



Natural Standard

The Authority on Integrative Medicine

Copyright © 2011 Natural Standard

September 2011

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.

Chondroitin May Improve Hand Function for Osteoarthritis Patients



A new study suggests that chondroitin sulfate may reduce hand stiffness and pain for individuals with osteoarthritis.

Chondroitin, which was first extracted and purified in the 1960s, may be manufactured synthetically or from natural sources, including shark and beef cartilage or bovine trachea. In general, expert opinion supports the use of chondroitin along with its common partner agent, glucosamine, for improving symptoms and stopping the degenerative process of osteoarthritis. Although recent clinical trials supporting its use have been of superior methodological quality, some of the older trials have serious methodological flaws, possibly resulting in an overestimation of its potential benefit.

In a new study, 162 patients with radiographic hand osteoarthritis were randomly assigned to 800 milligrams of chondroitin sulfate or placebo once daily for six months. Before inclusion, patients were identified as having spontaneous hand pain of at least 40 millimeters on a 0-100 millimeter visual analogue scale and functional impairment of at least a 6 on the 0-30 functional index for hand osteoarthritis scale.

The researchers found that hand pain decreased significantly and hand function improved significantly for individuals treated with chondroitin sulfate when compared to those in the placebo group. Individuals treated with chondroitin also felt a significant improvement in morning stiffness. Furthermore, chondroitin patients were significantly more favorable of overall treatment effectiveness than those treated with placebo.

The authors concluded that chondroitin sulfate may reduce pain and improve functioning for individuals with hand osteoarthritis. Although promising, additional research is necessary.

In This Issue

- [Chondroitin May Improve Hand Function for Osteoarthritis Patients](#)
- [Chocolate Consumption Linked to Heart Health](#)
- [Continuing Medical Education Conference](#)
- [Natural Standard Offers SupplySide West Discount](#)
- [Lavender Oil Aromatherapy for Pain](#)
- [Homeopathy Congress](#)
- [Vegetable-Rich Diet Linked to Reduced Breast Cancer Risk](#)
- [Health 2.0 Conferences](#)
- [Natural Standard Training](#)
- [Immunohistochemistry Discussion Forum](#)
- [Natural Standard Attending Career Fair](#)
- [Complimentary Webinars](#)
- [2011 Executive Summit](#)
- [Inside Natural Standard](#)

For more information about integrative treatments with evidence of benefit for osteoarthritis, including acupuncture, glucosamine and willow bark, please visit **Natural Standard's** [Comparative Effectiveness Database](#).

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

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

References:

1. Gabay C, Medinger-Sadowski C, Gascon D, et al. Symptomatic effect of chondroitin sulfate 4&6 in hand osteoarthritis the finger osteoarthritis chondroitin treatment study (FACTS). *Arthritis & Rheumatism* 2011. DOI: 10.1002/art.30574. [View Abstract](#)
2. **Natural Standard:** The Authority on Integrative Medicine. www.naturalstandard.com

Chocolate Consumption Linked to Heart Health

Eating chocolate may reduce the risk of heart disease, according to a new study.

Cocoa and chocolate are derived from the cacao bean (*Theobroma cacao*). Cocoa products have recently been recognized as a significant source of a number of compounds, including flavonoids, that may have health benefits. Chocolate flavonoids are found in the highest amounts in dark chocolate. Some research suggests that a diet high in flavonoids may help protect against heart disease; however, further research is necessary before conclusions can be made.



In a new study, researchers conducted a comprehensive literature search to identify well-designed clinical trials evaluating the effects of chocolate on the risk for heart disease and metabolic disorders such as diabetes. Seven studies evaluating 114,009 participants were identified for inclusion.

The authors found that five of the seven studies reported a reduced risk of heart and metabolic disorders for individuals who consumed high levels of chocolate. The authors noted that participants with the highest chocolate intake had a 37 percent reduced risk of heart disease and a 29 percent reduced risk of stroke when compared to individuals with the lowest chocolate intake.

Although promising, the authors noted that further research is necessary before conclusions can be made.

For more information on other integrative therapies that have been studied for heart health, including fish oil, arginine and garlic, please visit **Natural Standard's** [Comparative Effectiveness Database](#).

