Natural Standard

The Authority on Integrative Medicine

Copyright © 2010 Natural Standard

December 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.

In This Issue

- Natural Standard Offers CE/CME Credits
- Lycopene and Osteoporosis
- Acupressure for Glaucoma
- Missouri Organic Association Conference
- Alpha-Carotene Linked to Lower Mortality Risk
- Natural Standard Exhibits
- Iron Not Linked to Breast Cancer
- Natural Standard Training Sessions
- International GMP Conference
- Complimentary Webinars
- Journal of Dietary Supplements: New Issue
- 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 available scientific evidence of effectiveness is evaluated 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.

To comment on this story, please visit **Natural Standard's** blog.

Lycopene and Osteoporosis

Lycopene, a red pigment primarily found in tomatoes, may have protective effects against osteoporosis, researchers report.

Osteoporosis is a disease that causes the bones to become weak and prone to fractures. Although many factors contribute to bone loss, the leading cause in women is decreased estrogen production during menopause. This is because estrogen increases bone density by blocking a process called bone resorption, which is the natural breakdown of bone and transfer of calcium to the blood.

Earlier lab and animal studies have suggested that lycopene may have beneficial effects on bone.

This recent study included 60 postmenopausal women who were 50 to 60 years old. For the first month, the women did not consume any lycopene in their diets. The participants were then randomly assigned to take 15 milligrams of a lycopene supplement, one glass of a tomato juice (containing 15 milligrams of lycopene), a Japanese tomato juice called Lyc-O-Mato® (containing 35 milligrams of lycopene) or a placebo daily for four months.

After the first month with no lycopene, bone resorption increased in the women, suggesting an increased risk of developing osteoporosis.

After four months of treatment, the lycopene groups had significantly increased antioxidant activity, decreased oxidative stress markers and decreased bone resorption markers compared to placebo.

However, additional research is needed to confirm these early findings. The study was funded by the Canadian Institutes of Health Research (CIHR); the Research and Development Departments of Genuine Health and several manufacturers of lycopene- and tomato-based products, including Heinz®; Millenium Biologix, Inc.; Kagome (Japan) and LycoRed.

For more information about lycopene, please visit **Natural Standard's** Foods, Herbs & Supplements database.

To comment on this story, please visit **Natural Standard's** blog.

References:

1. Mackinnon ES, Rao AV, Josse RG, et al. Supplementation with the antioxidant lycopene significantly decreases oxidative stress parameters and the bone resorption marker N-telopeptide of type I collagen in postmenopausal women. Osteoporos Int. 2010 Jun 15. View Abstract
2. **Natural Standard**: The Authority on Integrative Medicine. www.naturalstandard.com

Acupressure for Glaucoma

A recent study suggests that auricular acupressure may be beneficial for patients with glaucoma.

Auricular acupressure is based on the idea that certain areas of the ear (called acupoints) correspond to other areas of the body. When stimulated, the acupoints are thought to have beneficial effects on certain organs. Auricular acupressure is most commonly used to treat addiction, although scientific evidence is lacking.

In the recent study, 33 patients with glaucoma were randomly assigned to receive auricular acupressure or sham acupressure twice daily for four weeks. In the acupressure group, the practitioner stimulated acupoints that are thought to affect the kidneys, liver and eyes. In the sham group, the practitioner stimulated acupoints that are thought to affect the wrists, shoulders and jaw.

The researchers then evaluated the patients' visual acuity. They also measured intraocular pressure, or pressure within the eye, which is increased in many glaucoma patients.

After therapy, intraocular pressure improved significantly in the acupressure group. The most significant intraocular effects were observed after about 3-4 weeks of acupressure. However, four weeks after treatment ended, the intraocular pressure returned to the initial level.

Visual acuity improved significantly in both the acupressure and sham groups.

For more information about acupressure, please visit **Natural Standard's** Health & Wellness database.

To comment on this story, please visit **Natural Standard's** blog.

References:

1. Her JS, Liu PL, Cheng NC, et al. Intraocular pressure-lowering effect of auricular acupressure in patients with glaucoma: a prospective, single-blinded, randomized controlled trial. J Altern Complement Med. 2010 Nov;16(11):1177-84. View Abstract
2. **Natural Standard**: The Authority on Integrative Medicine. www.naturalstandard.com

Missouri Organic Association Conference

The Missouri Organic Association (MOA) Annual Conference will bring together educators, businesses, farmers and supporters to celebrate the heritage and future of organic and sustainable agriculture.

This year's conference will be held at the Ramada Oasis Conference Center in Springfield, Missouri, on February 10-12, 2011.

International lecturer Jerry Brunetti will speak about the concept of "farmacy," or the use of food as medicine. Agribusinessman Gary Zimmer will focus on how healthy soil produces healthy plants for healthy livestock and healthy humans. Several other speakers, including Jon Wood Pittman, the founder of Organic Homestead Gardening; Jim Gerrish, from American GrazingLands; Dr. Ann Wells, DVM; Tina Wilcox, from the Ozark Folk Center; Ken Roseboro, editor and publisher of the *Non-GMO Report* and Randell Agrella, from Baker Creek Heirloom Seeds, will present on topics ranging from soil fertility to genetically modified organisms (GMOs).

