



Natural Health Research Institute

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

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www.naturalhealthresearch.org

Physical Activity - Good for the Body, Mind and Spirit

According to the Centers for Disease Control and Prevention, regular physical activity is one of the most important things you can do for your health. Daily exercise can reduce the risk of developing several diseases like type 2 diabetes, cancer and cardiovascular disease. It also helps to improve your cognitive function, your mood, your sleep, and to help you remain healthy well into your old age. The incredible physical health benefits of exercising can improve nearly every aspect of your health from the inside out.



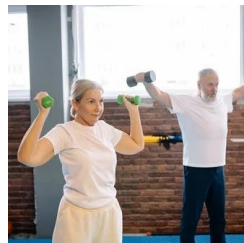
If you've gotten out of the habit of being active it's never too late to get started. The best type of exercise is one that you will do on a regular basis, so choose activities that you enjoy. Physical activities that increase your heart rate and move large muscles (such as the muscles in your legs and arms) are good choices. A good goal for many people is to work up to exercising 5 times a week for 30 to 60 minutes at a time, however exercise has so many health benefits that any amount is better than none.

Here are some simple tips for incorporating more movement in your day:

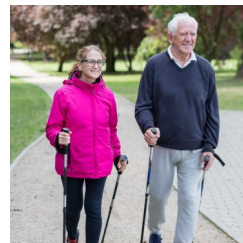
- Get a standing desk
- Park further away from the entrance to your destination
- Take a few 10-minute stretch breaks throughout the day
- Walk or bike instead of driving
- Stretch or do squats while watching T.V.
- Stand up or walk while on the phone
- Go for a walk during your lunch break
- Take the stairs
- Have a dance party with your kids
- Do calf raises while brushing your teeth
- Get a fitness tracker
- Set small goals for yourself and work towards them a little each day



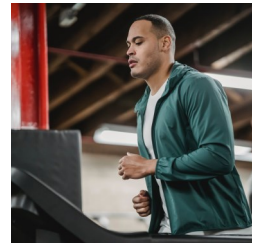
[Physical Activity Significantly Improves Cholesterol Conversion to HDL](#)



[Regular Aerobic Exercise May Induce Neuroplasticity in Older Subjects](#)



[Increased Sedentary Behavior Associated with Poorer Quality of Life in Older Adults](#)



[Aerobic Exercise Program Reduces Musculoskeletal Pain and Fatigue in Psoriasis Subjects without Psoriatic Arthritis](#)

Upcoming Webinar



The Power of Thoughts and Health

Presented by: Patrick Massey, MD, PhD, MhD

Date: Friday, January 26, 2024

Time: 12:00 p.m.

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



Low Mineral Intake Linked to Worse Cognitive Capacity

Written by Taylor Woosley, Staff Writer. Analysis of the Montral Cognitive Assessment (MoCA) test of 201 participants show that subjects in the lowest mineral intake of magnesium, copper, and manganese had lower MoCA scores compared to those in the higher mineral intake tertile. [Read more »](#)



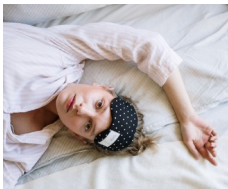
Ultra-Processed Foods Associated with Incidence of Cancer-CVD Multimorbidity

Written by Chrystal Moulton, Staff Writer. Results from the analysis showed a positive association between consumption of 1 standard deviation/day = 260g UPF/day and multimorbidity (at least 2 chronic diseases among cancer, type 2 diabetes, or cardiovascular disease) [HR= 1.09, p<0.05]. [Read more »](#)



Vitamin D Deficiency Associated with Increased Risk of Preterm Birth in Pregnant Black Women

Written by Taylor Woosley, Staff Writer. Women with vitamin D deficiency were 2.80 times as likely to have a PTB compared to women with sufficient vitamin D levels ($p \leq 0.01$). [Read more »](#)



Severe Insomnia and Folic Acid Levels

Written by Jessica Patella, ND. The study results concluded that lower serum folic acid levels were associated with higher risk of severe difficulty in falling asleep in American adults. [Read more »](#)



The Intake of Vitamin B6 and Folate and the Risk of Migraine in Adults

Written by Harold Oster, MD. Results suggest that B6 and folate consumption may lower the risk of migraine in adults. [Read more »](#)

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