



# 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).

## Natural Standard: NEW Web 2.0 Site



**Natural Standard** has a newly redesigned website.

The homepage prominently features **Natural Standard's** Evidence-based Validated Grading Rationale™, which is used to evaluate the available scientific evidence of effectiveness for integrative therapies.

The new site is faster and offers improved navigation. Now users can access **Natural Standard's** evidence-based systematic reviews more quickly to facilitate clinical decision making.

To help users navigate the new site, **Natural Standard** is offering several free training sessions. Register for a session by clicking on a date below.

- [Tue, Nov 16, 2010 2:00 PM - 2:40 PM EST](#)
- [Thu, Nov 18, 2010 2:00 PM - 2:40 PM EST](#)
- [Tue, Nov 23, 2010 2:00 PM - 2:40 PM EST](#)
- [Tue, Nov 30, 2010 2:00 PM - 2:40 PM EST](#)

Once registered, attendees will receive e-mail confirmation with information on how to

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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](#).

## **Exercise May Not Improve Depression in Long Term**

Exercise may offer small benefits for depression, but it does not appear to provide long-lasting improvements, researchers report in the *Journal of Clinical Psychology*.



The researchers analyzed 13 studies that included nearly 700 adults with clinical depression. The participants were randomly assigned to a control group or exercise program that included activities such as walking, jogging, running, bicycling or strength/resistance training.

Compared to non-exercisers, people who exercised experienced slight overall improvements in depression symptoms immediately after the program ended.

However, several months after exercise was discontinued, the benefits were not maintained. According to five studies that evaluated patients 6-26 months after the intervention ended, exercise was not associated with improvements in depression symptoms.

For more information about integrative therapies for depression, please visit **Natural Standard's** [Comparative Effectiveness](#) database.

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

### **References:**

1. Krogh J, Nordentoft M, Sterne JA, et al. The effect of exercise in clinically depressed adults: systematic review and meta-analysis of randomized controlled trials. *J Clin Psychiatry*. 2010 Oct 19. [View Abstract](#)
2. **Natural Standard:** The Authority on Integrative Medicine. [www.naturalstandard.com](http://www.naturalstandard.com)



## CNN Interviews **Natural Standard**

**Health.com**

CNN recently interviewed Dr. Catherine Ulbricht, co-founder of **Natural Standard** and Senior Attending Pharmacist at Massachusetts General Hospital, about the safety and effectiveness of red yeast rice supplements, which are popularly used to lower cholesterol.

The news article highlights a recent study that found that red yeast rice supplements may contain varying amounts of monacolins, the active ingredients responsible for their cholesterol-lowering effects. One of these ingredients, monacolin K, has the same chemical structure as the prescription drugs lovastatin and mevinolin.

The researchers purchased 12 commercial red yeast rice supplements and analyzed them for their monacolin content. Although the products were said to contain 600 milligrams of red yeast rice, they contained anywhere from 0.31 to 11.15 milligrams of monacolins per capsule.

Many supplements, including red yeast rice, are not standardized to contain specific ingredients or dosages, Dr. Ulbricht told CNN.

Four of the supplements also contained detectable amounts of citrinin, a toxin that has been shown to cause kidney damage in animals.

Red yeast rice has also been studied as a potential therapy for coronary artery disease and diabetes, although evidence of effectiveness is currently inconclusive in these areas.

For more information about red yeast rice, please visit **Natural Standard's** [Foods, Herbs & Supplements](#) database. To schedule an expert interview or book signing with Dr. Ulbricht, please e-mail [questions@naturalstandard.com](mailto:questions@naturalstandard.com).

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

### References:

1. Gardner A. Strength of cholesterol-lowering supplements varies widely. [CNN Article](#). [Health.com Article](#).
2. Gordon RY, Cooperman T, Obermeyer W, et al. Marked variability of monacolin levels in commercial red yeast rice products: buyer beware! Arch Intern Med. 2010 Oct 25;170(19):1722-7. [View Abstract](#)
3. **Natural Standard**: The Authority on Integrative Medicine. [www.naturalstandard.com](http://www.naturalstandard.com)



## CAM Conference

Next month, the Cleveland Clinic and Northwestern Memorial Hospital will host a complementary and alternative medicine (CAM) conference titled, Preventive Care and Integrative Medicine: Focus on Oncology and New Strategies in Preventive Medicine.



The event will be held at the Northwestern Memorial Hospital Feinberg Pavilion in Chicago on December 10-12, 2010.

