



Natural Health Research Institute

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

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Men's Health - Tips for Living Your Best Life

Men are notorious for avoiding regular medical care and ignoring unusual symptoms. According to the Centers for Disease Control and Prevention, men in the United States, on average, die 5 years earlier than women and are at increased risk for several serious conditions, including heart disease, cancer, respiratory disease and more.

June is Men's Health Month, which is a time to raise awareness about common men's health issues and urge men to be proactive with health screenings. Men are encouraged to use this month as an opportunity to begin making healthier choices and remind other men in their life to do the same. It's easy to make simple changes every day that can have a big impact in the long run. It begins with self-care and taking steps to put you in control of your own wellness.



Here are some tips for developing healthy habits that can lead to longer, healthier and more productive lives.

- Make time for exercise
- Meet your protein needs
- Maintain a healthy weight and know your body type
- Limit added sugars and refined carbohydrates
- Drink plenty of water and be mindful of alcohol consumption
- Prioritize fiber intake
- Be sure your diet provides plenty of vitamins and minerals
- Get plenty of sleep
- Recognize and address mental health challenges
- Make time for your annual health check-up



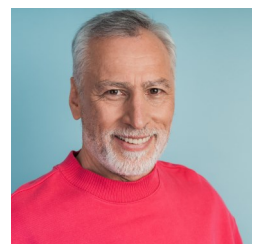
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June is Migraine and Headache Awareness Month



The most common type of headache is a tension headache often related to stress, depression, or anxiety. Other common types of headaches are migraines, cluster headaches, and sinus headaches.

Migraine is an extraordinarily prevalent neurological disease, affecting 39 million men, women and children in the U.S. and 1 billion worldwide according to the Migraine Research Foundation.

Prevention is the key for migraines and there are now a number of medications that reduce migraine attacks. Unfortunately, these medications all have significant side effects, especially when used over a long period of time. Several natural remedies have been found effective in relieving some of the pain or discomfort caused by migraines.

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