

# Week 17 (2016)

## Eight of the Best!

This week I am sharing the last eight articles posted on my Naturally Healthy News website. I have thousands of articles listed and if you ever want to use it as a place for research, just use the search box with a key word on the subject you want more information on. You can also download a PDF of my latest 92 page magazine, Naturally Healthy News, to find the latest information on health and food. [Click Here](#)

**Good reading and good health!**

### **Cutting Out Carbs Can Reduce Cancer Risk**

Carbs in the form of breads, pastas and cereals could increase the risk of cancer, according to findings being presented at the American Society for Nutrition Scientific Sessions at the Experimental Biology 2016 in San Diego, California.

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### **How To Nourish Yourself Against Depression**

Depression Awareness Week (18 – 24th April) is designed to bring visibility to this silent illness that along with affecting its sufferers mentally and affecting their general sense of health and wellbeing, can contribute towards physical diseases too.

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### **Acupuncture May Reduce Eyesight Defects**

Acupuncture can improve eyesight and has demonstrated significant improvements in reducing visual defects, according to the latest research published in the Journal of Beijing University of Traditional Chinese Medicine.

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## Coconut Oil Could Help To Combat Candida

Coconut Oil can help to combat candida according to new research from Tufts University in Boston. Coconut oil was found to be highly effective at combating the overgrowth of Candida in tests done on subjects.

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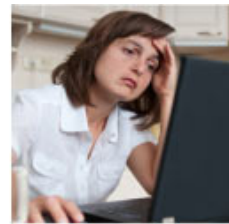


## Chronic Stress Increases Inflammation, Says Study

Chronic stress can increase the body's inflammatory responses a study has found. Researchers from Ohio University directly measured the impact of stress and its reaction to the C-reactive protein, a marker for inflammation.

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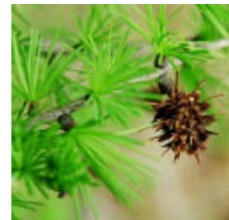


## Why This Surprising Sugar Supplement Can Improve Your Health...

Sugar is often seen in a negative light given the consequences it can have on health. But a sugar supplement known as Larch Arabinogalactan that's produced in the intestinal tract has been shown to have beneficial bacteria that are not broken down by the human digestive processes but are considered as food for these bacteria

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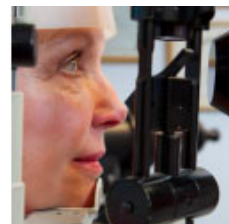


## Lower Vitamin D3 Levels May Increase Risk of Macular Degeneration

Researchers from Angers University Hospital in France believe that there is an increased risk of developing Age Related Macular Degeneration (AMD) in those who have low levels of Vitamin D3.

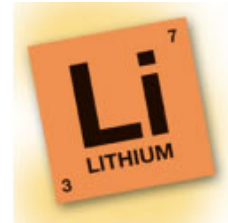
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## **Lithium May Boost Lifespan By Nearly A Fifth**

Lithium may boost your lifespan by nearly one fifth according to recent tests carried out by scientists at University College London who investigated the healthy ageing process in fruit flies when given low doses of lithium chloride. Their findings show that lithium extended the lives of fruit flies as much as 16 per cent



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