienol-Rich Vitamin E Improves Neuronal Function in Diabetic Patients

Written by Angeline A. De Leon, Staff Writer. Eight weeks of supplementation with tocotrienol improved diabetic peripheral neuropathy (DPN) in participating subjects compared to placebo. [Read more »](#)



Effects of Fennel on Symptoms of Menopause

Written by Jessica Patella, ND. This study shows that fennel as a phytoestrogen is effective in reducing menopausal symptoms and has no serious side effects. [Read more »](#)



Lifestyle Modification Improves Symptoms of Essential Hypertension

Written by Chrystal Moulton, Staff Writer. Intense lifestyle treatment significantly improved blood pressure and pathophysiological markers of arterial stiffness and endothelial dysfunction in patients with stage 1 essential hypertension. [Read more »](#)



The Potential of Frequent Laughter to Reduce the Stress of Daily Life

Written by Joyce Smith, Staff Writer. Researchers found that the frequency, but not the intensity of laughter weakened the association between the stressful events and their subsequent stress symptoms. [Read more »](#)

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