



Natural Standard

The Authority on Integrative Medicine

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October 2010

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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Lactoferrin for Acne



Drinking cow's milk enriched with the protein lactoferrin may improve acne by up to 20 percent, researchers report in the journal *Nutrition*.

Earlier laboratory studies suggested that lactoferrin may have anti-inflammatory and antimicrobial properties.

In the study, 36 adults with acne were randomly assigned to drink fermented milk supplemented with 200 milligrams of lactoferrin or non-enriched fermented milk daily for 12 weeks.

Every four weeks, the researchers recorded the participants' acne severity and lesion counts. At the beginning and end of the study, the authors evaluated the skin's hydration, sebum (oily secretions), pH and surface lipids.

By the end of the study, the number of inflammatory lesions, total lesion count and acne severity significantly decreased by 38.6 percent, 23.1 percent and 20.3 percent, respectively, in the lactoferrin group compared to the control. Additionally, lactoferrin led to a 31.1 percent drop in sebum content compared to the placebo.

In the control group, no significant improvements were observed in acne severity and inflammatory lesion count.

Both groups experienced reductions in skin surface lipids. However, triacylglycerols and free-fatty acids declined in the lactoferrin group, while only free-fatty acids decreased in the control group. According to the researchers, the drop in triacylglycerols was significantly associated with improvements in acne.

Skin hydration and pH were similar in both groups.

Although the results are promising, additional research is needed to confirm these early findings.

Several therapies have been studied for acne. For example, some studies suggest that zinc may be beneficial for acne, and that serum zinc levels may be linked to acne severity. Derivatives of vitamin A called retinoids are used to treat various skin disorders, including acne. Topical and oral retinoids, such as tretinoin (Avita®, Renova®, Retina-A®, Retin-A Micro®), are available by prescription.

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

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

References:

1. Kim J, Ko Y, Park YK, et al. Dietary effect of lactoferrin-enriched fermented milk on skin surface lipid and clinical improvement of acne vulgaris. *Nutrition*. 2010 Sep;26(9):902-9. [View Abstract](#)
2. **Natural Standard**: The Authority on Integrative Medicine. www.naturalstandard.com



Exercise May Help Prevent Fractures

A recent study supports the role of exercise in preventing hip fractures in women with osteopenia.

Bone strength and density generally tend to decrease with age, as the balance between bone resorption and bone formation shifts so that more bone is lost than can be replaced. Osteopenia refers to mild bone loss that is not severe enough to be called osteoporosis. The bones lose calcium, phosphorus, boron and other minerals and become lighter, less dense, and more porous.



Although exercise may help prevent falls in healthy older people, the authors note that

research is lacking on the effects of exercise in older women with osteopenia.

The initial study included 160 women (ages 70-73 years old) with osteopenia. The participants were randomly assigned to either no exercise, or to exercise at home for 20 minutes daily and attend training sessions on leg strength, balance, and impact once weekly for six months. At the end of the study, women in the exercise group were able to walk more quickly and perform better on balance and stability tests than women in the control group.

The recent article, published in the *Archives of Internal Medicine*, includes findings after a seven-year follow-up period.

The researchers were able to retrieve data from 55 women from the exercise group and 45 from the control group. Seventeen women in the exercise group received medical treatment for fractures, none of which were hip fractures. In contrast, 23 patients in the control group sustained fractures, five of which were hip fractures.

During the study, nine deaths occurred from various causes; eight of these were in the control group.

The authors conclude that "home-based exercises followed by voluntary home training seem to have a long-term effect on balance and gait and may even protect high-risk elderly women from hip fractures."

For more information about different types of exercise programs, please visit **Natural Standard's Sports Medicine** database.

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

References:

1. Korpelainen R, Keinänen-Kiukaanniemi S, Nieminen P, et al. Long-term outcomes of exercise: follow-up of a randomized trial in older women with osteopenia. *Arch Intern Med*. 2010 Sep 27;170(17):1548-56. [View Abstract](#)
2. **Natural Standard**: The Authority on Integrative Medicine. www.naturalstandard.com



Natural Standard Informational Sessions

The use of complementary and alternative medicine (CAM) has grown in recent years, with patients spending more than \$58 billion annually on natural products and integrative modalities. To help

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

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.

