



Natural Standard

The Authority on Integrative Medicine

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December 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.

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FREE Healthy Holiday Gifts



Natural Standard Research Collaboration wishes all a happy holiday season with two healthy holiday gifts.

For new prospective members, **Natural Standard** offers a two week complimentary Professional Database Subscription. This provides unlimited access to all databases, tools and continuing education programs.

For our existing members, we offer a complimentary mobile or desktop download of **Natural Standard**.

To receive these healthy holiday gifts, please email memberservices@naturalstandard.com and include the name of your organization. A member of our team will reply with the appropriate access instructions.

Thank you and happy 2012!

Natural Standard Featured CE/CME: Peppermint

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

Peppermint is a flowering plant that grows throughout Europe and North America and is widely cultivated for its fragrant oil. Peppermint oil has been used historically for numerous health conditions, including common cold symptoms, cramps, headache, indigestion, joint pain and nausea. There is currently strong scientific



evidence supporting the use of peppermint for irritable bowel syndrome (IBS) symptoms.

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.

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

Soy Intake Linked to Lower Lung Cancer Risk



A recent study suggests that consuming soy may be linked to a reduced risk of lung cancer.

Soy contains protein, isoflavones and fiber, all thought to provide health benefits. Soy is an excellent source of dietary protein, including all essential amino acids. Several large population studies have found that higher soy intake (such as dietary tofu) is associated with a decreased risk of developing several types of cancers,

including breast, prostate and colon cancer. However, other research suggests that soy does not have this effect. Until better research is available, it remains.... [More>](#)

Drinking Tart Cherry Juice May Improve Sleep Quality

A new study suggests that drinking tart cherry juice may improve sleep quality.

Cherries have been used as both food and medicine. African cherry (*Prunus africana*) has been used to treat enlarged prostate and other disorders. Cherries contain polyphenols, which may have antioxidant, anticancer and anti-inflammatory properties. However, there is limited scientific evidence to support these uses.



In a new study, researchers... [More>](#)

Green Tea May Reduce Cholesterol



A recent study suggests that green tea catechins may reduce cholesterol.

Green tea is made from the leaves of *Camellia sinensis*, an evergreen shrub native to Southeast Asia. Green tea is rich in the class of polyphenol compounds known as catechins. Polyphenols may have health benefits for humans. Many of the effects of green tea are thought to be due to its most abundant catechin, epigallocatechin gallate (EGCG).

In a recent study, researchers conducted a comprehensive literature search for well-designed clinical trials evaluating the effects.... [More>](#)

Massage Therapy May Improve Asthma Symptoms in Children

Massage therapy may improve lung function for children with asthma, according to a new study.

Numerous theories exist on how massage therapy may be beneficial, although there is limited research on the mechanism of action. There is promising preliminary evidence that suggests massage therapy may be beneficial to the lung function of children with asthma; however, data are.... [More>](#)



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, Dec 15, 2011 2:00 PM - 2:45 PM EST](#)
- [Tue, Dec 20, 2011 2:00 PM - 2:45 PM EST](#)
- [Thu, Dec 22, 2011 2:00 PM - 2:45 PM EST](#)
- [Thu, Jan 5, 2012 2:00 PM - 2:45 PM EST](#)
- [Tue, Jan 10, 2012 2:00 PM - 2:45 PM EST](#)
- [Thu, Jan 12, 2012 2:00 PM - 2:45 PM EST](#)
- [Thu, Jan 19, 2012 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](#).

Food As Medicine Seminar: Mind, Mood & Food

Mind, Mood & Food: Optimal Nutrition for the Brain, a Food as Medicine Seminar, will take place March 16-18, 2012 at the Kripalu Center for Yoga & Health in Stockbridge, Massachusetts.



Join James Gordon, MD and cutting-edge clinicians in medical nutrition therapy to learn the latest in science-based practices to improve brain health. Designed for curious health professionals and non-professionals alike, this practical two-day seminar will cover topics including:

- Using self-care to dramatically reduce stress and improve quality of life
- Mind-body techniques, refreshing to brain and spirit
- The landscape of the brain & up-to-date nutritional science for neurological disorders
- Foods, herbs & supplements that nourish the brain, from infants to elders
- Repairing the traumatized, injured & aging brain

Created by the The Center for Mind-Body Medicine, this seminar combines science and nutritional wisdom to help practitioners custom design Mind, Mood & Food healing programs. For more information, please visit www.cmbm.org.

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 issue of the *Natural Medicine Journal* features a **Natural Standard** evidence-based review on Vitamin E.

