



Natural Standard

The Authority on Integrative Medicine

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Natural Standard provides high-quality, evidence-based information about complementary and alternative therapies, diets, exercise and nutrition. For more information, please visit www.naturalstandard.com.

CDC: Bread May Be Highest Source of Sodium in US Diet



A recent report by the Centers for Disease Control and Prevention (CDC) found that bread may be the greatest source of sodium in the American diet.

In the human body, sodium is necessary for the function of nerves and muscles, as well as for fluid and electrolyte balance. In adults, the adequate intake of sodium is 1.5 grams (1,500 milligrams) daily with a tolerable upper limit of 2.3 grams (2,300 milligrams) daily. Most individuals in North America consume sodium levels much higher than recommended, mainly due to its presence in processed foods. Increased salt consumption may be a risk factor for the development of high blood pressure. Other potentially harmful effects of too much sodium may include cardiovascular disease (stroke, heart failure), kidney disease, osteoporosis and stomach cancer.

In the new CDC report, data on sodium consumption by food category... [More>](#)

In This Issue

- [CDC: Bread May Be Highest Source of Sodium in US Diet](#)
- [Natural Standard Featured CE/CME: Melatonin](#)
- [Green Tea Consumption Linked to Lower Disability Risk](#)
- [New Study Supports Cholesterol-Lowering Effects of Garlic](#)
- [Tai Chi May Improve Balance for Parkinson's Patients](#)
- [Flaxseed Fiber May Reduce Appetite](#)
- [Natural Standard Training](#)
- [Health Freedom Expo](#)
- [Natural Standard in Natural Medicine Journal](#)
- [2nd Annual Regulatory Cells in Autoimmunity Event](#)
- [Natural Standard Attending Career Fairs](#)
- [Complimentary Webinars](#)
- [Natural Standard Exhibits](#)
- [Journal of Dietary Supplements Discount](#)
- [Inside Natural Standard](#)

Natural Standard Featured CE/CME: Melatonin

Natural Standard's featured CE/CME for the month of February is [Melatonin: Safety & Effectiveness](#).



Melatonin is a hormone produced in the brain by the pineal gland from the amino acid tryptophan. The synthesis and release of melatonin are stimulated by darkness and suppressed by light, suggesting the involvement of melatonin in circadian rhythm and regulation of diverse body functions. Levels of melatonin in the blood are highest prior to bedtime. There is currently strong scientific evidence supporting the use of melatonin for jet lag, and good scientific evidence suggesting potential benefits for other sleep-related conditions.

Natural Standard offers CE/CME modules for multidisciplinary healthcare professionals. Students and other users may take courses for training purposes without generating credit certificates. Continuing Education requirements differ based on discipline, license and location. If you are unsure of your specific needs, please contact your local agency.

For more information on **Natural Standard's** CE/CME courses, please visit www.naturalstandard.com.

To comment on this story, please visit **Natural Standard's** [blog](#).

Green Tea Consumption Linked to Lower Disability Risk



Consuming green tea may reduce the risk for disabilities in old age, according to a new study.

Green tea is made from the leaves of *Camellia sinensis*, an evergreen shrub native to Southeast Asia. Both green tea and black tea are made from the same plant species. Green tea is produced by lightly steaming the leaves. Black tea is produced by allowing the leaves to ferment. Preliminary studies have investigated... [More>](#)

New Study Supports Cholesterol-Lowering Effects of Garlic



A recent study supports previous findings that suggest garlic may reduce cholesterol.

Garlic is a culinary herb that is widely used for the treatment and prevention of cardiovascular disease and cancer. Numerous studies have examined the effects of garlic on cholesterol. Long-term effects on lipids or cardiovascular morbidity and mortality remain... [More>](#)



Tai Chi May Improve Balance for Parkinson's Patients



A new study suggests that tai chi may improve balance for individuals with Parkinson's disease.

Tai chi is a system of movements and positions believed to have developed in 12th Century China. Tai chi techniques aim to address the body and mind as an interconnected system and are traditionally believed to have mental and physical health benefits to improve posture, balance, flexibility and strength. Previous research has suggested that... [More>](#)

Flaxseed Fiber May Reduce Appetite

Flaxseed fiber, consumed as a supplement or drink, may reduce appetite, according to a recent study.

Flaxseed and its derivative flaxseed oil/linseed oil are rich sources of the essential fatty acid alpha-linolenic acid, which is a biologic precursor to omega-3 fatty acids such as eicosapentaenoic acid. Although omega-3 fatty acids have been associated with... [More>](#)



Natural Standard Training



Sign up for a free online training session to learn more about **Natural Standard's** decision-support tools.

