



Natural Health Research Institute

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

April 2022

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Insulin Resistance

The CDC estimates that 1 in 3 Americans are living with a silent blood sugar problem known as insulin resistance. Insulin is one of the most important hormones in the body. It mainly affects carbohydrate metabolism with a limited role in protein and fat synthesis. Insulin is released from the pancreas into the bloodstream in response to rising blood sugar (glucose) from a digested meal. Insulin resistance is when cells are resistant to insulin, leaving sugars to remain in the bloodstream. If left untreated it can increase the risk for prediabetes, type 2 diabetes and many of other serious health problems, including: cardiovascular disease, metabolic syndrome, non-alcoholic fatty liver disease and obesity.

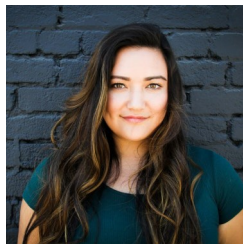


Scientists believe that excess body fat, especially around your belly, and physical inactivity are the two main contributing factors to insulin resistance. They also have identified several genes that make a person more or less likely to develop insulin resistance. It is also more common in people with a family history of insulin resistance, prediabetes, or diabetes, polycystic ovary syndrome (PCOS), chronic stress, high blood pressure, high cholesterol and an unhealthy diet.

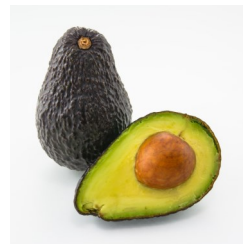
Lifestyle changes including improving your diet, losing weight, adding in herbs and supplements to your daily routine, and beginning or modifying your exercise habits are highly recommended if you are diagnosed with insulin resistance. Making these small positive changes can not only help reverse insulin resistance, but can also promote your overall health, wellness, and quality of life.



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April is Autism Awareness Month



Autism, or autism spectrum disorder (ASD), is a complex developmental disorder that is commonly characterized by repetitive behaviors and difficulties with social interaction, communication and self regulation. In March 2020, the US Federal Centers for Disease Control announced that 1 in every 54 children in the United States is affected by autism.

Indicators of autism usually appear by age 2 or 3. Some associated development delays can appear even earlier, and often, it can be diagnosed as early as 18 months. Studies show that early intervention leads to positive outcomes later in life for people with autism.

Continuing research into various complementary and alternative approaches seems to be promising and safe. Studies have shown positive results for supplementing with vitamins, minerals and amino acids, nutritional intervention, and probiotic treatments.

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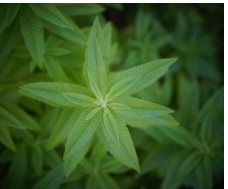
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