



# 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](http://www.naturalstandard.com).

## Saw Palmetto May Not Reduce BPH Symptoms



Contrary to previous research, a new study suggests that saw palmetto extract may not reduce urinary tract symptoms associated with benign prostatic hyperplasia (BPH) more than placebo.

Saw palmetto is popularly used throughout Europe to treat symptoms associated with BPH (enlarged prostate). It is also the most popularly used herbal supplement for this condition in the United States. Many human trials have reported that saw palmetto improved symptoms associated with BPH, such as nighttime urination and urinary flow. Although some trials have reported no difference between the effects of saw palmetto and placebo, in general, the scientific evidence favors the effectiveness of saw palmetto over placebo.

In a recent study, researchers randomly assigned 369 men with BPH to increasing doses of saw palmetto or placebo for 72 weeks. Treatment doses started at 320 milligrams of saw palmetto daily, then at 24 weeks increased to two doses of 320 milligrams daily, and finally at 48 weeks increased to three doses of 320 milligrams daily.

Before inclusion in the study, the men went through two screening sessions. Individuals ultimately included had at least a peak urinary flow rate of 4 milliliters per second and an American Urological Association Symptom Index (AUASI) score between 8 and 24. The change in the AUASI score was used as the main outcome measure.

Contrary to previous findings, the researchers found that the men in the placebo group had a greater average decrease in AUASI scores than the men in the saw palmetto group. AUASI scores in the placebo group decreased from 14.69 to 11.70, while the average decrease in the saw palmetto group was slightly less from 14.42 to 12.22. Furthermore, there were no notable differences in changes for secondary outcome measures, including sleep quality and peak urine flow.

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The authors concluded that contrary to previous findings, saw palmetto may not reduce urinary tract symptoms associated with BPH more than placebo. Further research is necessary.

For more information on integrative therapies with evidence of benefit for BPH, such as pygeum and plant sterols, please visit **Natural Standard's** [Comparative Effectiveness](#) Database.

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

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

#### References:

1. Barry MJ, Meleth S, Lee JY, et al. Effect of increasing doses of saw palmetto extract on lower urinary tract symptoms: a randomized trial. JAMA. 2011 Sep 28;306(12):1344-51. [View Abstract](#)
2. **Natural Standard:** The Authority on Integrative Medicine. [www.naturalstandard.com](http://www.naturalstandard.com)



## Breast Cancer Awareness Month

Major breast cancer organizations are joining forces this month as part of the National Breast Cancer Awareness Month program. The campaign aims to increase awareness and promote research about the disease.



As part of this effort, **Natural Standard** is working with the Susan G. Komen for the Cure® organization to provide consumer information about integrative therapies for [breast cancer](#).

Many natural therapies have been studied for use in various types of cancer and as adjuncts for chemotherapy side effects. There is currently good scientific evidence supporting the use of meditation and psychotherapy for quality of life in cancer patients. However, further research is necessary.

It is important for patients to discuss any therapies they may be interested in trying with their healthcare providers before initiating therapy to ensure they are safe for use in their specific condition and with other medications they may be taking.

For more information on integrative therapies with evidence of benefit for breast cancer, please visit **Natural Standard's** [Comparative Effectiveness](#) Database.

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



## Electroacupuncture May Increase Fertility Treatment Success



Electroacupuncture treatments may increase the success rate of embryo transfer fertility treatments, according to a new study.

Electroacupuncture utilizes an electrical stimulator attached to acupuncture needles. This form of acupuncture focuses on 80 specific acupoints where nerves enter muscles. The electrical current may be adjusted to reach the optimum level, at which

stage a slight twitching of the skin may be visible around the needle.

In a recent study, 309 women who were undergoing embryo transplant treatments or a new cycle of *in vitro* fertilization (IVF) were randomly assigned to one of three groups. The first group received mock electroacupuncture 30 minutes after the fertility treatment, the second group received one session of electroacupuncture 30 minutes after the fertility treatment, and the third group received electroacupuncture 24 hours before the fertility treatment and then again 30 minutes after the fertility treatment. The main outcome measures included pregnancy rate, embryo implantation rate and live birth rate.

