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First and foremost...

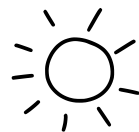
Welcome to the Nature Nurture Health Newsletter!

This newsletter is designed to keep you up-to-date on happenings at Nature Nurture Health.

As founder and content creator of this site, my mission is to explore health from a biopsychosocial-environmental perspective. I believe that health is complex, including body, mind, spirituality, circumstance, community, and environment. I hope to bring awareness to these holistic health concepts. I will also share healthy recipes that are both delicious and nutritious, explore how to live more sustainably for people and planet, and bring you evidence-based integrative medicine content.

Click on the links above to learn more and read-on to explore!

Haley Brennan,
Founder of NNH



Vitamin D



Vitamin D is an important nutrient for bone health, immune function, and mood. It helps absorb dietary calcium and is indicated in the prevention of osteoporosis - otherwise known as thin and brittle bones. Ongoing research also suggests it may help prevent certain cancers.

Approximately 90% of Americans do not meet the daily requirements of vitamin D. The Linus Pauling Institute suggests a daily supplement of 2000 IU is generally safe for most adults.

Your body can also make vitamin D when your skin is exposed to sunlight! Certain factors decrease vitamin D synthesis, such as an indoor lifestyle, wearing sunscreen or protective clothing when outdoors, and living at higher latitudes (farther from the equator). Darker skin color and older age also impact the body's ability to make vitamin D.

Your doctor can order labs to screen for vitamin D deficiency. Often, this lab is covered by insurance. See if Vitamin D supplementation is right for you!

[Click here to read more about Vitamin D!](#)

VISIT OUR WEBSITE FOR FULL ARTICLES AND TO LEARN MORE!

[WWW.NATURENURTUREHEALTH.COM](#)

"According to a study by the National Sleep Foundation (2011), approximately 90% of Americans surveyed reported using technological devices with artificial light before bed. In other words, most of us are altering our circadian rhythms without even knowing it!"

The Nature Nurture Health Website is Updated!

You can now access written content on the Nature Nurture Health site more easily by accessing the "Nature Nurture Health Blog" page.

Simply click the link on the main page or scroll down on the website's menu to access it.

On the blog page, you can find all our written content. Check out quick blog articles on my journey into the medical field as I discover how to improve the health of people and the planet.

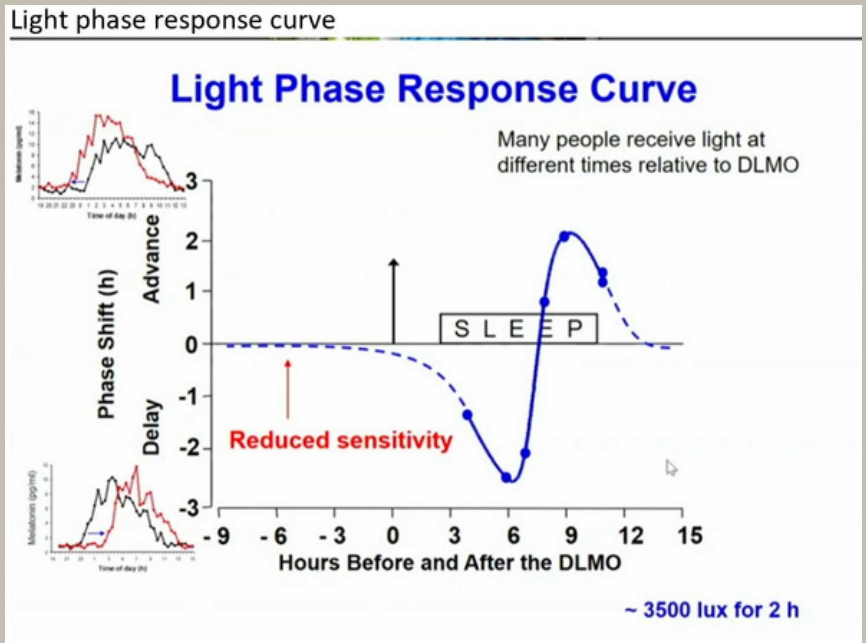
Additionally, find our most recent articles on healthy recipes, information on vitamins and minerals, and holistic health research reviews all in one place!

[Click here to see the blog!](#)

Check out our New Facebook Page!



Follow Nature Nurture Health on Facebook. Stay up to date on holistic health research, healthy recipes, and links to additional content.



Light Phase Response Curve (Burgess, 2020)

Lectures and Research

This week, I reviewed one lecture from [National Center for Complementary and Integrative Health \(NCCIH\) Integrative Medicine Research Lecture Series](#). "The NCCIH Integrative Medicine Research Lecture Series provides overviews of the current state of research and practice involving complementary health approaches and explores perspectives on integrative health" (NCCIH, 2023). Below is a brief description and link to the article on the site.

["Lighting Up Our Lives: How Light Influences Our Mental and Physical Health" by Dr. Helen Burgess, Ph.D. \(2020\) \(Link Here\)](#)

- Light is important to the body's natural cycles of hormones, otherwise known as the circadian rhythm. Exposure to natural and artificial light in the evenings can be detrimental to sleep quality and may increase your risk of diabetes, obesity, and depression. Learn how you can improve your sleep and your body's natural cycles from experts in the field.