Departments that can benefit include:

- **Wellness Centers:** Access health, wellness and medical condition data written and peer reviewed by experts in the field.
- **Oncology/Primary Care/Medical Education:** Review **Natural Standard's** comprehensive library on natural products, diets and integrative modalities. The analyses are written for professionals and patients and include summaries and critiques of clinical trials to help professionals counsel with confidence.
- **Pharmacy/Nursing/Nephrology/ER:** Use **Natural Standard's** decision-support tools to quickly and easily look up potential interactions or adverse event and safety summaries for various products. Strict grading criteria based on the U.S. Services Preventative Task Force promotes standardized recommendations across the continuum of patient care.
- **Health Sciences/Nutrition/Physical Therapy/Sports Medicine:** Access detailed reviews of common sports injuries, which feature conventional and integrative therapies and highlight the available evidence of effectiveness and safety data. Find out which therapies or products may have performance-enhancing effects and whether or not they are safe. Learn how fat is stored in the body and how to maximize weight loss with proper nutrition, healthy diets and various exercise routines.

Register for a session now by clicking a date below.

- [Thu, Oct 14, 2010 2:00 PM - 2:30 PM EDT](#)
- [Tue, Oct 19, 2010 2:00 PM - 2:30 PM EDT](#)
- [Thu, Oct 21, 2010 2:00 PM - 2:30 PM EDT](#)
- [Tue, Oct 26, 2010 2:00 PM - 2:30 PM EDT](#)
- [Thu, Oct 28, 2010 2:00 PM - 2:30 PM EDT](#)

Once registered, attendees 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

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



Arizona Naturopathic Conference

The annual [Arizona Naturopathic Medical Association \(AzNMA\) Fall Conference](#) will take place November 13-14, 2010 at the Southwest College of Naturopathic Medicine in Tempe, Arizona.



Arizona Naturopathic Medical Association

The conference theme will be diet, nutrition and weight management. Featured topics will include human chorionic gonadotropin (HCG), ayurvedic weight-loss strategies, body changes and eating disorders, among others.

Featured Presenters will include Brian Archambault, ND; Dawn Bantel, ND; Bradley Bush, ND; Walter Crinnion, ND; Alan Goldhamer, DC, DO; Brendan McCarthy, ND; Mona Morstein, ND; Jason Sherbondy, ND; Virender Sodhi, ND; Mark Starr, MD, MD(H); Amy Terlisner, ND; Keoni Teta, ND and Kevin Wandler, MD.

Health professionals can earn up to 9 standard CME credits and 6 pharmacy CME credits.

The AzNMA is a professional association for licensed naturopathic physicians in Arizona. Members are graduates of accredited four-year, graduate-level, in-residence naturopathic medical programs. To maintain their licenses, each doctor must complete 30 hours of continuing education requirements annually.

For more information or to register for the event, please visit www.aznma.com or call (480)921-3088.

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



Acupuncture and Stroke Recovery

Although acupuncture is popularly used as an adjunct to stroke

rehabilitation programs, a recent analysis suggests that it may not enhance recovery.

The researchers searched 25 databases and 12 Korean traditional medicine journals from their inception to October 2009. The study included randomized controlled trials that compared the effects of acupuncture to sham acupuncture.

Sham acupuncture typically involves inserting needles into non-acupoints, or locations that are not associated with improved stroke outcomes. Alternatively, sham acupuncture may involve penetrating the skin shallowly or not penetrating the skin at all. Sham acupuncture is often not regarded as a true placebo since the patient is subjected to physical stimulation, and experimental studies have shown that this technique may have pain-relieving effects.

Ten studies (involving a total of 711 patients) were included in the analysis. The researchers concluded that acupuncture may not improve a person's ability to perform daily tasks or enhance neurological functioning.