Speakers will present current scientific evidence on the safety and efficacy of CAM therapies for various indications, including cancer, cardiovascular disease and general well-being. The goal is to help practitioners understand the potential value and limitations of these therapies. The presentations will place special emphasis on new concepts for disease prevention.

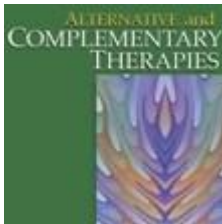
Medical professionals can earn up to 17.25 AMA PRA Category 1 Credits™. Category 2 American Osteopathic Association Continuing Medical Education (CME) credit is also available. An application for CME credit from the American Academy of Family Physicians has been filed and is pending approval.

For more information or to register for the event, please visit [www.clevelandclinicmeded.com](http://www.clevelandclinicmeded.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 Common Cold Review 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 often 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.

For more information about integrative therapies for the common cold, 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. Ulbricht C: **Natural Standard**. The Common Cold. Alternative and Complementary Therapies. 2010 Dec;16(6). [View Table of Contents](#)



## DHA May Not Slow Alzheimer's

According to a recent study, supplementation with the fatty acid docosahexaenoic acid (DHA) may not slow cognitive decline in patients with Alzheimer's disease.



Fatty acids, particularly omega-3 fatty acids like DHA, are important for the growth and functional development of the brain in infants. Earlier evidence has suggested that fish oil, which contains DHA and eicosapentaenoic acid (EPA), may help prevent cognitive decline in older adults.

The study, funded by Martek Biosciences (the manufacturer of the DHA pills used in the study) and the National Institute on Aging, included 401 adults with mild-to-moderate Alzheimer's disease. The participants were randomly assigned to receive either 2 grams of DHA or placebo daily for 18 months. A total of 295 people completed the trial.

Cognitive function was evaluated using the Alzheimer's Disease Assessment Scale and Clinical Dementia Rating and was found to be similar between both groups. When the researchers reviewed MRI scans in a subset of patients, they found that DHA did not appear to affect the rate of brain atrophy.

Although no benefit was reported in this study, fish oil has been shown to have various other health benefits. For instance, fish oil is commonly taken to help prevent heart disease, and supplementation has been shown to help lower triglyceride levels and blood pressure, reduce mortality rates and abnormal heart rhythms and prevent strokes and atherosclerosis. However, high doses may have harmful effects, such as increased risk of bleeding.

For more information about omega-3 fatty acids, please visit **Natural Standard's** [Foods, Herbs & Supplements](#) 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. Quinn JF, Raman R, Thomas RG, et al. Docosahexaenoic acid supplementation and cognitive decline in Alzheimer disease: a randomized trial. JAMA. 2010 Nov 3;304(17):1903-11. [View Abstract](#)



## Natural Standard Attends ASHP Midyear



Individuals interested in learning more about evidence-based integrative medicine are invited to visit **Natural Standard** at the American Society of Health-System Pharmacists (ASHP) Midyear Clinical Meeting December 4-9, 2010.

This year's meeting will be held in Anaheim, California, and is expected to attract more than 20,000 attendees and 250 exhibitors.

**Natural Standard** will be exhibiting its latest products and services, including the new [Continuing Education Modules](#) and [Charts & Tables](#) database at booth #769. The exhibition hall will be open December 6-8.

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

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



## BPA and Sperm Quality

New evidence suggests that bisphenol-A (BPA), a chemical commonly used in hardened plastics, may have detrimental effects on sperm quality in humans.

Earlier studies linked BPA to reduced sperm quality in male animals.



Moreover, in female rats, BPA has been linked to early-onset puberty, ovarian malformations and premature loss of the estrus cycle.

The recent study included 218 male factory workers in China, some of whom were exposed to high levels of BPA at work. The researchers measured the amount of BPA in the participants' urine and assessed sperm quality, including sperm concentration, total sperm count, sperm motility and sperm vitality.

The researchers found that men with detectable BPA levels were 2-4 times more likely to have poor sperm quality than those with non-detectable BPA levels.

Several manufacturers in the United States have voluntarily stopped using BPA as a precautionary measure. The U.S. Food and Drug Administration's National Center for Toxicological Research is working collaboratively with the National Toxicology Program and the National Institute for Environmental Health Sciences to evaluate the safety of BPA. Last month, Canada became the first nation to officially declare BPA a toxic substance.