The researchers found that women who received two electroacupuncture sessions had significantly higher pregnancy, embryo implantation and live birth rates, at 50 percent, 25.9 percent and 42 percent, respectively, when compared to those in the control group. Women who received one session of electroacupuncture also saw significantly greater success rates, with pregnancy, embryo implantation and live birth rates at 42.7 percent, 25.7 percent and 37.3 percent, respectively. Results for the mock treatment group included a 29.3 percent pregnancy rate, 15 percent embryo implantation rate and 21.2 live birth rate.

The authors concluded that electroacupuncture may significantly improve the clinical outcomes of embryo transfer fertility treatments. However, further research is necessary before conclusions can be made.

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

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

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

#### References:

1. **Natural Standard**: The Authority on Integrative Medicine. [www.naturalstandard.com](http://www.naturalstandard.com)
2. Zhang R, Feng XJ, Guan Q, et al. Increase of success rate for women undergoing embryo transfer by transcutaneous electrical acupoint stimulation: a prospective randomized placebo-controlled study. *Fertil Steril*. 2011 Oct;96(4):912-6. [View Abstract](#)

## Natural Standard Exhibits

Individuals interested in learning more about evidence-based integrative medicine are invited to visit **Natural Standard** at two 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](mailto:sales@naturalstandard.com).



#### American Public Health Association (APHA) 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](http://www.apha.org).

#### American Society of Health-System Pharmacists (ASHP) Midyear Clinical Meeting & Exhibition:

- The event will take place December 4-8, 2011 at the New Orleans Ernest N. Morial Convention Center in New Orleans, Louisiana.
- **Natural Standard** will be exhibiting at booth #2149.
- For more information, please visit [www.ashp.org/midyear2011](http://www.ashp.org/midyear2011).

## Homeopathy Conference



The Illinois Homeopathic Medical Association (IHMA) 2011 conference will take place November 5-6, 2011 at the Hyatt Lodge on McDonald's Campus in Oak Brook, Illinois.

The IHMA invites all interested in expanding their homeopathic knowledge and skill to participate in a weekend of interactive sessions. This year's conference will feature Belgian author, teacher and creator of *Synthesis*, Dr. Frederik Schroyens.

Dr. Schroyens will discuss topics on case taking, symptom hierarchization, repertorization and differential diagnosis of remedies. Participants should have a basic knowledge of philosophy, Materia Medica and practical experience in using Repertory.

The IHMA is a professional homeopathic organization whose active membership consists of licensed medical doctors, osteopathic doctors, chiropractic doctors and dentists dedicated to learning, practicing and promoting homeopathy.

For more information about the conference, online registration and sponsorship opportunities, please visit [www.ihmaconference.com](http://www.ihmaconference.com). Inquiries may be directed to [info@ihmaconference.com](mailto:info@ihmaconference.com).

If you would like **Natural Standard** to post your event(s) online, please e-mail [news@naturalstandard.com](mailto: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 5-HTP.

5-HTP, the precursor of the neurotransmitter serotonin, has been studied as a treatment option for various conditions. Some research suggests that 5-HTP may be beneficial in the treatment of cerebellar ataxia, headache, depression, psychiatric disorders, fibromyalgia, and as an appetite suppressant or weight loss agent. The **Natural Standard** bottom-line monograph discusses the latest research on 5-HTP, including scientific evidence of effectiveness for various conditions and potential interactions and side effects.



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 October issue features the following articles:

- **How to Click With People** by Rick Kirschner, ND
- **The Many Uses of 5-HTP** by **Natural Standard**
- **Ensuring Probiotic Quality** by Lise Alschuler, ND, FABNO

- **AHCC and Cancer** Interview with Dr. Geovanni Espinosa by Tina Kaczor, ND, FABNO
- **Preventing Chronic Diseases** Interview with Eric Ding, PhD by Karolyn A. Gazella
- **Diagnos-Techs Laboratory** Interview with John White, MD by Karolyn A. Gazella
- **The Proven Risks of Genetically Modified Organisms (GMOs)** Interview with Jeffrey Smith by Tina Kaczor, ND, FABNO

To subscribe to the complimentary journal, please visit [www.naturalmedicinejournal.com](http://www.naturalmedicinejournal.com).

