



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.

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Soy May Not Reduce Menopausal Symptoms



A new study suggests that soy isoflavones may not prevent bone loss or menopausal symptoms.

Soy, a plant native to southeastern Asia, contains fiber, isoflavones and protein. Soy is believed to provide many health benefits and has been studied scientifically for its effects on several conditions. Soy isoflavones, which may be found in products such as tofu, soybeans and soybean flour, are believed to have estrogen-like effects in the body. Some evidence suggests that soy may help reduce menopausal symptoms, such as hot flashes; however, additional research is needed.

In a recent study, 45-60 year-old women within their first five years of menopause and with a bone density score of -2.0 or higher were randomly assigned to receive either 200 milligram soy isoflavone tablets or placebo daily. Changes in bone density scores in the lower spine, hip and femoral neck were used as primary outcome measures. Menopausal symptoms, including thyroid function, were also evaluated.

After two years of treatment, there were no significant differences in bone density changes between the 122 women receiving soy tablets and the 126 women on placebo. Results for bone density changes in the spine were -2.0 percent and -2.4 percent, for the soy and placebo groups, respectively. Results for hip bone density were similar with -1.2 percent and -1.4 percent changes for the soy and placebo groups, respectively. Femoral neck bone density changes mirrored the others, with -2.2 percent and -2.1 percent for the soy and placebo groups, respectively.

Contrary to previous research that suggests soy may reduce hot flashes, the authors found that women receiving the soy tablets experienced significantly more hot flashes than those receiving placebo. Constipation was also significantly higher for the soy group. No other significant differences in menopausal symptoms were noted.

The authors of this study concluded that soy may not prevent bone loss or menopausal symptoms; however, further research is necessary before conclusions can be made.

Soy has also been studied as a potential treatment option for various other indications. There is currently strong scientific evidence that suggests soy may have lipid lowering effects and good scientific evidence supporting its use for diarrhea in infants and young children. For more information about soy, please visit **Natural Standard's** [Foods, Herbs & Supplements](#) database.

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

References:

1. Levis S, Strickman-Stein N, Ganjei-Azar P, et al. Soy Isoflavones in the Prevention of Menopausal Bone Loss and Menopausal Symptoms: A Randomized, Double-blind Trial. *Arch Intern Med.* 2011 Aug 8;171(15):1363-9. [View Abstract](#)
2. **Natural Standard:** The Authority on Integrative Medicine. www.naturalstandard.com

Consuming Flaxseed May Reduce Appetite in Men

According to a new study, men who consume dietary fiber from flaxseed may experience reduced appetite and lipid concentrations in the blood after eating.



Flaxseed and its derivative flaxseed oil/linseed oil are rich sources of the essential fatty acid alpha-linolenic acid. Flaxseed, but not flaxseed oil, is a source of dietary fiber. There is also animal evidence that suggests both flaxseed and flaxseed oil may possess lipid-lowering properties; however, further research in humans is necessary before conclusions can be made.

In a recent study, after an overnight fast, 18 males were randomly assigned to one of four meals supplemented with varying amounts and sources of dietary fiber. The first meal, which was used as a control, contained 1.4 grams of dietary fiber per megajoule of energy. The second meal contained 2.4 grams of dietary fiber from whole flaxseed per megajoule of energy. The third meal contained 2.4 grams of low-mucilage flaxseed dietary fiber per megajoule of energy. The fourth meal contained 3.4 grams of high-mucilage flaxseed dietary fiber per megajoule of energy. Mucilage is a type of soluble fiber. Various outcome measures, including appetite sensation, appetite-regulating hormones, and lipid and glucose blood levels were assessed throughout the seven hours of testing.

The researchers found that individuals who consumed the high-mucilage flaxseed fiber meal showed significant reductions in lipids in the blood when compared to those who consumed the control meal. Insulin levels were also lower for both the low-mucilage and high-mucilage flaxseed fiber meals when compared to the control and whole flaxseed meals. Furthermore, the

men who consumed the high-mucilage flaxseed meal reported feeling significantly more full when compared to those from the control group.

