

## **FACULTY RESEARCH FUND**

**Award Date:** Spring 2022

**Proposal Title:** Health Matters Lifestyle Study

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### **ABSTRACT**

The Health Matters Lifestyle Study is an investigation of various lifestyle interventions in the context of chronic disease using the medical records of patients from the Health Matters Clinic in Jonesboro, AR. This study aims to compare many variables, mostly values from lab tests and diet recall logs, in a retrospective pre-post analysis. The lifestyle interventions consist mostly of dietary interventions, nutrient supplementation and medication adjustments. The clinic performs many more lab tests than traditional physicians do, and therefore is a rich mine of information. The initial phase of the study will consist of collecting the data and building the database, which will require a considerable amount of time. Then the analysis phase can begin. The clinic has had many successes with normalizing thyroid function in autoimmune thyroid diseases, and normalizing male and female reproductive function in previously infertile couples. The study aims to track these changes in patients through their lab results. Additionally, the study may investigate autoimmune disease management success through the administered interventions.