



Natural Health Research Institute

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

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Coping with Anxiety

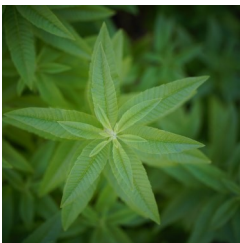
Anxiety is a feeling of intense worry, uneasiness or fear that we experience when we're facing something stressful, often a situation with an uncertain outcome. Everyone has these feelings from time to time, but anxiety can become a mental health problem if these thoughts become intense and persist for a long time. These feelings are unhealthy if they affect your quality of life and prevent you from functioning normally.

Living with anxiety can be very difficult and at times feel overwhelming. Fortunately, there are many effective strategies that you can utilize to help cope with anxiety so it doesn't interfere with your life.

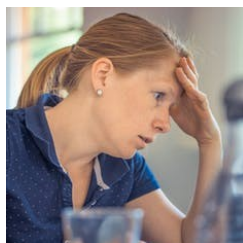


Try one of these suggestions to relax your mind and help you regain control of your thoughts.

- Eat nutritious foods
- Get enough sleep
- Exercise regularly
- Practice breathing exercises
- Keep a journal
- Identify triggers
- Focus on what you can change
- Listen to music
- Pray or meditate
- Read a book or watch a funny movie
- Engage in a creative activity such as drawing or painting
- Spend time with animals
- Drink an herbal tea
- Use aromatherapy
- Herbal supplements such as ashwagandha, chamomile or lavender
- Draw strength from spiritual support
- Seek professional help if needed



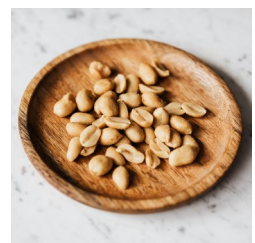
[Lemon Verbena Shown to Help Anxiety and Sleep Quality](#)



[Supplement Shown to Help Chronic Stress and Anxiety](#)



[Chamomile Shown to Help Those with Both Anxiety and Depression](#)



[Daily Peanut Consumption Associated with Improved Memory and Decreased Levels of Stress and Anxiety](#)

May is Stroke Awareness Month



According to the American Heart Association, someone in the United States has a stroke every 40 seconds. Strokes are the leading cause of long-term disability and reduce mobility in more than half of stroke survivors age 65 and over.

Recognizing the warning signs of a stroke can help save your life or the life of a loved one. FAST is an easy way to remember and identify the most common symptoms of a stroke. Recognition of stroke and getting to a hospital rapidly will more likely lead to a better recovery.

F.A.S.T stands for:

Face: Smile and see if one side of the face droops.

Arms: Raise both arms. Does one arm drop down?

Speech: Say a short phrase and check for slurred or strange speech.

Time: If the answer to any of these is yes, call 911 right away and write down the time when symptoms started.

Reduce your risk of having a stroke by maintaining a healthy weight, getting more exercise, eating a healthy diet, lowering blood pressure, not smoking, drinking less alcohol and reducing stress. Adding natural supplements to your diet such as ginkgo biloba, omega-3's, magnesium, potassium, and vitamins C, D and E can also be of great benefit.

[View the Research](#)

Save the Date



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The NHRI will be a sponsor and exhibitor at the American Nutrition Association's annual summit, Personalized Nutrition 2022: Mental Health Matters. The event will be held on October 26-29, 2022 in San Diego, CA.

Personalized nutrition is increasingly being recognized as a powerful tool in the prevention and treatment of a spectrum of brain and mental health conditions; our nutritional status, cognition, and mental wellbeing are intricately connected. Mental health, neurological, and substance-use disorders some of the top contributors to the global burden of disease and disability and to reduced quality of living. Furthermore, conditions like depression, anxiety, and disordered eating have been associated with increased risk of some of the leading causes of death worldwide, such as cardiovascular disease. The COVID-19 pandemic and other tragedies around the world in recent years have brought conversations about mental health into focus in the public sphere.

The Personalized Nutrition 2022 Summit will explore the complex ways that nutrition, food, and other compounds in our diets influence our brains, mood, and mental health.

[View the Agenda](#)

Recent Posts



Oral Supplementation of Hydrangea serrata Leaves Improves Skin Texture and Hydration

Written by Taylor Woosley, Staff Writer. Once daily supplementation of the hot water extract of Hydrangea serrata leaves (WHS), at either a 300 mg or 600 mg dose, significantly reduced skin wrinkles and increased skin hydration after 12 weeks compared to placebo. [Read more »](#)



Aronia melanocarp Supplementation Improves Psychomotor Speed

Written by Chrystal Moulton, Staff Writer. 24-week supplementation with 90 mg Aronia melanocarpa resulted in significantly improved psychomotor functioning. Supplementation of 150 mg Aronia melanocarpa showed no further increase in psychomotor skills but significant improvements in diastolic blood pressure were noted. [Read more »](#)



Pre-Infection Vitamin D Levels Associated with Severity of COVID-19 Illness

Written by Jessica Patella, ND. Study concluded that among patients hospitalized for COVID-19, pre-infection deficiency of vitamin D was associated with an increase in disease severity and mortality. [Read more »](#)



Tocotrienol Supplementation Reduces Bone Loss in Postmenopausal Women

Written by Taylor Woosley, Staff Writer. 12-week supplementation of 600 mg tocotrienols improved serum levels of lysophospholipids and tocotrienols, significantly decreasing the rate of bone loss through the improved ability to reduce inflammation and oxidative stress. [Read more »](#)



Long Term Exposure to Air Pollution Increases Risk of Ischemic Stroke

Written by Taylor Woosley, Staff Writer. Results of this population-based cohort study show that participants living in closer relation to green spaces had a lower risk of ischemic stroke compared to individuals living with higher exposure to ambient air pollution. [Read more »](#)

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