The conference will also feature 18 hands-on workshops, which will cover topics such as the relationship between soil fertility and human health, organic poultry, natural hog production, pollinator habitats, grafting fruit trees and organic pest management. Attendees can also tour an organic farm and learn how to make cheese, distill essential oils and cook with healthy organic ingredients.

On Thursday evening, attendees are invited to attend a reception and screening of *Living Downstream*. Based on the acclaimed book by ecologist and cancer survivor Sandra Steingraber, Ph.D., *Living Downstream* chronicles Steingraber as she traveled across North America, working to break the silence about cancer and its environmental links. After the film, Melinda Hemmelgarn ("The Food Sleuth") will moderate a panel discussion on the health issues raised in the documentary.

Attend all three days, including meals and special events, for $175. For registration and

agenda details, please visit www.missouriorganic.org.

For vendor information, please visit www.moamarket.org or e-mail Gary Littrell at grl@ktis.net or call 573.473.6022.

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

Alpha-Carotene Linked to Lower Mortality Risk

A recent study suggests that a diet rich in alpha-carotene may be linked to a lower risk of death from any cause.

Foods that are particularly high in alpha-carotene include vegetables that are yellow-orange or dark green in color, such as carrots, squash and spinach. Like beta-carotene, which is the most common form of carotene, alpha-carotene is a provitamin because it can be converted into active vitamin A.

The researchers analyzed data from 15,318 adults who participated in the Third National Health and Nutrition Examination Survey Follow-up Study. Blood samples were taken from the subjects between 1988 and 1994, and the participants were monitored through 2006.

The authors found that people with the highest alpha-carotene blood levels (at least 9 micrograms per deciliter of blood) had a 39 percent reduced risk of mortality (death) compared to those with the lowest levels (0-1 microgram per deciliter of blood). They also found that alpha-carotene was inversely associated with fatal heart disease and cancer.

Earlier studies have shown that fruits and vegetables may help reduce the risk of various diseases, particularly cancer and heart disease. More research is needed before firm conclusions can be made about alpha-carotene.

For more information about alpha-carotene, please visit **Natural Standard's** Foods, Herbs & Supplements database.

To comment on this story, please visit **Natural Standard's** blog.

References:

1. Li C, Ford ES, Zhao G, et al. Serum {alpha}-Carotene Concentrations and Risk

of Death Among US Adults: The Third National Health and Nutrition Examination Survey Follow-up Study. Arch Intern Med. Published online November 22, 2010. 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.

American Society of Health-System Pharmacists (ASHP) Midyear Clinical Meeting

- The event will take place December 4-9, 2010 in Anaheim, California.
- **Natural Standard** will be exhibiting at booth #769. The exhibition hall will be open December 6-8.
- For more information, please visit www.ashp.org.

American Library Association (ALA) Midwinter Meeting & Exhibits

- The event will take place January 7-11, 2011 in San Diego.
- **Natural Standard** will be exhibiting at booth #1552.
- For more information, please visit http://alamw11.heiexhibitors.com.

Northeastern University Pharmacy Expo

- The event will take place January 19, 2011 at Northeastern University School of Pharmacy in Boston.
- For more information, please visit www.northeastern.edu/bouve/pharmacy/coop.html.

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

Iron Not Linked to Breast Cancer

Although earlier evidence proposed that red and processed meats may be associated with an increased risk of breast cancer, new evidence suggests that the iron in meat may not be the culprit.

It has been theorized that iron may contribute to the development of breast cancer because of its prooxidant properties.

The researchers reviewed data from 116,674 postmenopausal women who participated in the National Institutes of Health-AARP Diet and Health Study. As part of the initial study, the women completed surveys about their diets, including the types and amount of meat they ate and how the food was prepared. The researchers evaluated the iron content of the women's diets and recorded the number of breast cancer diagnoses over 6.5 years.

By the end of the study, 3,396 women were diagnosed with breast cancer. The researchers found no link between iron and breast cancer. The results remained the same after adjusting for well-known breast cancer risk factors, such as age, obesity and smoking history. The authors also compared specific sources of iron, including iron from vegetables and grains, iron from meats and iron from red meat only, but they did not find any potential association.

For more information about integrative therapies for breast cancer, please visit **Natural Standard's** Comparative Effectiveness database.

To comment on this story, please visit **Natural Standard's** blog.