Vitamin E is a fat-soluble vitamin with antioxidant properties. Foods that contain vitamin E include eggs, fruit, green leafy vegetables, meat, nuts, poultry, vegetable oils, argan oil, olive oil, wheat germ oil, and whole grains. Vitamin E has been proposed for the prevention or treatment of many health conditions, often based on its antioxidant properties. However, aside from the treatment of vitamin E deficiency (which is rare), there are a lack of clearly proven medicinal uses of vitamin E supplementation beyond the recommended daily allowance. The **Natural Standard** bottom-line monograph discusses the latest research on Vitamin E, 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 December issue features the following articles:

- **Aspirin Use and Breast Cancer Recurrence** by Jacob Schor, ND, FABNO
- **Vitamin E: Examining the Research** by **Natural Standard**
- **BRCA Methylation Implicated in Breast Cancer Carcinogenesis** by Lise Alschuler, ND, FABNO
- **Benefits of Integrative Cancer Treatments for Lung Cancer Patients** by Renee Lang, ND, FABNO

- **Clowns Help Children with Respiratory Infections Get Well Faster** by Jacob Schor, ND, FABNO
- **Alcohol Consumption and Colorectal Cancer Risk** by Katherine Neubauer, ND
- **A Spoonful of Peanut Butter Helps the Veggies Go Down** by Jared Skowron, ND
- **Who Makes Those Supplements, Anyway?** by Lise Alschuler, ND, FABNO

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

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

Maturing Mind Conference

The Mind-Body Connection: Melding Traditional Medicine with Complementary and Alternative Therapies, presented by the Florida Hospital Parkinson Outreach Center in collaboration with the Alzheimer and Dementia Resource Center, will be held at the Florida Hospital Orlando Seventh-Day Adventist Church on Friday, February 3, 2012 from 12:00pm to 4:30pm.



This conference is designed to provide the public with information on available complementary and alternative therapies and how they may help to augment traditional medicine and promote general wellness. The conference will include a presentation on the power of laughter, the science behind music as therapy and the therapeutic benefit of pets.

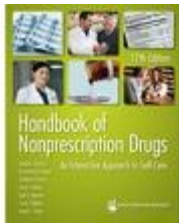
Speakers will include Anne Curtis a Registered Drama Therapist and humorist, Amy Robertson, Board Certified Music Therapist and Therese Dickinson, a dog trainer and member of the Delta Society and APDT. The keynote speaker, Laura Rampil, DO, will provide an overview of complementary and alternative medicine.

In addition to the speakers, informational exhibits will be available. Anyone interested in learning about enhancing wellness or augmenting traditional medical care is encouraged to come.

For more information on attending or sponsoring this event, please contact FH.Parkinson@flhosp.org.

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

Natural Standard in APhA Handbook of Nonprescription Drugs



Natural Standard recently authored a chapter on complementary and alternative medicines (CAM) in the American Pharmacists Association® (APhA) *Handbook of Nonprescription Drugs: An Interactive Approach to Self-Care*.

The 17th edition includes 52 peer-reviewed chapters and provides FDA-approved dosing information for nonprescription medications, as well as evidence-based research on the safety and effectiveness for various over-the-counter, herbal and homeopathic medications.

In addition to the chapter on CAM authored by **Natural Standard**, this edition also offers chapters on

Essential and Conditionally Essential Nutrients, Functional and Meal Replacement Foods, among many others.

To review the complete table of contents or to purchase the *Handbook of Nonprescription Drugs: An Interactive Approach to Self-Care*, please visit www.pharmacist.com.

Biotechnology World Congress

The 1st Biotechnology World Congress will be held on February 14-15, 2012 in Dubai, United Arab Emirates.



This unique international conference will cover the translational nature of biotechnological research, with emphasis on both the basic science as well as its applications in industry and academia. Presentations will focus on new research, business development, strategic alliances, partnering trends, product opportunities, business growth models and strategies, licensing and pharmaceutical biotechnology, medical biotechnology, industrial biotechnology, bioprocess engineering and much more.

The conference will provide a platform for researchers and decision makers in biotechnology to present their latest findings and learn about all the important developments in biotechnology. Six Nobel Laureates and many world-renowned experts will participate.

For more information or to register for the event, please visit www.biotechworldcongress.com.

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.



Q & A with Dr. Holly Lucille

Dr. Catherine Ulbricht, Founder and CEO of **Natural Standard**, interviews Holly Lucille, ND, RN, a well-known licensed naturopathic physician, author and educator. Dr. Lucille is the former president of the California Naturopathic Doctor's Association where she spearheaded the effort to license naturopathic doctors in the state of California. Dr. Lucille is not only a naturopathic physician and registered nurse, but she is also a personal trainer, certified by the National Academy of Sports Medicine.

Complimentary access: [January 1-31, 2012](#)

Peripheral Vascular Disease: An Integrative Approach

Matt Martineau, PharmDc, presents an overview of the signs, symptoms, diagnosis and treatment of Peripheral Vascular Disease (PVD). He discusses several patient cases detailing the safety and effectiveness of integrative therapies for this condition. He also reviews the scientific evidence, dosing, safety and interactions related to



various therapies. Complimentary access: [January 1-31, 2012](#)

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

Inside Natural Standard



Academic Rotations and Internships:

Natural Standard would like to welcome Amber Hamilton, a PharmD candidate from St. John Fisher College.

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.



Quick Links:

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