



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.

NEW Interview Series



Natural Standard recently launched a new interview series. Dr. Catherine Ulbricht, Founder and CEO of **Natural Standard**, interviews experts in integrative medicine to provide insight into various fields in an unbiased, educational forum.

Natural Standard offers these impartial webinars as an informational public service. All webinars are recorded and archived at www.naturalstandard.com/webinars.

Q & A with Chris Kilham

- Dr. Ulbricht interviews "medicine hunter" and explorer Chris Kilham. He has trekked to over 20 countries in search of botanical medicines with proven efficacy. The author of 14 books, Kilham has appeared as a guest expert on over 1500 radio programs and more than 500 TV shows worldwide. In this question and answer webinar, Kilham discusses the effectiveness of various botanicals, including curcumin, adaptogens and cocoa.
- Complimentary access: [June 1-30, 2011](#)

Q & A with Terry Lemerond

- Dr. Ulbricht interviews natural products industry icon and EuroPharma President Terry Lemerond. Terry has 40 years of experience in the health food industry as an owner of several health food stores and nutritional manufacturing companies. He's researched and developed over 400 top-selling nutritional and botanical formulations and was the first to introduce *Ginkgo biloba*, glucosamine sulfate, IP6, black cohosh, and botanical standardization to the U.S. market. Terry's mission is to introduce revolutionary natural products that will improve the health of America.
- Complimentary access: [July 1-31, 2011](#)

Q & A with Dr. Norman Rosenthal

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- Dr. Ulbricht interviews world-renowned psychiatrist and author Dr. Norman Rosenthal. Dr. Rosenthal's research has pioneered the use of light therapy for seasonal affected disorder (SAD). His latest book *Transcendence: Healing and Transformation Through Transcendental Meditation* discusses the value of this technique for healing and transformation.
- Complimentary access: [August 1-31, 2011](#)

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



Magnesium for Breast Cancer Hot Flashes

A recent pilot study suggests that magnesium supplementation may help relieve hot flashes associated with breast cancer.

The study included 29 women with breast cancer who experienced at least 14 hot flashes per week. They received 400 milligrams of magnesium oxide (increasing to 800 milligrams, if needed) for four weeks. The frequency and severity of hot flashes were assessed at the beginning and end of the study period.



Twenty-five women completed the study. The researchers found that the frequency of hot flashes reduced by an average of 41.4 percent after magnesium supplementation. The severity of symptoms also improved by about 50 percent.

Reported side effects were minor and included headache, nausea and diarrhea.

While these early results are promising, additional research is needed to evaluate the safety and effectiveness of this therapy. The researchers are planning to conduct a randomized controlled trial in the future.

For more information about magnesium, please visit [Natural Standard's Foods, Herbs & Supplements](#) database.

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

References:

1. **Natural Standard:** The Authority on Integrative Medicine. www.naturalstandard.com
2. Park H, Parker GL, Boardman CH, et al. A pilot phase II trial of magnesium supplements to reduce menopausal hot flashes in breast cancer patients. *Support Care Cancer*. 2011 Jun;19(6):859-63. [View Abstract](#)

Stem Cell Transplantation Congress



The International Congress on Controversies in Stem Cell Transplantation and Cellular Therapies (COSTEM) will be held in Berlin, Germany on September 8-11, 2011.

Chaired by Prof. N. Kröger and Prof. A. Nagler, this innovative Congress will focus on resolving controversies surrounding the clinical care of patients. The Congress will also function as a comprehensive forum for international experts to share and compare experiences.

Participants will have the opportunity to discuss and debate unresolved issues with leading world experts in all fields of stem cell transplantation and cellular therapies. The Congress aims to find answers to ongoing debates through evidence-based medicine and expert opinion.

For more information, please visit www.comtecmed.com/costem/2011.

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 recent edition of the *Natural Medicine Journal* features a **Natural Standard** evidence-based review on acupuncture.

Acupuncture originated in China over 5,000 years ago and is still used widely throughout the world to treat a variety of conditions. The **Natural Standard** bottom-line monograph discusses historical uses for this ancient modality and reviews its safety and effectiveness for the treatment of various indications. There is strong scientific evidence supporting its use for pain and osteoarthritis. However, evidence of benefit for many other conditions is lacking, often due to methodological challenges, including placebo control and blinding.



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 June issue features the following articles:

- **Alpha Tocopheryl Succinate in Cancer Care** by Tina Kaczor, ND, FABNO
- **Cell Phones' Effects on the Brain** by Jennifer Brusewitz, ND
- **Book Review: *Natural Approach to Gastroenterology*** by Jennifer Ito, ND
- **Acupuncture: Bottom-line Monograph** by **Natural Standard**
- **On-site Manufacturer Audits** by Lise Alschuler, ND, FABNO
- **The Link Between Toxin Exposure and Chronic Illness (Audio)** Interview with Walter Crinnion, ND by Karolyn A. Gazella
- **Probiotics in Functional Bowel Disorders** by Barry W. Ritz, PhD, and Michael Hyung Joo Lee, MS
- **Green Tea & L-Theanine in Cognitive Impairment** by Jacob Schor, ND, FABNO
- **The Science Summit Debuts at AANP Show** by Carlo Calabrese, ND, MPH

- **Serum Phospholipids and Prostate Cancer** by Michael Traub, ND, FABNO
- **Studies Investigate PolyGlycopleX in Reversing Obesity (Audio)** Interview with Michael Lyon, MD by Karolyn A. Gazella
- **Optimal Practices for Integration** by Elizabeth Marglin

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

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

Functional Food Conference



The 9th International Conference: Functional Food Components in Health and Disease will be held at the University of San Diego, California, on August 16-18, 2011.

