



Natural Health Research

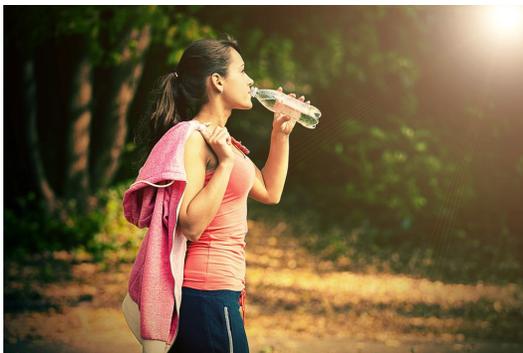
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www.naturalhealthresearch.org

Caring for Your Mental Health



Mental health challenges have been on the increase in recent years. A report from Mental Health America found that nearly 60 million Americans experienced a mental illness in 2024.

Self-care plays a pivotal role in maintaining good mental health and is an essential practice that everyone should prioritize.

Engaging in a self-care routine has been shown to reduce or eliminate anxiety and depression, lessen stress, improve mood, minimize frustration and anger, increase happiness and boost

energy. It can even lower your risk of serious illnesses such as heart disease, stroke, and cancer.

When creating a personalized self-care plan, find activities that spark joy, help you relax, and bring fulfillment. Reflect on your interests, values, and stressors to tailor the plan to your unique needs. There are many types of self-care and they all converge towards one goal - your well-being. Here are a few ideas to get you started:

- Eat healthy, nutritious meals
- Make sleep a priority
- Go for a daily walk
- Spend time with loved ones and friends
- Practice mindfulness or meditation
- Reduce screen time and take a break from social media
- Keep a daily journal - focus on gratitude
- Spend time in nature
- Breathe essential oils

Learning healthy ways to cope with stress and problems in life, cultivating healthy relationships and feeling good about yourself are essential for staying mentally well. Even small acts of self-care in your daily life can have a big impact.

[Learn More](#)

New Interview



Diet and Supplementation for Teen Eating Disorders – An Interview with Dr. Douglas S. Kalman PhD, RD, FACN, FISSN and Dr. Susan J. Hewlings, PhD, RD

In recent years eating disorder occurrence has dramatically increased in teens and young adults. In this interview with Douglas Kalman PhD RD, FACN, FISSN and Susan Hewlings PhD, RD, we discuss the crucial importance of supporting eating disorder treatment through proper nutrition and, if necessary, adequate supplementation to fill in nutritional gaps.

[Read the Interview](#)

Recent Articles



Herbal Extract Shown to Improve Menopausal Symptoms

Written by Jessica Patella, ND. Ocimum basilicum leaf extract (OBLE) was found to reduce the overall severity of menopausal symptoms. The researchers state that OBLE can be considered as a convenient and affordable option, without adverse side effects, for alleviating menopausal symptoms among women.

[Read more »](#)



Modified Atkins Ketogenic diet [MAD] Lowers Frequency and Intensity of Migraines

Written by Chrystal Moulton, Science Writer. Results from this study showed that adherence to the modified Atkins ketogenic diet [MAD] for 6 months significantly lowered the frequency, length, and disability associated with migraines.

[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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