



Natural Health Research

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

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www.naturalhealthresearch.org

Naturally Preserve and Build Muscle Mass



Age-related muscle loss, also known as sarcopenia, is a natural part of aging. Beginning around age 30, muscle mass and strength naturally declines by 3-5% per decade. This loss of muscle mass and function can reduce mobility, diminish quality of life, and can lead to fall-related injuries.

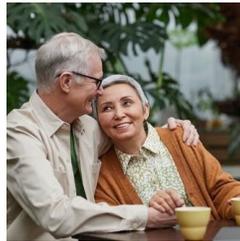
Although aging is the most common cause of sarcopenia, other factors can accelerate muscle loss. Nutritional deficiencies, hormonal changes, sedentary lifestyle, obesity, smoking, chronic stress and inflammation, as well as other conditions like heart

disease, cancer and diabetes contribute to muscle deterioration.

There are steps you can take to help manage the progression of sarcopenia and its effects on your everyday life. Incorporate resistance exercises such as yoga, tai chi, or light weightlifting into your daily routine. By adding just two to three 30-minute strength training sessions a week to regular exercise, seniors can significantly improve muscle mass. Make healthy food choices and incorporate high-protein foods such as lean meats, poultry, fish, eggs, Greek yogurt or cottage cheese in your daily diet. Several nutritional supplements, including creatine, vitamin D, whey protein, magnesium, omega- 3s, and calcium have shown great promise in combating sarcopenia.



[Flavonoid Intake Associated with Improved Performance and Muscle Mass in Subjects with Sarcopenia](#)



[Serum Omega-3 Fatty Acid Levels Associated with Occurrence of Sarcopenia](#)



[Serum Nervonic Acid as a Marker of Sarcopenia in Patients with Cardiovascular Disease](#)



[Medium Chain Triglycerides Improve Muscular Strength in Elderly Individuals with Sarcopenia](#)

IFM's Functional Medicine Conference



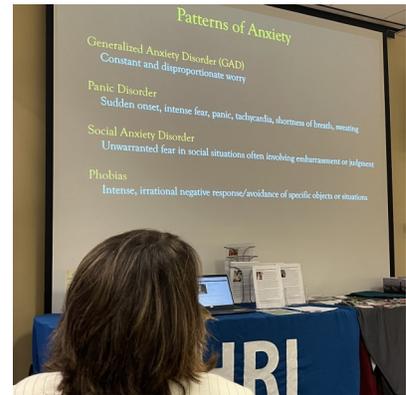
Dr. Yalda Shokooh, NHR Executive Director and Taylor Woosley, NHR Science Writer

We truly enjoyed exhibiting at the Institute for Functional Medicine's Annual International Conference (AIC). This year's theme, "Transforming Health Through Connection, Innovation, and Comprehensive Care", emphasized the importance of building patient relationships and collaborating with other providers to enhance healthcare delivery.

Some of the brightest minds in functional medicine presented impactful lectures exploring:

- Therapeutic plasma exchange for preautoimmune and neurological disorders
- Peptide therapies + quantum biology
- Dietary approaches to longevity and gut microbiome health
- Hypermobility, connective tissue disorders, pain management and so much more.

Thanks for Joining Us!



We had an amazing time hosting our second ever live lecture on Stress and Anxiety: Origins, Definitions, and Therapies presented by Dr. Patrick Massey, MD, PhD, MhD! Thank you to everyone who attended and to National University of Health Sciences for hosting the event. We hope to continue our live lecture series in a few months so stay tuned for our next event!

Click on the links below to view research on natural strategies for managing stress and anxiety.

[Lion's Mane for Cognition, Stress Support, and Gut Health](#)

[Active Hexose Correlated Compound \(AHCC\) for Immune Health, Liver Protection, and Stress Support](#)

[Standardized Ashwagandha Extract Significantly Reduces Markers of Stress in Participants with Generalized Anxiety Disorder](#)

[Increased Antioxidant Consumption Associated with Improved Depression and Anxiety Symptoms](#)

Recent Articles



Vitamin D Supplementation Reduces Acute Respiratory Infections in Children: Findings from a Randomized Clinical Trial

Written by Alexa Heathorn, CNS-c, MS, CPT. Daily supplementation of 20 µg of vitamin D3 during extended winter effectively reduced the number of sick days from ARTI and fever in children aged 6-8 years old.

[Read more »](#)



Increased Polyphenol Consumption Related to Neuroprotective and Cognitive Health Benefits

Written by Keely Puchalski, ND. Results from this study suggest that broad-spectrum polyphenols may enhance memory and attention in healthy young adults, alongside favorable increases in peripheral BDNF and CREB – two brain proteins involved in neuroplasticity, learning, and cognitive performance.

[Read more »](#)



Herbal Extract Shown to Improve Arthritis in the Knee

Written by Jessica Patella, ND. Olive leaf extract was shown to reduce pain and improve physical functioning in older patients with knee osteoarthritis, offering a complementary option for osteoarthritis.

[Read more »](#)

Natural Health Research was established as a 501c3 nonprofit in 2008 with a mission to reduce the ten leading causes of death by cost-effective natural means. With your help, Natural Health Research will continue to provide the public with life-saving, peer-reviewed research that establishes the health benefits of natural foods and supplementation.

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