Natural Standard provides high-quality, evidence-based information about integrative therapies to help healthcare professionals and consumers make safer, more educated decisions about health.

Natural Standard is an international multidisciplinary collaboration that includes contributors from more than 100 eminent academic institutions. Research teams systematically gather scientific data and expert opinions to develop comprehensive monographs that are designed to facilitate clinical decision making. For each therapy, the available scientific evidence of effectiveness is evaluated using the **Natural Standard Evidence-Based Validated Grading Rationale™**. All monographs undergo blinded peer review prior to inclusion in **Natural Standard** databases.

These guided tours will demonstrate how to navigate the various databases and cross reference medical conditions and therapies.

- [Thu, Feb 16, 2012 2:00 PM - 2:45 PM EST](#)
- [Thu, Feb 23, 2012 2:00 PM - 2:45 PM EST](#)
- [Tue, Feb 28, 2012 2:00 PM - 2:45 PM EST](#)
- [Thu, Mar 1, 2012 2:00 PM - 2:45 PM EST](#)
- [Tue, Mar 6, 2012 2:00 PM - 2:45 PM EST](#)
- [Thu, Mar 8, 2012 2:00 PM - 2:45 PM EST](#)
- [Tue, Mar 13, 2012 2:00 PM - 2:45 PM EST](#)

After registration, attendees will receive e-mail confirmation with information on how to join the webinar.

System Requirements:

- PC-based attendees: Windows® 7, Vista, XP or 2003 Server
- Macintosh®-based attendees: Mac OS® X 10.4.11 (Tiger®) or newer

To comment on this story, please visit [Natural Standard's blog](#).



Health Freedom Expo

The 8th Annual Long Beach Health Freedom Expo will take place March 2-4, 2012 at the Long Beach Convention Center.

The mission of the Health Freedom Expo is to bring natural health information, products and services to the public. The Expo is sponsored by the Health Keepers Alliance, a non-profit lobbying organization that works year-round to defeat restricting legislation that limits positive health freedom choices and awareness.



Featured speakers will include:

- **Deborah Ray**, Vice President of the Alliance for Natural Health-USA.
- **Catherine Austin Fitts**, managing member of Solari Investment Advisory Services, LLC and the publisher of The Solari Report. She discusses the importance of health and its connection to financial security.
- **Mike Anderson**, medical researcher, author and filmmaker. Author of *The RAVE Diet & Lifestyle* and two award-winning films: *Healing Cancer From Inside Out* and *Eating*.
- **Kevin Trudeau**, Natural Health Consumer advocate, best-selling author, radio host.
- **George Noory**, host of Coast to Coast AM Radio Talk Show--nationally syndicated on 545 stations.
- **John Robbins**, author of the international bestseller *Diet For A New America--How Your Food Choices Affect Your Health*; and also *The Food Revolution--How Your Diet Can Help Save Your Life and Our World*.
- **Dr. John Apsley**, researcher, lecturer, co-authored five books, including bestseller *The Regeneration Effect*. Lectures on human regenerative techniques in medicine.
- **Dr. Theresa Dale**, author, lecturer, Dean and Founder, California College of Natural Medicine, Hormone Rejuvenation Therapy.
- **Chef Alex Jamieson**, author of *The Great American Detox Diet*, featured on Oprah and in the Oscar-nominated hit movie, *Super Size Me*.
- **Jonathan W. Emord**, Constitutional Attorney who drafted the Health Freedom Bills for Congressman Ron Paul who calls him "a hero of the health freedom revolution."
- **Mike Adams**, the Health Ranger, and editor of naturalnews.com; called "the best health and natural products writer on the scene today."
- **Dr. Leonard Coldwell**, lecturer, author, *Instinct Based Medicine*; a leading authority of self-help education for cancer patients; called by many authorities the world leading expert on cancer.
- **Robert Scott Bell**, homeopathic practitioner, high-energy radio talk show host, called the "Voice of Health Freedom."
- **Christian Wilde**, researcher and author of *Hidden Causes of Heart Attack and Stroke*, he confirms inflammation's role in complicating heart disease. His newest book, *Miracle Stem Cell Heart Repair*, delves into the science of using one's own stem cells for actually repairing the damaged heart.
- **Vaishali**, holistic health practitioner that transformed her health from the threat of two terminal disease diagnoses, has appeared on The Dr. Oz Radio Show and Oprah.com.
- **Dr. Cochran**, transpersonal psychologist and clinical social worker. A regular contributor ABC-TV in Northern California and contributes to Psychology Today and The Huffington Post.

For more information, please visit www.healthfreedomexpo.com.