The event will bring together international experts in medicine, biology and the food industry to discuss the contribution of functional foods in the prevention and management of chronic diseases. Featured products will include fatty acids, prebiotics and probiotics, plant sterols, phenolics, dietary fibers, carotenoids and phytoestrogens.

Currently, more than 100 abstracts have been accepted for oral and poster presentations. To view the list of accepted abstracts, please visit the [acceptance webpage](#).

The ***new deadline*** to submit an abstract for an oral or poster presentation is **June 25, 2011**. All abstracts should include the following sections: Keywords, Background, Methods, Results and Conclusions. Abstracts may be submitted electronically by e-mail to ffc_usa@sbcglobal.net. Please view a [sample abstract](#) for format guidelines. Accepted abstracts will also be published in the journal [Functional Foods in Health and Disease](#) for participants who register fully for the 9th International Conference.

For more information, please visit www.functionalfoodscenter.net.

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

Olive Oil Linked to Reduced Stroke Risk

According to a new study, older individuals who consume high quantities of olive oil in their diet may have a reduced risk of stroke.

Olive oil, an essential ingredient in the Mediterranean diet, has long been associated with many health benefits, including lower blood pressure and lower risk of heart disease. Research has also suggested potential benefits for individuals with type 2 diabetes.



In a new multi-city study, researchers evaluated the association between olive oil consumption and stroke. A second study sample also assessed the link between stroke and high oleic acid blood levels, a biological

marker of olive oil intake.

In the main study sample, data on olive oil consumption was collected for 7,625 individuals with no history of stroke. Oleic acid blood levels were evaluated for a separate group of 1,245 individuals.

After an average follow-up period of 5.25 years, 148 strokes were confirmed in the main study sample. After adjusting the results for dietary variables and other stroke risk factors, the researchers found a significant association between high olive oil consumption and lower incidence of stroke, noting that those who consumed high quantities of olive oil had a 41 percent reduced risk of stroke compared to those who never consumed olive oil. Additionally, individuals from the second study sample with high oleic acid blood levels had a 73 percent reduced risk of stroke compared to those with the lowest levels.

Although promising, further research is necessary to confirm these findings.

For more information about integrative therapies for stroke, please visit [Natural Standard's Comparative Effectiveness](#) database.

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

References:

1. **Natural Standard:** The Authority on Integrative Medicine. www.naturalstandard.com
2. Samieri C, Féart C, Proust-Lima C, et al. Olive oil consumption, plasma oleic acid, and stroke incidence: The Three-City Study. *Neurology* 2011. [View Abstract](#)

Pain Management Conference



The 22nd Annual Clinical Meeting of the American Academy of Pain Management will be held in Las Vegas, September 20-23, 2011.

Presented for the third year in partnership with the Arizona Center for Integrative Medicine at the University of Arizona, attendees will follow evidence-based programming on nutrition, supplements, acupuncture, and learn about the role of spirituality in pain management from Eastern and Western perspectives.

Other conference topics will include the ethics of pain management, new treatments for complex regional pain syndrome, the latest research on mind-body therapies for fibromyalgia, and managing headache with concurrent psychological conditions.

In 2010, physicians, nurse practitioners, nurses, and physician assistants represented approximately 70 percent of the audience. The remaining participants included psychologists, pharmacists, acupuncturists, physical therapists and other providers who manage chronic pain.

For more information, please visit www.aapainmanage.org.

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

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, Jul 7, 2011 2:00 PM - 2:45 PM EST](#)
- [Tue, Jul 12, 2011 2:00 PM - 2:45 PM EST](#)
- [Thu, Jul 14, 2011 2:00 PM - 2:45 PM EST](#)
- [Tue, Jul 19, 2011 2:00 PM - 2:45 PM EST](#)
- [Thu, Jul 21, 2011 2:00 PM - 2:45 PM EST](#)
- [Tue, Jul 26, 2011 2:00 PM - 2:45 PM EST](#)
- [Thu, Jul 28, 2011 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](#).

Pets During Childhood May Reduce Risk for Allergies



A recent study suggests that young children who have an indoor pet during the first year of life may be less likely to develop pet allergies.

Allergies to pets, most commonly to dogs and cats, are due to the oily fluids secreted from the skin of animals. These fluids contain allergens that are capable of triggering the body's immune system to overact to the normally harmless substances. This overreaction is known as a hypersensitivity reaction, or allergy.