Two studies did report a potential benefit for acupuncture, but the authors of the systematic review note that the studies had design flaws, and there was a high risk of bias.

Because of the small sample size and possibility that sham acupuncture might have therapeutic effects, it is too early to make conclusions in this area. Additional research is needed.

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

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

References:

1. Kong JC, Lee MS, Shin BC, et al. Acupuncture for functional recovery after stroke: a systematic review of sham-controlled randomized clinical trials. CMAJ. 2010 Sep 27. [View Abstract](#)
2. **Natural Standard**: The Authority on Integrative Medicine. www.naturalstandard.com



Natural Standard Exhibits



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

Mid-Atlantic Chapter of the MLA (MAC-MLA) Conference:

- The event will take place October 13-15, 2010 at the University of North Carolina's William and Ida Friday Conference Center in Chapel Hill, North Carolina.
- **Natural Standard** will be exhibiting at booth #11.
- For more information, please visit <http://macmla.org>.

Natural Products Expo East:

- The event will take place October 13-16, 2010 at the Boston Convention & Exhibition Center.
- **Natural Standard** will be exhibiting at booth #3219.
- For more information, please visit www.expoeast.com.

X-Travaganza 2010, presented by the Connecticut Chiropractic Council and International Chiropractors Association:

- The event will take place October 15-16, 2010 at the MGM Grand at Foxwoods in Ledyard, Connecticut.
- For more information, please visit www.ctcouncil.com.

South Central Chapter of the MLA Annual Meeting:

- The event will take place October 16-20, 2010 at the University of Texas at Austin.
- For more information, please visit www.sccmla.org.

North Atlantic Health Sciences Libraries (NAHSL) Annual Conference:

- The event will take place October 24-26, 2010 in Newport, Rhode Island.
- For more information, please visit www.nahsl.org/2010.

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

Pine Bark May Not Improve Heart Health



A recent study published in the *Archives of Internal Medicine* suggests that pine bark extract may not reduce blood pressure or help prevent heart problems in patients at high risk for heart disease.

Historically, medicines derived from pine bark were used by early native tribes from North America and Canada as well as settlers to prevent scurvy and teeth and gum disorders during the winter months.

The recent study included 130 overweight people with untreated high blood pressure. They were randomly assigned to receive either 200 milligrams of pine bark extract (Toyo-FVG®) or placebo daily for 12 weeks.

Pine bark extract did not significantly lower blood pressure. It also did not improve body mass index, cholesterol levels, liver enzyme levels, insulin levels, blood sugar levels or markers of inflammation, all of which are considered risk factors for heart disease.

However, the authors reported that the supplement appeared to be safe. More research is needed to determine if pine bark extract could have beneficial effects in patients at risk for heart disease.

Pycnogenol®, the leading brand of pine bark extract, has been studied for various medical conditions. Good evidence supports its use for asthma and chronic venous insufficiency. It has also traditionally been used to treat or prevent cardiovascular, musculoskeletal, gastrointestinal, dermatologic, autoimmune and neuropsychiatric disorders. Pycnogenol® has been granted Generally Recognized as Safe (GRAS) status by the U.S. Food and Drug Administration (FDA).

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

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

References:

1. Drieling RL, Gardner CD, Ma J, et al. No beneficial effects of pine bark extract on cardiovascular disease risk factors. *Arch Intern Med*. 2010 Sep 27;170(17):1541-7. [View Abstract](#)
2. **Natural Standard**: The Authority on Integrative Medicine. www.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](#).

Scarlet Fever: An Integrative Approach

Presented by: Farzana Samad, PharmDc

- Using resources from the **Natural Standard** database, Farzana Samad, PharmDc, will discuss the pathophysiology of scarlet fever and review the available conventional and integrative therapies. [Complimentary access](#): October 1-31, 2010.

