



Natural Health Research Institute

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

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Achieving Healthy Weight Loss

It's no secret that being overweight or obese can increase your risk of developing serious health complications. Many of these conditions, such as cardiovascular disease, type 2 diabetes, osteoarthritis, and cancer can cause lifelong suffering for individuals and families.

Losing weight can be difficult for many people but maintaining the loss can be even more of a struggle. According to Harvard Health, only about 20% of people who lose weight can keep it off long term.



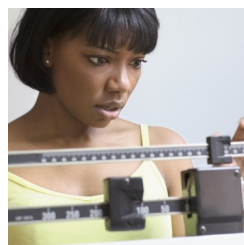
There are hundreds of fad diets and weight loss programs that promise quick and easy weight loss results. These types of diets tend to cause yo-yo dieting or weight cycling, a pattern of losing weight, regaining it, and then dieting again. Yo-yo dieting can increase your risk of heart disease, diabetes, and depression. Research shows that for successful, long-term weight loss, you must make permanent changes in your behavior and health habits.

By incorporating the simple suggestions below, you not only have the chance to lose weight, but also live a healthier lifestyle.

- Consume More Protein
- Eat More Fiber-Rich Foods
- Reduce Your Sugar Intake
- Eat 90 Percent of Your Meals at Home
- Eat More Slowly
- Prioritize exercise
- Drink plenty of water
- Get enough sleep



[Crataegus Extract Improves Body Fat and Lipid Profile in Overweight Adults](#)



[Gum Acacia Supports Satiety in Healthy Adults](#)

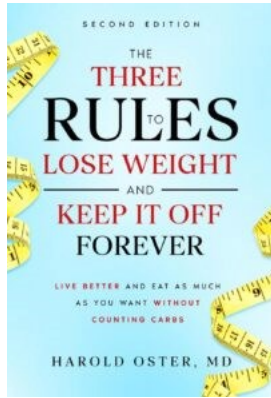


[Hydrangea Serrata Supplementation Aids in BMI and Body Weight Reduction in Overweight Individuals](#)



[A Polyphenol Extract of Lippia citriodora and Hibiscus sabdariffa Improves Appetite Regulation in Obese Individuals](#)

Interview with Dr. Harold Oster



Did you know that around one in three adults are overweight in the United States? While many strive to lose weight and keep it off, the weight loss process can be incredibly difficult to maintain. With that in mind, we interviewed Dr. Oster, whose new book *The Three Rules to Lose Weight and Keep It Off Forever* provides life-long sustainable practices to help you look and feel your best.

[Read the Interview](#)

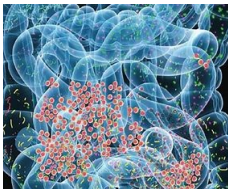
Interview with Dr. Karin Hermoni



Have you heard of the mind-body connection? It refers to the intricate connection between our thoughts, feelings, and beliefs and the influence it has on our physical health. Furthermore, how we treat our physical body (what we eat, exercise, sleep) plays a significant role in our mental health. Learn more about this fascinating topic in our interview with Dr. Karin Hermoni, where she discusses just how powerful our thoughts and feelings can be.

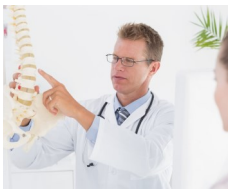
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