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

## Mind-Body Medicine Conference



The Gawler Foundation Annual Conference, titled "Profound Healing - Sustainable Wellbeing," will be held at the Hilton on the Park in Melbourne, Australia on November 19-20, 2011.

The conference brings together leaders in the field of mind-body medicine, focusing on integrative healthcare that supports a holistic approach to health, healing and wellness.

Featured speakers will include Dr. Craig Hassed, Dr. Ian Gawler, Prof Marc Cohen, Janella Purcell, Prof George Jelinek, Dr. Dianne Vella-Brodrick, Prof Avni Sali, Rabbi Dovid Tsap, Gerald Quigley, Dr. Vicki Kotsirilos, Scott Stephens, Scott Kinnear, Siegfried Gutbrod, Dr. Louise Mahler, Paul Bedson and Sophie Scott.

In addition to the featured speakers, the conference will also include interactive workshops and a panel discussion focusing on "Illness vs Wellness: Have we got the model right?"

Anyone living with serious illness or interested in preventative health and wellbeing is encouraged to attend. Health Practitioners will be awarded 24 RACGP QA&CPD points for the full program.

For more information, please visit [www.gawler.org](http://www.gawler.org).

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

## Exercise for Migraine Prevention

A new study suggests that regular exercise may be just as effective as relaxation therapy and prescription drugs for migraine prevention.

A migraine is more than just headache pain. Migraines are thought to be the result of a genetic neurological disease characterized by flare-ups often called "migraine attacks." Although a headache may be one symptom of a migraine, some individuals with recurrent migraines may have attacks without headaches at all.



In a new study, researchers randomly assigned 91 adults with migraines to one of three groups. The first group was assigned to exercise for 40 minutes three times weekly. The second group was assigned to relaxation therapy, and the third group was assigned to the prescription drug, topiramate, at increasing doses with a maximum of 200 milligrams daily.

Throughout the three month study period, various outcome measures were evaluated, including quality of life, migraine status, oxygen intake and activity level. The average frequency of migraines at the beginning of the study compared to the final month of treatment was used as the main outcome measure.

The researchers found that all three treatments reduced the frequency of migraines; however, there was no significant difference in results between groups.

The authors concluded that regular exercise may be a beneficial option for individuals with migraines; however, additional research is necessary to further evaluate these findings.

For more information on other integrative therapies studied for migraine prevention, including feverfew and butterbur, 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](http://www.naturalstandard.com)
2. Varkey E, Cider A, Carlsson J, et al. Exercise as migraine prophylaxis: A randomized study using relaxation and topiramate as controls. Cephalgia. 2011 Sep 2. [View Abstract](#)

## **Naturopathic Medicine Convention & Tradeshow**



The Ontario Association of Naturopathic Doctors (OAND) 2011 Fall Convention & Tradeshow, titled "Emerging Trends & Treatments in Naturopathic Medicine," will take place November 18-20, 2011 at the International Centre in Toronto, Ontario.

This year's event will focus on naturopathic medicine as an emerging trend in healthcare. Presentations will focus on the latest research in cancer care, diabetes and parenteral therapy.

Featured speakers will include Mark Hyman, MD; Alan Gaby, MD; Gurdev Parmar, ND; Lise Alshuler, ND; Andre Saine, ND; Quinn Hand, ND; Michael Rahman, ND; Michael Murray, ND; Isaac Eliaz, MD; Robert Abell, ND; Tanya Rawluk-Gendron, ND; Cedilia Ho, ND; Stefan Kuprowsky, ND; Dickson Thom, ND; Paul Epstein, ND; Eric Marsden, ND; Jason Law, ND; Elias Markou, ND; Kerry Bone, Assoc. Prof.; and Michael Prytula, ND.

The event will also include a series of six intensive programs and a convention kick-off lecture titled "Preparing New NDs in a Changing World of Health Care."

More than 100 booths and over 400 medical professionals and students are expected to attend. Participants may earn up to 17 Continuing Education Credits.

The Ontario Association of Naturopathic Doctors (OAND) provides leadership, advocacy and support for the profession in Ontario. Professional members of the OAND are graduates of an accredited four-year, graduate level, in-residence naturopathic medical programs.

For more information or to register for the event, please visit [www.oand.org](http://www.oand.org).