References:

1. Kabat GC, Cross AJ, Park Y, et al. Intakes of dietary iron and heme-iron and risk of postmenopausal breast cancer in the National Institutes of Health-AARP Diet and Health Study. Am J Clin Nutr. 2010 Oct 20. View Abstract
2. **Natural Standard**: The Authority on Integrative Medicine. www.naturalstandard.com

Natural Standard Training Sessions

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 their 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 9, 2010 2:00 PM - 2:40 PM EST
- Tue, Dec 14, 2010 2:00 PM - 2:40 PM EST
- Thu, Dec 16, 2010 2:00 PM - 2:40 PM EST
- Tue, Dec 21, 2010 2:00 PM - 2:40 PM EST
- Thu, Dec 23, 2010 2:00 PM - 2:40 PM EST
- Tue, Dec 28, 2010 2:00 PM - 2:40 PM EST
- Thu, Dec 30, 2010 2:00 PM - 2:40 PM EST
- Tue, Jan 4, 2011 2:00 PM - 2:40 PM EST
- Thu, Jan 6, 2011 2:00 PM - 2:40 PM EST
- Tue, Jan 11, 2011 2:00 PM - 2:40 PM EST
- Thu, Jan 13, 2011 2:00 PM - 2:40 PM EST
- Tue, Jan 18, 2011 2:00 PM - 2:40 PM EST
- Thu, Jan 20, 2011 2:00 PM - 2:40 PM EST
- Tue, Jan 25, 2011 2:00 PM - 2:40 PM EST
- Thu, Jan 27, 2011 2:00 PM - 2:40 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.

International GMP Conference

The U.S. Food and Drug Administration (FDA) and the University of

Georgia College of Pharmacy are sponsoring the 35th Annual International Good Manufacturing Practices Conference March 14-17, 2011.

The event, which will be held at the Georgia Center in Athens, Georgia, is open to production managers and personnel, industry compliance officials, quality control personnel, laboratory control personnel, regulatory affairs managers and personnel and drug industry quality consultants.

The conference is designed to help manufacturers stay up to date with technological advances, new FDA regulations and current developments related to pharmaceutical Good Manufacturing Practice (GMP) and quality. The FDA Commissioner Margaret Hamburg will deliver the keynote address, and FDA staff will also be available to answer questions.

On March 16, 2011, there will be a panel discussion on dietary supplements. The session, moderated by Cynthia Culmo of Abbott Laboratories, will include the following panelists: Dr. Catherine Ulbricht, co-founder of **Natural Standard** and Senior Attending Pharmacist at Massachusetts General Hospital; Michelle Stinson from Banner Pharmacaps, Inc. and Carl Reynolds, a senior advisor at the FDA's Center for Food Safety and Applied Nutrition.

The standard registration fee is $1,195. However, registration is discounted to $995 before January 14 and $1195 from January 14 until February 22. For every two people registered from the same company, the third person is free. For more information, please visit www.internationalgmp.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. Webinar attendees will receive complimentary access to **Natural Standard** for two weeks.

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

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.

Roundtable Discussion: Women's Health - Menopause and Related Conditions
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 to promote women's health and manage menopausal symptoms. Participants include Ellen Kamhi, PhD, RN, AHG, AHN-BC; Fredi Kronenberg, PhD; Tieraona Low Dog, MD; Amanda McQuade Crawford, DipPhyt, RH (AHG) and David Sollars, MAc, LicAc, HMC.
- Complimentary access: January 1-31, 2011.

***LIVE* High Utilization Herbs and Supplements: The Clinical Bottom Line**
Presented by: Margaret Lynch, PhD

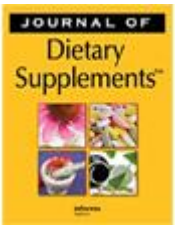
- **Natural Standard** Associate Medical Editor Margaret Lynch, PhD, presents a PowerPoint presentation and lecture about the evidence-based data on the safety and effectiveness of some of the most popular herbs and supplements.

- Complimentary access: January 13, 2011 (12-1 PM EST) and January 26, 2011 (3-4 PM EST).

***LIVE* Herbal and Dietary Supplements: Effects on Traditional and Diagnostic Tests**
Presented by: Presented by Samantha Culwell, PharmD

- **Natural Standard** Associate Clinical Editor Samantha Culwell, PharmD, provides a brief introduction to **Natural Standard's** Interactive Tools and Advanced Interaction Checker, followed by a full PowerPoint presentation and lecture, including several examples of herb and supplement interactions with laboratory and diagnostic tests.
- Complimentary access: February 9, 2011 (12-1 PM EST) and February 24, 2011 (3-4 PM EST).

Journal of Dietary Supplements: New Issue



The latest issue of the *Journal of Dietary Supplements (JDS)* is scheduled for publication this month. 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.

The December issue features several original scientific papers, including research about the potential anticancer effects of folate and the anti-inflammatory effects of *Phyllanthus niruri*, commonly known as the stone breaker plant.

The issue also includes a **Natural Standard** evidence-based systematic review on Rosemary (*Rosmarinus officinalis*). The review provides written and statistical analyses of scientific literature, expert opinion, folkloric precedent, history, pharmacology, kinetics/dynamics, interactions, adverse effects, toxicology and dosing information.

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.

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

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

Join Natural Standard's Networks:

Join **Natural Standard's** social networks on Facebook, LinkedIn and Twitter. Social media is an umbrella term that refers to various online and mobile tools that are based on user participation and user-generated content, which may include text, pictures, videos, etc. It allows users to share their opinions, experiences, and perspectives.

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.

Welcome:

Natural Standard would like to welcome PharmD candidate Kimberly Swigart 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, 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, 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
- Journal of Dietary Supplements
- Natural Standard Handheld Version
- Natural Standard Books

Contact: news@naturalstandard.com