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

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

#### References:

1. Li DK, Zhou Z, Miao M, et al. Urine bisphenol-A (BPA) level in relation to semen quality. *Fertil Steril*. 2010 Oct 26. [View Abstract](#)
2. **Natural Standard**: The Authority on Integrative Medicine. [www.naturalstandard.com](http://www.naturalstandard.com)

## **Natural Standard Fibromyalgia Review Published**



The fall edition of the *Journal of the American Association of Integrative Medicine (JAAIM)* features a **Natural Standard** review of integrative therapies for fibromyalgia.

Fibromyalgia causes pain and fatigue in the muscles, ligaments and tendons. Researchers believe that several factors, including sleep disturbances, injury, abnormalities in the nervous system and changes in the muscle metabolism, may lead to the development of fibromyalgia. Featured integrative therapies include 5-HTP, acupuncture, chlorella and chiropractic therapy, among several others.

For more information about integrative therapies for fibromyalgia, 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. Ulbricht C: **Natural Standard**. Fibromyalgia: An Integrative Approach. JAAIM. 2010. [View Table of Contents](#)

## Positive Aging Conference

The Fourth Annual International Conference on Positive Aging, hosted by the Institute for Social Innovation at Fielding Graduate University, will be an interactive gathering of leaders who are shaping the future for the aging population.



The event will take place at the Center for Nonprofit Management in Los Angeles December 7-10, 2010.

According to Harry R. Moody, Director of Academic Affairs, AARP, "the best way to predict the future is to create it, and that is what this conference begins to do. Positive aging is the future we want to create."

The keynote speaker will be Marc Freedman, CEO of Civic Ventures. Freedman spearheaded the creation of Experience Corps, a national nonprofit service program that engages individuals in later life. Freedman also played an instrumental role in The Purpose Prize, which annually provides support to social entrepreneurs in the second half of their lives.

This year's plenary speakers (and their respective topics) will include Harvard professor George Valliant (community), professional dancer Ardie Bryant (creativity), healthcare professional W. June Simmons (wellness) and life consultant Nancy Anderson (life transitions). Other speakers will include actress and conservationist Tippi Hedren and Kathy Kohner Zuckerman (aka "Gidget").

The conference will also feature active arts (such as music, dance and poetry), which are designed to facilitate dialogue about creative expression and aging. The conference will conclude with a half-day session sponsored by Civic Ventures and ENCORE careers.

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

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).

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

### Q & A with Jeff Corwin

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

- 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, MS*

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

### Insect Bites: An Integrative Approach

*PowerPoint slides by: Todd Schoen, PharmDc*

*Presented by: Scott Morrissey, PharmDc*

- Using resources from **Natural Standard's** database, Scott Morrissey discusses 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, MS*

- David Wolfe is the president and founder of the Fruit Tree Planting Foundation. He has a master's 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.

### **Roundtable Discussion: Integrative Therapies During Cancer and Chemotherapy**

*Moderator: Catherine Ulbricht, PharmD, co-founder of **Natural Standard***

- This clinical roundtable on integrative therapies focuses on the evidence behind various herbs and supplements that are used for the treatment, prevention and adjunctive care of cancer patients and those undergoing chemotherapy for cancer. Panelists include Keith I. Bloc, MD; Lorenzo Cohen, PhD; M. Kay Garcia, DrPH, MSN, RN, LAc; Brian Lawenda, MD; Richard Lee, MD; Marie Markman, MD and David Sollars, MAC, LicAc, HMC. [Complimentary access](#): December 1-31, 2010.

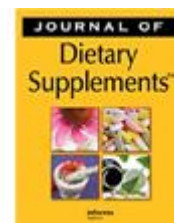
### **Constipation: An Integrative Approach**

*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: Call for Papers**

Researchers are invited to submit papers for publication in the [Journal of Dietary Supplements \(JDS\)](#). The international, peer-reviewed journal aims to help consumers and clinicians make informed decisions about the preparations, foods and botanicals that are used to improve health.



*JDS* provides a much-needed forum to help guide the development of the dietary supplement industry. It addresses important issues that appeal to researchers, regulators, marketers, educators and health professionals.

To submit a manuscript online, please visit <http://mc.manuscriptcentral.com/wjds>.

For more information, please e-mail [jds@naturalstandard.com](mailto:jds@naturalstandard.com).

## Inside **Natural Standard**



### Welcome:

**Natural Standard** would like to welcome the following PharmD candidates: Haley Morrill from the University of Connecticut, Vivian Chen from the University of Michigan, Getish Dawit from Northeastern University, Gwen Tran and Devin Cook from St. John Fisher College and Florie Gombaut and Tiffany Cormier from Massachusetts College of Pharmacy.

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](mailto: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, 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](http://www.skyscape.com/naturalstandard).

## Quick Links:

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