If you would like **Natural Standard** to post your event(s) online, please e-mail [news@naturalstandard.com](mailto: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, Oct 18, 2011 2:00 PM - 2:45 PM EDT](#)
- [Thu, Oct 20, 2011 2:00 PM - 2:45 PM EDT](#)
- [Tue, Oct 25, 2011 2:00 PM - 2:45 PM EDT](#)
- [Thu, Oct 27, 2011 2:00 PM - 2:45 PM EDT](#)
- [Tue, Nov 1, 2011 2:00 PM - 2:45 PM EDT](#)
- [Thu, Nov 3, 2011 2:00 PM - 2:45 PM EDT](#)
- [Tue, Nov 8, 2011 2:00 PM - 2:45 PM EDT](#)
- [Thu, Nov 10, 2011 2:00 PM - 2:45 PM EDT](#)

A special **\*LATE\*** training session will be held at 8:00PM - 9:00PM EDT on [Tue, Oct 25, 2011](#) to accommodate for other time zones.

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](#).

## Flow Cytometry Discussion Forum



The 2011 Flow Cytometry Discussion Forum will be held Friday, November 4, 2011 in London, England.

This discussion workshop will focus on a variety of topics, including advances in instrumentation and techniques, intracellular antigen detection, advances in flow microbiology and advances in the measurement of cell death.

Expert presentations will include "Cell Death in All its Forms" by Dr. Gary Warnes and "The Optimal Use of Multiple Fluorophores and Dyes in Flow Cytometry" by Ian Dimmick. Roundtable discussions will also be held by various experts, including Dr. Ulrika Johansson and Dr Anna Petrunika.

For more information and registration, please visit [www.regonline.co.uk/workshopFlow2011](http://www.regonline.co.uk/workshopFlow2011).

If you would like **Natural Standard** to post your event(s) online, please e-mail [news@naturalstandard.com](mailto: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](http://www.naturalstandard.com/webinars).

### Roundtable Discussion: An Integrative Approach to Diabetes

Dr. Catherine Ulbricht, Founder and CEO of **Natural Standard**, leads a roundtable discussion on integrative therapies for diabetes with Manisha Chandalia, MD, of the Stark Diabetes Center in the Division of Endocrinology and Metabolism of the University of Texas Medical Branch at Galveston; Sheri R. Colberg, PhD, FACSM, of Old Dominion University; Jacob Teitelbaum, MD, of the Chronicity/Fibromyalgia & Fatigue Centers, Inc; and Frederic J. Vagnini, MD, of the Heart, Diabetes & Weight Loss Centers of New York. Complimentary access: [November 1-30, 2011](#)



### Q & A with Susan Domizi

Dr. Catherine Ulbricht, Founder and CEO of **Natural Standard**, interviews Susan Domizi, President and Founder of Source Inc., a manufacturer of seaweed-based micronutrient supplements for animals. She was recently presented with a Lifetime Achievement award by the National Animal Supplement Council (NASC) for her dedication and contributions to the animal health supplement industry. Complimentary access: [November 1-30, 2011](#)

### Parkinson's Disease: An Integrative Approach

Sonia Gill, PharmDc, presents an overview of the pathology, signs and symptoms of Parkinson's disease. 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: [November 1-30, 2011](#)



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

## Natural Standard Featured CE/CME: Magnesium



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

Research suggests that magnesium may be an effective treatment option for acute childhood asthma. Other studies have also shown it to be potentially beneficial in the

treatment of several heart disorders, chronic obstructive pulmonary disease (COPD), type 2 diabetes, hearing loss, leg cramps during pregnancy, and side effects from the drug succinylcholine (a neuromuscular blocker). At higher doses, magnesium may control high blood pressure, although study findings are unclear.

**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.

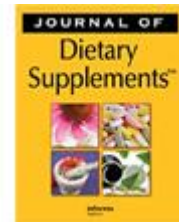
For more information on **Natural Standard's** CE/CME courses, please visit [www.naturalstandard.com](http://www.naturalstandard.com).

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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](mailto: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: Nkolika Izuchi from Hampton University and Ashley Tewksbury 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, 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](mailto: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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- [Natural Standard Homepage](#)
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