Q & A with Jeff Corwin

*Presented by: Catherine Ulbricht, PharmD, co-founder of **Natural Standard**, and Karina Gordin, PharmD*

- Wildlife biologist Jeff Corwin has worked for the conservation of endangered species, natural resources and ecosystems around the globe. He is the host of several television shows, including Animal planet's *Jeff Corwin Experience* and Food Network's *Extreme Cuisine* and is the author of several books, including *100 Heartbeats: The Race to Save Earth's Most Endangered Species*. [Complimentary access](#): November 1-30, 2010.

Q & A with Brendan Brazier

*Presented by: Catherine Ulbricht, PharmD, co-founder of **Natural Standard**, and Karina Gordin, PharmD*

- Brendan Brazier is a professional Ironman triathlete, bestselling author on performance nutrition and the creator of whole-food nutritional products called VEGA. He is also a two-time Canadian 50km Ultra Marathon Champion. [Complimentary access](#): November 1-30, 2010.

Insect Bites: An Integrative Approach

Presented by: Todd Schoen, PharmDc

- Using resources from **Natural Standard's** database, Schoen will discuss

different types of insect bites, as well as available treatment options.

[Complimentary access](#): November 1-30, 2010.

Q & A with David "Avocado" Wolfe

*Presented by: Catherine Ulbricht, PharmD, co-founder of **Natural Standard**, and Karina Gordin, PharmD*

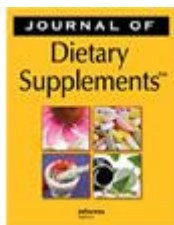
- David Wolfe is the president and founder of the Fruit Tree Planting Foundation. He has a Masters' degree in nutrition and a background in science and mechanical engineering. He is also the author of various books, including *Eating for Beauty (4th Edition)*, *The Sunfood Diet Success System (8th Edition)*, *Naked Chocolate (2nd Edition)* and *David Wolfe on Raw Foods, Superfoods and Superherbs*. [Complimentary access](#): December 1-31, 2010.

Constipation: An Integrative Approach

Presented by: Scott Morrissey, PharmDc

- Scott Morrissey, PharmDc, will discuss the pathophysiology of constipation as well as conventional and integrative therapy options. [Complimentary access](#): December 1-31, 2010.

Journal of Dietary Supplements



industrial sectors.

Natural Standard Research Collaboration invites researchers to submit articles to the *Journal of Dietary Supplements (JDS)* – an international peer-reviewed forum for original research and review articles that focus 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

The journal has an online submission system available at

<http://mc.manuscriptcentral.com/wjds>. Please note that the text should be uploaded as a Microsoft Word file. All tables and figures should be submitted as separate digital files. Full instructions for uploading submissions will appear online.

Natural Standard subscribers are eligible to receive a 60 percent discount on a one-year subscription to the journal. Subscribers will receive four issues for \$100.

Natural Standard also invites *JDS* authors to present their findings in webinars, which

will be posted on the **Natural Standard** Web site (www.naturalstandard.com/webinars).

Chief editor Catherine Ulbricht is the co-founder of **Natural Standard**, an international research collaboration that aggregates and synthesizes data on complementary and alternative therapies. The distinguished editorial board includes the following internationally known scientists:

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



Inside **Natural Standard**

Natural Standard Review of Common Cold Published:

A **Natural Standard** evidence-based review of integrative therapies for the common cold will be featured in the December 2010 edition of [*Alternative and Complementary Therapies*](#).



Colds are one of the leading causes of doctor visits and missed days from school and work. In the United States, most colds occur during the fall and winter. The seasonal variation may relate to the opening of schools and to cold weather, which prompt people to spend more time indoors and increase the chances that viruses will spread from person to person. Viruses are also more prevalent in cold, dry environments.

Integrative therapies discussed in the article include andrographis, echinacea, sage and vitamin C, among others.

Welcome

Natural Standard would like to welcome Cathleen Lee to the team.

We would also like to welcome PharmD candidates: Kevin Luck and Corey Scheer from the University of Connecticut, Qiaoran Chen from the University of Michigan and Getish Dawit from Northeastern University.

Students from all disciplines are invited to train with **Natural Standard** Research Collaboration. Rotations are available either locally in our office in Somerville, Mass., 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.

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, 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.

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