If you would like **Natural Standard** to post your event(s) online, please e-mail news@naturalstandard.com.

Natural Standard in Natural Medicine Journal



The latest issue of the *Natural Medicine Journal* features a **Natural Standard** evidence-based review on astaxanthin.

Astaxanthin is a naturally occurring carotenoid found in nature, primarily in sea organisms such as microalgae, salmon, trout, krill, shrimp, crayfish and crustaceans. It may also be found in the feathers of birds, such as quail, flamingo and storks, as well as in propolis, the resinous substance collected by bees. Carotenoids are of interest based on their potential benefit for cancers, heart disease, age-related macular degeneration and cataract formation. Astaxanthin has well-documented antioxidant, anti-inflammatory and immune-stimulating effects. Human trials have been conducted in various disorders. However, results have been mixed, and more research is needed before any firm conclusions can be drawn.

The Natural Medicine Journal is an open-access, peer-reviewed e-journal for integrative healthcare practitioners, as well as students and faculty who focus on the field of natural medicine. The monthly journal and website provide scientifically-valid, clinically-relevant information.

The February issue features the following articles:

- **Facts and Myths About Fevers in Children** by Erin Psota, ND
- **Lavender for Anxiety and Depression** by Jeremy Appleton, ND
- **Astaxanthin: A Review of the Literature** by **Natural Standard**
- **Book Review: *Clinical Naturopathic Medicine*** review by Lise Alschuler, ND, FABNO
- **Sunlight Exposure and Development of Lymphoid Malignancies** by Alan R. Gaby, MD
- **Safety and Efficacy of Melatonin in Children** by Jaclyn Chasse, ND
- **Dietary Magnesium and Stroke Prevention** by Carolyn Dean, MD, ND
- **The Role of an Herbal Supplement in Lowering Biomarkers for Breast Cancer** by Sherry Torkos, BScPhm, RPh
- **Naturopathic Doctors Now Eligible for Student Loan Repayment** by Karen Howard
- **Botanical Interventions for Type 2 Diabetes: A Conversation With Tori Hudson, ND** interview by Karolyn Gazella
- **Zinc Lozenges for the Common Cold** by Barry W. Ritz, PhD
- **The OncANP's Vital Role in Naturopathic Practice** interview by Tina Kaczor, ND, FABNO
- **Antioxidant Use After Breast Cancer Diagnosis** by Lise Alschuler, ND, FABNO

To subscribe to the complimentary journal, please visit www.naturalmedicinejournal.com.

To comment on this story, please visit **Natural Standard's** [blog](#).

2nd Annual Regulatory Cells in Autoimmunity Event

The 2nd Annual Regulatory Cells in Autoimmunity Event: Analysing and Moderating Function will take place December 6, 2012 at the Penridge Suite in London, England.



This event has CPD accreditation and will have a discussion panel session. Featured speakers will include:

- **Professor Robert Barker**, University of Aberdeen
- **Dr. Elizabeth Jury**, UCL, London
- **Professor David C Wraith**, Professor of Experimental Pathology, Department of Cellular and Molecular Medicine, University of Bristol
- **Professor James Brewer**, University of Glasgow, Scotland
- **Dr. Frank Ward**, University of Aberdeen, Scotland
- **Dr. Ania Skowera**, King's College London, UK
- **Dr. Milica Vukmanovic-Stejic**, UCL Medical School, UK

For more information, please visit www.regonline.co.uk/autoimmune2012.

If you would like **Natural Standard** to post your event(s) online, please e-mail news@naturalstandard.com.



Natural Standard Attending Career Fairs



Individuals interested in learning more about evidence-based integrative medicine are invited to visit **Natural Standard** at the upcoming Harvard School of Public Health career fair and two upcoming events at Tufts University.

The two-day Harvard School of Public Health event will take place March 26-27, 2012 at 677 Huntington Ave., Kresge Building, HSPH Cafeteria in Boston, Massachusetts.

Natural Standard will also be attending the Tufts Sci-Tech Fair, which will take place Wednesday, February 15, 2012, 12:00pm - 3:30pm and the Tufts Internship Fair, which will take place Wednesday, February 29, 2012, 12:00pm - 3:30pm.

Natural Standard will be recruiting for all departments, including marketing and outreach.

For more information about the Harvard School of Public Health event, please contact Katie Vedova at vedova@hsph.harvard.edu or 617.432.7067. For more information on the Tufts University events, please visit <http://careers.tufts.edu>.



Complimentary Webinars

Natural Standard is offering a series of complimentary webinars on integrative medicine. **Natural Standard** offers these impartial webinars as an informational public service. All webinars are recorded and archived at www.naturalstandard.com/webinars.