Although this study is promising, larger-scale studies are necessary to further evaluate these findings.

Other integrative therapies that have been studied for appetite suppression include whey protein, salatrim and Korean pine, all of which currently have a grade of B for good scientific evidence of benefit in **Natural Standard's** [Comparative Effectiveness](#) database.

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

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

References:

1. Kristensen M, Savorani F, Christensen S, et al. Flaxseed dietary fibers suppress postprandial lipemia and appetite sensation in young men. *Nutr Metab Cardiovasc Dis*. 2011 Jul 27. [View Abstract](#)
2. **Natural Standard**: The Authority on Integrative Medicine. www.naturalstandard.com

Integrative Medicine Conference: Exchange 2011



The American College for Advancement in Medicine (ACAM) and the American Academy of Environmental Medicine (AAEM) will serve as joint hosts of Exchange 2011, a unique medical education symposium at the Oregon Convention Center in Portland, Oregon, November 16-20, 2011.

The conference general session will focus on "Diabetes: An Emerging Epidemic." This portion of the conference is worth up to 15.5 AMA PRA Category 1 Credits™. Faculty include Jeffrey Bland, PhD, Marianne Marchese, ND, Jonathan Wright, MD, Ted Schettler, MD, John Cannell, MD and others.

ACAM and AAEM will also be hosting pre-conference workshops, including "IV Nutrient Therapies," "Chelation Therapy Training Course," "New Endocrinology," "Supplement Quality Workshop," "Streamline and Maximize Your Allergy Treatment Program: Sublingual Allergy Immunotherapy (SLIT) and Low Dose Allergens (LDA)," "Hands-on Hyperbarics," "Detoxification and Immunology: Connecting All the Pieces" and "Classic Cases in Environmental Medicine."

For full details on the schedule of speakers, topics, location, lodging and more, please visit www.acamportland.com or call 1.800.532.3688.

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

Natural Standard Exhibits

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



SupplySide West International Trade Show & Conference:

- The event will take place October 10-14, 2011 at The Venetian & The Sands Expo in Las Vegas, Nevada.
- **Natural Standard** will be exhibiting at booth #11101.
- For more information, please visit www.supplysideshow.com.

American Public Health Association 139th Annual Meeting and Exposition:

- The event will take place October 29-November 2, 2011 at the Washington Convention Center, Grand Hyatt Washington and Renaissance Washington DC.
- **Natural Standard** will be exhibiting at booth #3121.
- For more information, please visit www.apha.org.

Global Healthcare Congress



The Third Global Healthcare Congress (GHC 2011) will take place October 17-18, 2011 at the Renaissance Bangkok Ratchaprasong Hotel in Bangkok, Thailand.

GHC 2011 will offer a two-day intensive platform for interaction, exchange of ideas, learning from successful models and finding common solutions to current strategic challenges in the evolving healthcare sector.

The conference aims to boost greater interaction between the Asian healthcare industry and its established counterparts in Europe and the Americas.

Conference program highlights include an Assessment of Asean Regulatory Shifts Toward the 2015 One-Market Healthcare Framework; Healthcare IT Investment: Assessment of Opportunities; Hot Subsectors for Growth; Challenges in Cross-Border Benchmarking, Standardization & Interoperability; and several other industry-relevant presentations.

For more information, please visit www.magenta-global.com.sg/ghc2011, or email Jose Carpio at jose@magenta-global.com.sg.

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 issues of the Natural Medicine Journal features a **Natural Standard** evidence-based review on vitamin D.



Vitamin D is found in many dietary sources, including eggs, fish and fortified milk. Daily sun exposure also contributes to vitamin D production. Vitamin D aids in the absorption of calcium, which helps to maintain and form strong bones. Deficiency in vitamin D may lead skeletal deformities and muscle weakness. The **Natural Standard** bottom-line monograph discusses the latest research on vitamin D, including scientific evidence of effectiveness for various conditions and potential interactions.

