



# Natural Health Research Institute

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

December 2023

[www.naturalhealthresearch.org](http://www.naturalhealthresearch.org)

## Caring for Your Mental Health

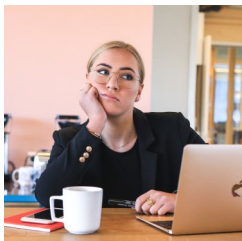


The late fall and early winter bring shorter days, a lack of sunshine and colder weather. For many people these changes can make them feel down and depressed. Often known as the “winter blues” this form of depression is called seasonal affective disorder and symptoms include feelings of sadness, lack of motivation, loss of interest in usual activities, oversleeping, weight gain and feelings of hopelessness. During this time, self-care (everything you do to stay physically and mentally well) is very important.

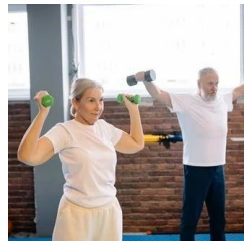
Creating a personalized self-care plan can help you manage during stressful and challenging times. Your plan should include daily activities that help you rejuvenate and relax. There are many types of self-care and they all converge towards one goal - your well-being. Here is a list of ideas to get you started.

- Go for a walk at lunchtime
- Keep a reflective journal
- Meditate
- Take a break from social media
- Practice gratitude
- Devote time to clearing clutter
- Plan a getaway
- Donate your time
- Breathe essential oils
- Watch a favorite movie
- Cook your favorite meal
- Take a relaxing bath
- Join an exercise class
- Listen to music
- Treat yourself to fresh flowers
- Go for a drive
- Focus on the positive
- Visit a museum
- Go to bed early or sleep in late
- Take a mental health day
- Write a letter to an old friend

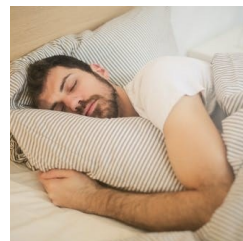
Learning healthy ways to cope with stress and problems in life, cultivating healthy relationships and feeling good about yourself are essential for staying emotionally well. When it comes to your mental health, self-care can help you manage stress, lower your risk of illness, and increase your energy. Even small acts of self-care in your daily life can have a big impact.



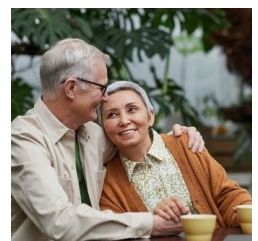
[Limited Social Media Engagement Associated with Improved Mental Well-Being](#)



[Greater Physical Activity Levels Associated with Reduced Risk of Depression in Older Adults](#)



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



[Performing Acts of Kindness Improves Social Connection](#)

## Upcoming Webinar



### The Power of Thoughts and Health

Presented by: Patrick Massey, MD, PhD, MhD

Date: Friday, January 26, 2024

Time: T.B.D.

Our thoughts are more important than we would want to believe. Thoughts are real energy that we generate and direct. They travel and affect others both in positive and negative ways...your thoughts can affect others and other's thoughts can affect you. Your thoughts create your world and positive thoughts can protect from negative thoughts...yours and others!

Medical and quantum physics research strongly supports the idea that thoughts can have a great impact on our health/life – physically, mentally and spiritually. However, not all thoughts are equal...some are powerful and lasting while other are weak and transient.

Creating an environment that filled with positive thoughts minimizes the effects of negative thought...resulting in health. A negative thought environment is ultimately destructive to body and mind.

In this interesting lecture, Dr. Massey explores the physics and medicine characterizing the reality and life - altering power of your various thoughts, how to your enhance positive thought and protect yourself from negative thoughts.

#### What you will learn:

- *What are thoughts...where they actually originate*
- *How thoughts interact with emotions...they are different*
- *The different forms thoughts can take and their properties*
- *Effect of thoughts on you...improve health*
- *How to increase positive thoughts and decrease negative ones*
- *How to protect from negative thoughts*

Dr. Patrick Massey is medical director of complementary and alternative medicine at Alexian Brothers Hospital Network, and president of ALT-MED Medical and Physical Therapy, 1544 Nerge Road, Elk Grove Village.

## Recent Event

The NHRI was a sponsor and exhibitor at the American Nutrition Association's annual summit, Personalized Nutrition 2023: Healthy Aging & Longevity. The event was held on October 19—20th, 2023 in Charlotte, NC.

The human body is constantly changing. Genetics, environment, lifestyle, and nutrition influence an individual's trajectory of health and longevity even before birth. Throughout life, growth and aging are accompanied by changes. Some changes go unnoticed, manifesting as age-related chronic diseases. Recent developments in chronobiology, gerontology, genetics, and epigenetics have enabled rapid advances in the science of aging and longevity.

**Conference presentations will be posted on the website soon.**



## Recent Posts



### **Resveratrol Administration Improves Bone Mineral Density and Reduces Bone Loss in Postmenopausal Women**

*Written by Taylor Woosley, Staff Writer.* 12-month supplementation with 75 mg of >98% trans-resveratrol twice daily resulted in a BMD increase in the lumbar spine by 1.3%, along with increasing corresponding T-scores in the neck of femur and total hip compared to placebo. [Read more »](#)



### **Effect of Persimmon Leaf Extract on Hair Density and Thickness**

*Written by Chrystal Moulton, Staff Writer.* Researchers saw significant improvement in hair density and hair thickness after 24 weeks supplementation with BLH 308. [Read more »](#)



### **2-3 Cups of Coffee Per Day Associated with Lower Risk of Depression and Anxiety**

*Written by Taylor Woosley, Staff Writer.* Findings of the meta-analysis using data from the UK Biobank suggests that 2-3 cups of ground coffee per day was associated with the lowest risk of both incident depression and anxiety. [Read more »](#)



### **Magnesium Supplementation Improves Insulin Sensitivity in Type 2 Diabetes Patients**

*Written by Chrystal Moulton, Staff Writer.* Participants in the intervention group had significantly better HbA1C values, insulin levels, C-peptide levels, HOMA-IR, and HOMA beta % value compared to controls after three months (P <0.05). [Read more »](#)



### **Vitamin B12 Supplementation in Diabetic Neuropathy**

*Written by Harold Oster, MD.* Results suggest that supplementation with vitamin B12 in patients with diabetic neuropathy and low b12 levels improves pain, quality of life, and results of neurophysiologic testing. [Read more »](#)

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