Legal Regulations of Dietary Supplements

Kathleen Jodoin, PharmDc presents an overview of the legal regulations of dietary supplements, including descriptions of the Federal Food Drug and Cosmetic Act (FFDCA), Generally Recognized as Safe (GRAS) and Dietary Supplements Health Education Act (DSHEA), with a focus on claim substantiation and product labeling requirements. Complimentary access will be available starting [March 1, 2012](#).



Multiple Sclerosis (MS): An Integrative Approach

Ashley Tewksbury, PharmDc, presents an overview of the signs, symptoms, diagnosis and treatment of Multiple Sclerosis (MS). She discusses several patient cases detailing the safety and effectiveness of integrative therapies for this condition. She also reviews the scientific evidence, dosing, safety and interactions related to various therapies. Complimentary access will be available starting [March 1, 2012](#).

To comment on a recent webinar or to suggest future webinar topics, please visit [Natural Standard's blog](#).



Natural Standard Exhibits

Individuals interested in learning more about evidence-based integrative medicine are invited to visit [Natural Standard](#) at several upcoming events. [Natural Standard](#) will be exhibiting its latest products and services, including the new [Continuing Education Modules](#).



To make an appointment to meet with one of [Natural Standard's](#) representatives at an upcoming conference, please email sales@naturalstandard.com.

American Pharmacists Association (APhA) Annual Meeting & Exposition:

- The event will take place March 9-March 12, 2012 in New Orleans, Louisiana.
- [Natural Standard](#) will be exhibiting at booth #234.
- For more information, please visit www.aphameeting.org.

2012 Spring Health Connect Partners Hospital Pharmacy Conference:

- The event will take place May 7-9, 2012 at the Hyatt Regency Hotel in Miami, Florida.
- For more information, please visit www.hlthcp.com.

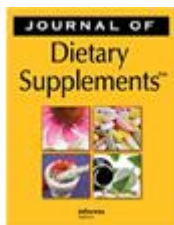
SupplySide MarketPlace 2012:

- The event will take place May 8-10, 2012 at the Javits Center in New York, New York.
- [Natural Standard](#) will be exhibiting at booth #262.
- For more information, please visit www.supplysideshow.com.

Medical Library Association (MLA) Annual Meeting and Exhibition:

- The event will take place May 18-23, 2012 at the Washington Convention Center in Seattle, Washington.
- [Natural Standard](#) will be exhibiting at booth #511.
- For more information, please visit www.mlanet.org.

Journal of Dietary Supplements Discount



Natural Standard subscribers are eligible to receive a 65 percent discount on a one-year subscription to the [Journal of Dietary Supplements \(JDS\)](#). Subscribers will receive four issues for \$100.

For only \$25 per issue, subscribers have access to the latest research on vitamins, minerals, herbs and other substances that make up the multibillion-dollar dietary supplement industry. The journal addresses important issues that meet a broad range of interests, not only in integrative healthcare, but also in academic, regulatory and industrial sectors.

To purchase a subscription, please e-mail healthcare.enquiries@informa.com or call 1.800.997.3892. When ordering, please enter the discount code: RI35610D.

Inside Natural Standard

Academic Rotations and Internships:

Natural Standard would like to welcome the following PharmD candidates: Christopher Carnaroli from University of Connecticut; Carl DesPlaines from Appalachian College of Pharmacy; and Hala Mourani from Massachusetts College of Pharmacy and Health Sciences (MCPHS) Worcester.



Students from all disciplines are invited to train with **Natural Standard** Research Collaboration. Rotations are available either locally in our office in Somerville, Massachusetts, or through virtual distance-learning modules. Healthcare trainees learn how to analyze clinical trials on complementary and alternative therapies. Students also attend herbal classes and travel to numerous sites to shadow clinical practitioners and participate in various healing modalities. For more information, please [click here](#) or e-mail info@naturalstandard.com.

Join Natural Standard's Social Networks:




Join **Natural Standard's** social networks on [Twitter](#), [Facebook](#) and [LinkedIn](#). Members receive live updates on product launches, new publications, job openings, upcoming events, news feeds and more. These social media channels foster discussions about integrative medicine and present networking opportunities for students and professionals. **Natural Standard's** community encompasses health professionals, medical researchers and individuals who are interested in health and wellness topics. Members are also encouraged to offer feedback about students programs, webinars and new products.

Quick Links:

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Contact: news@naturalstandard.com



Natural Standard | T: 617.591.3300 | F: 617.591.3399 | One Davis Square | Somerville | MA | 02144