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 August issue features the following articles:

- **Health Effects of Tart Cherries** by Jacob Schor, ND, FABNO
- **The World in a Capsule** by Lise Alschuler, ND, FABNO
- **The Latest Research on Vitamin D** by **Natural Standard**
- **Public Policy, Research, and the Discipline of Naturopathic Medicine** by Carlo Calabrese, ND, MPH
- **Six Easy Steps to Creating a Successful Integrative Medicine Practice** by Glenn Sabin
- **Restless Leg Syndrome and Melatonin** by Jacob Schor, ND, FABNO
- **Multiple Pesticide Exposure Increases Lymphoma Risk** by Tina Kaczor, ND, FABNO
- **Dietary Intervention in Infancy and Later Signs of Beta-Cell Autoimmunity** by Christine Toomasi, ND
- **Time for a Siesta?** by Teresa Silliman, ND
- **Magnesium Supplementation Reduces Hot Flashes in Women with Breast Cancer** by Michael Murray, ND

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

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

Grape Seed Extract for Heart Health



A recent study suggests that grape seed extract may be beneficial for heart health.

Preparations of grape leaves, seeds, sap and fruit have been used

medicinally for centuries. Interest in grape products has increased over the years due to reports of cardiovascular benefits from wine consumption in French men. However, well-designed clinical trials evaluating the effects of the proposed active component of grape seed extract (oligomeric proanthocyanidins) on heart health are lacking.

Researchers conducted a comprehensive literature search to evaluate the effects of grape seed extract on various cardiovascular risk factors. Well-designed clinical trials reporting the effects of grape seed extract on blood pressure, heart rate, total cholesterol, low-density lipoprotein (LDL, or "bad" cholesterol), high-density lipoprotein (HDL, or "good" cholesterol), C-reactive protein levels (an indicator of inflammation) or triglycerides were assessed for inclusion in the study. Nine studies were ultimately included.

Through analyses, the researchers found that grape seed extract significantly lowered systolic blood pressure and heart rate. No significant effects on C-reactive protein levels, diastolic blood pressure or lipid levels were found.

Additional well-designed clinical trials are necessary before conclusions can be made.

Grape seed currently has supporting scientific evidence of benefit for several conditions, including strong scientific evidence for chronic venous insufficiency and edema, and good scientific evidence for diabetic retinopathy. For more information about grape seed, please visit [Natural Standard's Foods, Herbs & Supplements](#) database.

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

References:

1. Feringa HH, Laskey DA, Dickson JE, et al. The effect of grape seed extract on cardiovascular risk markers: a meta-analysis of randomized controlled trials. *J Am Diet Assoc.* 2011 Aug;111(8):1173-81. [View Abstract](#)
2. **Natural Standard**: The Authority on Integrative Medicine. www.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, Sep 8, 2011 2:00 PM - 2:45 PM EST](#)
- [Tue, Sep 13, 2011 2:00 PM - 2:45 PM EST](#)
- [Thu, Sep 15, 2011 2:00 PM - 2:45 PM EST](#)
- [Tue, Sep 20, 2011 2:00 PM - 2:45 PM EST](#)
- [Thu, Sep 22, 2011 2:00 PM - 2:45 PM EST](#)
- [Tue, Sep 27, 2011 2:00 PM - 2:45 PM EST](#)
- [Thu, Sep 29, 2011 2:00 PM - 2:45 PM EST](#)
- [Tue, Oct 4, 2011 2:00 PM - 2:45 PM EST](#)
- [Thu, Oct 6, 2011 2:00 PM - 2:45 PM EST](#)
- [Tue, Oct 11, 2011 2:00 PM - 2:45 PM EST](#)
- [Thu, Oct 13, 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](#).

Mind-Body Medicine: Training Program



The Center for Mind-Body Medicine's annual Mind-Body Medicine Professional Training Program will take place October 1-5, 2011 at the Hyatt Crystal City, in the Washington, DC area.

