

Our Mission

To support, encourage, and promote clinical research to evaluate the impact of a high nutrient density diet and related nutritional interventions on chronic diseases such as autoimmune illnesses, diabetes, heart disease, and cancer.

Our Goals

To promote Nutritional Medicine based on real science and real food.

To initiate and foster research that demonstrates how nutritional protocols, designed to treat and reverse disease, can have remarkable preventative and therapeutic application to benefit humanity and potentially transform healthcare.



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**NUTRITIONAL
RESEARCH PROJECT**

A project of the National Health Association

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**Exploring
the Power of
Nutritional
Science**



Our Plan

We plan to study diet styles ideally designed to maximize the potential for disease prevention, reversal, and longevity. The salient features of nutritional excellence have been investigated in small preliminary scientific studies with dramatic results:

Effects of a Very-High-Fiber Vegetable, Fruit, and Nut Diet on Serum Lipids and Colonic Function

This study tested the effects of a HND diet style in 30 healthy volunteers. The volunteers were divided equally into three groups comparing those adopting a HND diet style with those adopting a starch-based diet or a low fat diet. With the nutritarian type diet, LDL cholesterol was reduced by 33 % (+/- 4%, P<.001) within a few weeks.

Jenkins DJ; Kendall CW; Popovich DG et al. *Metabolism* 2001; 50 (4): 494-503.

Effect of a High Nutrient Density Diet On Long-Term Weight Loss: A Retrospective Chart Review

This study reported sustained and highly effective reductions in weight and cardiac risk factors in a cohort of patients treated in a private family practice office with a high nutrient vegetable based diet emphasizing a liberal intake of fresh vegetables, fruits, beans and nuts.

Barbara Sarter, PhD; T. Colin Campbell, PhD; Joel Fuhrman, MD *Alternative Therapies* 2008; 14(3): 48-53.



A therapeutic diet includes the following features:

High nutrient density. A micronutrient-dense diet provides not just adequate vitamins and minerals but also thousands of phytochemicals that profoundly impact cell signaling and function, which enables the body to heal and repair. Consumption of adequate raw greens and cooked green vegetables (the most nutrient dense food) in conjunction with beans, seeds, onions, mushrooms and fresh fruit form at least 90 percent of caloric intake.

Vegetable based, without processed foods. A plant-based diet rich in colorful fruits, vegetables, greens, legumes, nuts, seeds and a small amount of whole grains provides critical nutrients that reduce cellular toxicity, DNA damage, and immune system dysfunction.

Reduced calorie intake. Consumption of plant foods with low caloric density enables satiation with fewer calories. Animal studies have demonstrated that caloric restriction is associated with increased longevity. A diet with high micronutrient content and reduced calories affords powerful protection against disease.

When this type of diet is applied clinically, remarkable results occur. A strong need to evaluate and document the efficacy of this diet style in controlled scientific studies currently exists.



Our First Projects

- Determining the adequacy of essential fatty acid (DHA) intake in a vegan diet.
- Prevention of breast cancer through a HND diet.
- The effectiveness of a HND diet on reversing atherosclerotic heart disease.
- Demonstrating long-term compliance of obese patients to a HND diet as compared to other diets.

We need your help to support this potentially powerful and exciting field of nutritional research!

How to Contribute

Visit our website at
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