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

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

References:

1. Buitrago-Lopez A, Sanderson J, Johnson L, et al. Chocolate consumption and cardiometabolic disorders: systematic review and meta-analysis. *BMJ*. 2011 Aug 26;343:d4488. doi: 10.1136/bmj.d4488. [View Abstract](#)
2. **Natural Standard:** The Authority on Integrative Medicine. www.naturalstandard.com

Continuing Medical Education Conference



The 2011 Arizona Naturopathic Medical Association (AzNMA) Fall Continuing Medical Education Conference, titled "Thyroid, Adrenals, and More," will be held in Tempe, Arizona, November 12 -13, 2011.

The annual conference attracts licensed Naturopathic Physicians throughout North America. Southwest College of Naturopathic Medicine, one of only seven accredited Naturopathic schools in North America, will serve as the conference venue.

The AzNMA is currently accepting exhibitor/sponsor applications for the associated conference tradeshow, which supplements the continuing medical education program, informs the attendees on the most recent developments in healthcare related products, services and equipment, and provides an opportunity for networking among physicians and exhibitors.

Out of state Naturopathic Medical Association members may attend the Conference at the AzNMA membership rate. For details, please contact the AzNMA Executive Director prior to registering online at director@aznma.org.

The AzNMA is an association of dedicated, proactive and committed Naturopathic Physicians.

For more information about the conference, featured speakers, exhibitor opportunities and online registration, please visit www.aznma.org.

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

Natural Standard Offers SupplySide West Discount

Natural Standard is pleased to offer discounted expo hall passes to the SupplySide West International Trade Show at The Venetian & The Sands Expo in Las Vegas, Nevada.



Individuals interested in learning more about evidence-based integrative medicine are invited to visit **Natural Standard** at booth #11101 via a special 75 percent discounted expo hall pass (only \$50). This offer includes access to the opening reception, featured speaker presentation, over 40 ingredient and technology presentations and the expo hall for over 14 hours during October 12-13, 2011.

To take advantage of this offer, please email sales@naturalstandard.com for **Natural Standard's** special registration discount code.

For more information about the SupplySide West International Trade Show, please visit www.supplysideshow.com.

Lavender Oil Aromatherapy for Pain



A recent study suggests that lavender oil aromatherapy may decrease pain intensity and reduce stress.

Lavender, which is native to the Mediterranean area, the Arabian Peninsula, Russia and Africa, has been used for both cosmetic and medicinal purposes throughout history. Lavender oil aromatherapy may have anti-anxiety effects. Studies suggest there may be a small positive effect; however, further research is necessary before conclusions can be made.

In a new study, researchers randomly assigned 30 healthy participants to lavender oil aromatherapy administered through an oxygen mask lined with lavender oil, or a control group receiving only oxygen, for five minutes. Stress level, pain intensity level during a needle insertion and Bispectral Index (BIS) values, which indicate the level of consciousness, were measured before and after treatment.

The researchers found that after treatment both stress levels and BIS values were significantly reduced for the lavender group when compared to the control group. Furthermore, the reported level of pain intensity following a needle insertion was significantly lower for the lavender group.

Due to the small sample size, further research is necessary.

Integrative therapies with strong supportive scientific evidence of benefit for pain include acupuncture and marijuana. Acupressure, comfrey and guided imagery are among the therapies with good scientific evidence of benefit. For more information on integrative therapies for pain, please visit [Natural Standard's Comparative Effectiveness Database](#).

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

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

References:

1. Kim S, Kim HJ, Yeo JS, et al. The effect of lavender oil on stress, bispectral index values, and needle insertion pain in volunteers. *J Altern Complement Med*. 2011 Sep;17(9):823-6. [View Abstract](#)
2. **Natural Standard**: The Authority on Integrative Medicine. www.naturalstandard.com

Homeopathy Congress

The Homoeopathic physicians of India will be hosting the 66th World Homoeopathic Congress of Liga Medicorum Homoeopathica Internationalis (LIGA 2011) December 1-4, 2011 at the Sirifort Auditorium in New Delhi, India.

The mission of the LIGA 2011 Congress is to provide an international forum to homoeopaths, homoeopathic societies and researchers who are interested in the development of this science. It is a unique platform that will bring practitioners and researchers under one roof.



The theme of the upcoming congress is Homoeopathy for Public health. The congress will include group discussions covering all aspects of Homoeopathic practice, including its use in dentistry and veterinary practice.

For more information, please visit www.liga2011.in.