Titled "Integrating Mind-Body Medicine into Clinical Practice, Medical Education & Trauma Healing," this year's program will focus on the scientific basis for mind-body medicine. Using a small group approach, attendees will explore and learn to use a range of tools for self-care and stress management, including meditation, guided imagery, biofeedback & autogenic training, breathing & movement and self-expression through words and drawings.

James S. Gordon, MD, Clinical Professor at Georgetown University School of Medicine and former Chairman of the White House Commission on Complementary and Alternative Medicine Policy will serve as the course director.

The Center for Mind-Body Medicine has been teaching this program around the world since 1994. CEUs and scholarships are available.

For more information and registration, please visit www.cmbm.org/mbm.

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

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](#).

Q & A with Dr. Jacob Teitelbaum

- Dr. Catherine Ulbricht, Founder and CEO of **Natural Standard**, interviews Dr. Jacob Teitelbaum, Medical Director of the Fibromyalgia & Fatigue Centers, Inc. (FFC). Dr. Teitelbaum is a best-selling author and regarded as an authority on integrative medicine throughout the world. His best-selling book, *From Fatigued to Fantastic*, has sold more than 500,000 copies. His latest book, *Real Cause Real Cure*, focuses on the causes of most health problems and a 28-day plan to cure them.
- Complimentary access: [September 1-30, 2011](#)

Dietary Supplements and Drugs: A Look at Interactions Focused on Warfarin

- Linda Hultgren, BSPHarm, RPh, MANPc, presents a patient case detailing potential interactions and safety concerns for patients taking dietary supplements and drugs. She focuses on the drug-supplement interactions of warfarin.
- Complimentary access: [September 1-30, 2011](#)

Clinical Case-Taking Conference



The American Institute of Homeopathy, New York Medical College and the Homeopathic Medical Society of the State of New York present:
"Resonances: Word, Voice & Mind in Medicine: The Science & Art of Listening from a Homeopathic Perspective," on September 16-18, 2011 in Washington, DC.

Dr. Russell Malcolm will present the seminar. Attendees will learn about homeopathic techniques that are designed to help practitioners of all disciplines improve diagnostic precision, increase speed and depth of taking medical histories, individualize treatment plans, address the root cause of diseases and sharpen prescribing skills.

Dr. Russell Malcolm is an international expert on the medical integration of alternative therapies and Medical Director of Glasgow's Claremont Homeopathic Clinic. He has been practicing homeopathy for 20 years and served as Director of Education at the Royal London Homeopathic Hospital. In addition to his medical and homeopathic studies, Dr. Malcolm has studied arts and humanities and has a long-standing interest in the performing arts. Over the last decade he has drawn on all three disciplines, allowing art and science to influence his daily work in ways that have direct practical relevance to his patients, students and colleagues.

The seminar is approved for up to 20 Category 1 AMA CME Credits.

The American Institute of Homeopathy is offering \$50 off the registration fee for **Natural Standard** subscribers. Register now and also receive a free DVD: *Making a Difference: Homeopathy Around the World*. Please use Coupon Code: NATURAL to take advantage of this special offer at <http://homeopathyusa.org/events/aih2011>.

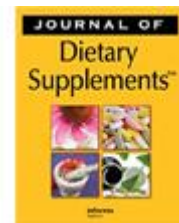
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Journal of Dietary Supplements Discount

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: Catherine Murph, Christan Thomas and Jayme Wortley from East Tennessee State University; Shivani Rametra and Sarah Zeroual from Northeastern University; Idan Levi and Robert Wiltse from St. John Fisher College; KunHwa Kim from Massachusetts College of Pharmacy and Health Sciences (MCPHS); Harminder Gill from California Northstate College of Pharmacy; Marjohn Armoon, Erica Brumer and Jesni Mathew from the University of Florida; Sarah Sparks and Priyanka Patel from the Appalachian College of Pharmacy; and Becky Reiss

from Drake University. We would also like to welcome Nurse Practitioner candidate Zoe Strominger from the University of California, San Francisco (UCSF).

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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