



Natural Health Research Institute

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

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www.naturalhealthresearch.org

November is National Diabetes Awareness Month

More than 30 million Americans are living with type 2 diabetes, a condition characterized by high blood sugar, insulin resistance and insufficient insulin production. The disease can develop from a combination of factors such as, lack of physical activity, unhealthy eating, emotional stress, not enough sleep, toxins, and genetics.



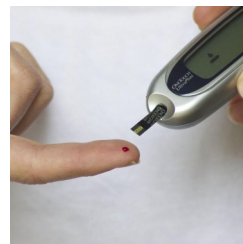
Over time, having elevated glucose levels can damage the nervous system, blood vessels, eyes, heart and kidneys. For these reasons it is important to be committed to taking care of yourself. A healthy lifestyle that includes eating a balanced carbohydrate controlled diet, combined with regular exercise and stress reduction techniques are key to treating this disease. Research has yielded positive results for several supplements, herbs and foods that may be helpful in managing the symptoms of type 2 diabetes.



[The Effects of Garlic Supplementation on Glucose and Lipid Levels](#)



[Cinnamon Improves Insulin Sensitivity in Type 2 Diabetes Mellitus Subjects](#)



[Nigella Sativa Improves Fasting Blood Glucose and Insulin Response in Subjects with Type 2](#)



[Magnesium Supplementation Improves Insulin Sensitivity in Type 2 Diabetes Patients](#)

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What is the Role of the Gallbladder and Supplements to Support It

Written by Taylor Woosley, Science Writer. The gallbladder plays a crucial role in maintaining health by aiding in the digestive process. To support the health of your gallbladder, it's important to adopt a healthy lifestyle and make conscious choices that promote its optimal function. [Read more »](#)



The Association of Dietary Choline Intake with Cognitive Function and Cognitive Decline

Written by Harold Oster, MD. Results suggest that increased dietary choline is associated with higher cognitive function in older adults and slower cognitive decline in adult females. [Read more »](#)



The Association of Magnesium and Homocysteine Levels with DNA Damage

Written by Harold Oster, MD. Results suggest that low levels of magnesium and high levels of homocysteine are associated with increased DNA damage.

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Dietary Folate Is Significantly Associated with the Risk of Osteoporosis

Written by Chrystal Moulton, Science Writer. Individuals in the high folate group had a significantly lower risk of osteoporosis after adjusting for all confounding factors (OR= 0.30, P= 0.001). [Read more »](#)

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