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

Vegetable-Rich Diet Linked to Reduced Breast Cancer Risk



A recent study suggests that women who maintain a diet rich in fruits and vegetables, similar to the Dietary Approaches to Stop Hypertension (DASH) diet, may have a reduced risk of breast cancer.

Breast cancer develops when cells begin to grow abnormally. Depending on what is stimulating the cancer cell growth, breast cancer may be classified as hormone receptor positive or negative. Hormone receptor positive cancer is fueled by the female hormones estrogen or progesterone, while hormone receptor negative cancer does not have hormone receptors, and therefore does not depend on female hormones to grow.

The Dietary Approaches to Stop Hypertension (DASH) diet was developed by the National Heart, Lung, and Blood Institute to reduce blood pressure. The diet encourages individuals to increase the consumption of vegetables, fruits and low-fat dairy products while decreasing the consumption of total fat, saturated fat, cholesterol and sodium.

In a new study, researchers analyzed data on 86,621 postmenopausal women in the Nurses' Health Study, including data from seven food frequency questionnaires during 1980-2006, to evaluate the potential association between dietary habits and breast cancer risk. After a 26 year follow-up period, 5,522 cases of breast cancer were reported. Of the reported cases, 3,314 were estrogen receptor-positive and 826 were estrogen receptor-negative.

The researchers found that maintaining a diet similar to the DASH diet was associated with a significantly reduced risk of breast cancer. The authors reported that this appeared to be in large-part because of high fruit and vegetable intake. They found that high vegetable intake and low carbohydrate intake were linked to reduced breast cancer risk overall, and high fruit and low protein vegetable intake were linked to reduced risk of estrogen receptor-negative cancer. The authors reported that no link was found between estrogen receptor-positive tumors and fruit and vegetable consumption.

Additional research is necessary to further understand these findings.

For more information about breast cancer, please visit **Natural Standard's** [Medical Conditions](#) Database.

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

References:

1. Fung TT, Hu FB, Hankinson SE, et al. Low-carbohydrate diets, dietary approaches to stop hypertension-style diets, and the risk of postmenopausal breast cancer. *Am J Epidemiol*. 2011 Sep 15;174(6):652-60. [View Abstract](#)
2. **Natural Standard**: The Authority on Integrative Medicine. www.naturalstandard.com

Health 2.0 Conferences

Health 2.0, a community resource for search and online tools to help consumers manage their health and connect to providers, will be hosting two upcoming conferences to showcase cutting edge technology in the health care system.



Health 2.0 5th Annual Fall Conference

- The Health 2.0 5th Annual Fall Conference will be held September 25-27, 2011 in San Francisco, California. This is Health 2.0's biggest conference of the year. More than 1,000 people will gather to see the cutting edge of innovation in health technology, with several major product launches, ground breaking announcements and more than 100 live technology demos, including the best new health care technology startups. Individuals from the pharmaceutical, technology, government and finance industries are expected.
- For more information and to register, please visit www.health2con.com/conferences/san-francisco-2011.

Health 2.0 Europe 2nd Annual Conference

- The Health 2.0 Europe 2nd Annual Conference will be held October 27-28, 2011 in Berlin, Germany. The first Health 2.0 Europe event in 2010 attracted over 500 delegates. Co-hosted with the K.I.T. Group, this event will reconvene all the leaders and stakeholders in web 2.0 for health, including IT solution providers, health professionals, patient organizations, health authorities, public and private insurance organizations, medical device and pharmaceutical companies, telecom groups, financiers, policy makers, academics and more.
- For more information and to register, please visit www.health2con.com/europe.

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.

- [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](#)
- [Tue, Oct 18, 2011 2:00 PM - 2:45 PM EST](#)
- [Thu, Oct 20, 2011 2:00 PM - 2:45 PM EST](#)
- [Tue, Oct 25, 2011 2:00 PM - 2:45 PM EST](#)
- [Thu, Oct 27, 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](#).



Immunohistochemistry Discussion Forum

The 2011 Immunohistochemistry Discussion Forum will be held October 28, 2011 in London, England.



This technical workshop focuses on the technique of immunohistochemistry. After invited experts provide short overview presentations on their specialty sub-topics, the majority of the day will be dedicated to informal question and answer troubleshooting sessions.