In a new study, researchers evaluated the association between lifetime exposure to dogs or cats and the development of allergies to the pet by the age of 18 years. The researchers followed up with individuals

who participated in the Detroit Childhood Allergy Study birth cohort during 1987-1989 when they reached the age of 18. Annual interviews and animal-specific allergy data were evaluated.

The researchers found that males who had an indoor pet dog during the first year of life had half the risk of developing a dog allergy by the age of 18 than males who had no pet dog. Additionally, when compared to those without a pet cat, both males and females who had a pet cat during the first year of life had a 48 percent reduced risk of being allergic to cats by the age of 18. Having a pet during any other year of life was not linked to a reduced allergy risk.

For more information about pet allergies, please visit **Natural Standard's** *NEW* [Animal Health](#) database.

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

References:

1. **Natural Standard**: The Authority on Integrative Medicine. www.naturalstandard.com
2. Wegienka G, Johnson CC, Havstad S, et al. Lifetime dog and cat exposure and dog- and cat-specific sensitization at age 18 years. Clin Exp Allergy. 2011 Jul;41(7):979-86. [View Abstract](#)



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.

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



Resonances: Word, Voice & Mind in Medicine with Dr. Russell Malcolm

- *Resonances: Word, Voice & Mind in Medicine* offers a "sneak peek" at the American Institute of Homeopathy's upcoming 3-day seminar. In this recorded interview, Dr. Russell Malcolm, borrowing insights from the world of homeopathy, explains the relationship of both words and voice to the deeper "mind" of the patient. Dr. Malcolm, an expert on the medical integration of alternative therapies, serves as Medical Director of the Claremont Homeopathic Clinic, Glasgow, Scotland. He has been practicing homeopathy for 20 years, six of which were spent as Director of Education at the Royal London Homeopathic Hospital.
- Complimentary access: [July 1-31, 2011](#)

Music Therapy for Depression



Music therapy in combination with standard care may benefit individuals with depression, according to a recent study.

Music has been used to promote healing since ancient times. Music therapy often aims to influence emotional, cognitive and physical well-being, and may involve both listening and performing music.

In a recent study, researchers randomly assigned 79 patients with depression to participate in 20 biweekly music therapy sessions in addition to standard care, or to standard care only. Outcome measures, including anxiety, depression and quality of life, were evaluated before treatment and after three and six months of treatment.

The researchers found that patients who participated in music therapy showed more improvement in anxiety and depression symptoms than those who received only standard care. Additionally, patients in the music therapy group saw more improvements in general function.

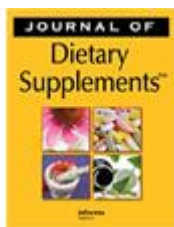
For more information about music therapy, please visit [Natural Standard's Health & Wellness](#) database.

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

References:

1. Erkkilä J, Punkanen M, Fachner J, et al. Individual music therapy for depression: randomised controlled trial. *Br J Psychiatry*. 2011 Apr 7. [View Abstract](#)
2. **Natural Standard**: The Authority on Integrative Medicine. www.naturalstandard.com

Journal of Dietary Supplements: New Issue



The latest issue of the [Journal of Dietary Supplements \(JDS\)](#) is now available online. The international, peer-reviewed journal aims to help consumers and clinicians make informed decisions about the preparations, foods and botanicals that are used to improve health.

The June issue features several original scientific papers, as well as a **Natural Standard** evidence-based systematic review on senna (*Cassia senna*).

In September, the journal will be publishing a special issue focusing on diabetes.

Researchers are invited to submit papers for another special issue, "Dietary Supplement Use in Children." The issue is open to both original research articles, as well as reviews and commentaries. This issue is scheduled for publication in 2012.

To submit a manuscript online, please visit <http://mc.manuscriptcentral.com/wjds>.

For more information, please e-mail jds@naturalstandard.com.



Inside **Natural Standard**

Natural Standard Offers CE/CME Credits:

Natural Standard is now offering continuing education credits for all healthcare professionals, including medical doctors, naturopathic doctors, pharmacists, nurses and doctors of osteopathy. The continuing education programs are derived from **Natural Standard's** evidence-based systematic reviews on popular herbs and supplements.



In each training module, the systematic reviews evaluate available scientific evidence of effectiveness using the **Natural Standard** Evidence-based Validated Grading Rationale™. The reviews also discuss expert opinion, folkloric precedent, history, mechanism of action, interactions, side effects, dosing and toxicology information. Review questions highlight the safety and effectiveness of each therapy.

Natural Standard is impartial; not supported by any interest group, professional organization or product manufacturer.

To view the available continuing education modules, please visit www.naturalstandard.com.

Welcome:

Natural Standard would like to welcome Victoria Baczek, PharmD to the team.

We would also like to welcome the following PharmD candidates: Rachel Staudt, Maria Tournas and Gin Wassef from Northeastern University; and Kathleen Jodoin and Jenna Rhoades from the University of Florida. Lastly, we welcome outreach interns Abigail Cauvin from McNeese State University and Melissa Roberts from Tufts University.

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.

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