Expert presentations will include "Breast Biomarkers: Real World & QC Assessment Results; The Continued Need for Improvement" by Dr. Merdol Ibrahim and "Substrates: 'Any Colour as long as it's Brown?'" by Dr. Tony Warford.

Roundtable discussions will also be held by various experts, including Dr. Will Howat, Dr. Merdol Ibrahim, Dr. Chris van der Loos, Dr. Carrie Ambler and Dr. Anthony Warford.

For more information and registration, please visit www.regonline.co.uk/WorkshopIHC2011.

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

Natural Standard Attending Career Fair



Individuals interested in learning more about evidence-based integrative medicine are invited to visit **Natural Standard** at the upcoming Tufts University Career Fair.

The Tufts Career Fair will take place Friday, September 23, 2011, 11:00am - 4:00pm at the Gantcher Center on the Medford Campus. **Natural Standard** will be recruiting for all departments, including marketing and outreach.

For more information, please visit <http://careers.tufts.edu>.

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

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 David Foreman

- Dr. Catherine Ulbricht, Founder and CEO of **Natural Standard**, interviews David Foreman, RPh, ND, who is widely known as the owner of "The Herbal Pharmacist® Newsletter." He is a contributing columnist for several Natural Health publications, a radio host, television commentator and practitioner of holistic approaches to better health. David is also a lecturer to many of America's most prestigious hospitals and author to the new book *Four Pillars of Health: Heart Disease*, which discusses four simple steps to rid the body of heart disease.
- Complimentary access: [October 1-31, 2011](#)

Lactation (Breastfeeding): An Integrative Approach

- Jessica Saunders, PharmDc, will present an overview of the biological processes of breastfeeding and maternal diet requirements. She discusses integrative therapies to avoid while breastfeeding, as well as potential complications of breastfeeding and treatment options for lactation stimulation.
- Complimentary access: [October 1-31, 2011](#)

2011 Executive Summit



The 2011 Executive Summit, which brings together hundreds of top professionals from the integrative medicine, psychotherapy, forensic, homeland security and behavioral science fields, will take place October 12-14, 2011 in Branson, Missouri.

During this two-day summit, members from the American Association of Integrative MedicineSM, American College of Forensic Examiners InstituteSM, the American Board for Certification in Homeland SecuritySM, the American Psychotherapy Association[®] and the International College of the Behavioral Sciences[®] will gather for the opportunity to learn and interactive with industry leaders.

This year's keynote speakers include Dr. Tieraona Low Dog and Dr. Howard Schubiner. Presentation topics will include the medicalization of life, curing rather than coping with chronic pain and associated disorders, optimizing cardiovascular health and light and color therapies.

Summit attendees will also have the opportunity to earn the Board Certified in Integrative Medicine, BCIM[®] and Board Certified in Integrative Health, BCIH[®] credentials. On Wednesday, October 12, an in-person review course will be offered with the exam to follow. This will be the only opportunity this year to earn these credentials in a live format.

The American Association of Integrative Medicine (AAIM) is currently offering all **Natural Standard** members \$100 off of the current [registration](#) rate or \$50 off to their first year [membership](#) fee. Enter CODE: NSAAIM.

For more information and to register, please visit www.aaimedicine.com or call 1-877-718-3053.

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



Academic Rotations and Internships:

Natural Standard would like to welcome the following PharmD candidates: Bijan Bandani from the University of Connecticut and Carmen Ziss from Nova Southeastern 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 [Facebook](#), [Twitter](#) 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.



Natural Standard Partners with Skyscape:



Natural Standard and Skyscape are proud to announce their partnership to deliver high-quality handheld references to healthcare providers and researchers. Skyscape is offering a 20 percent discount on the **Natural Standard** mobile version, which is available on Android™, BlackBerry®, iPhone™, iPod® Touch, iPad®, Palm OS®, Palm® Pre™ Classic, Windows® Mobile, Symbian, Windows® powered desktop and Tablet PCs. Plus, with Skyscape's powerful SmartLink™ cross-linking capability, individuals can quickly and easily access any related disease and diagnostic topics across their entire mobile reference libraries.

To benefit from this collaboration, please visit www.skyscape.com/naturalstandard.

Quick Links:

- [Natural Standard Homepage](#)
- [Natural Standard Handheld Version](#)
- [Journal of Dietary Supplements](#)
- [Natural Standard Books](#)

Contact: news@naturalstandard.com