



Natural Standard

The Authority on Integrative Medicine

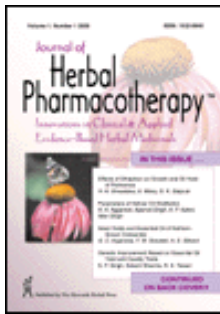
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June 2005

Natural Standard provides high quality, evidence-based information about complementary and alternative therapies. For more information, please visit www.naturalstandard.com.

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JHP Call for Papers



A new edition of The [Journal of Herbal Pharmacotherapy \(JHP\)](#): Innovations in Clinical and Applied Evidence-Based Herbal Medicinals will be published this month. JHP vol 5(1) features articles on neem, medicinal plants used in South-West Nigerian traditional medicine, as well as a **Natural Standard** systematic review on Dandelion. Please [click here](#) to view the table of contents and abstracts of upcoming issues.

Researchers are invited to submit papers for publication in this Medline listed journal. The international, peer-reviewed journal publishes case studies and reports, book and literature reviews, original research, clinical applications and applied science, editorials and commentaries on controversial topics as well as updates on legislative issues relating to herbal medicine. Unlike other publications, the journal addresses basic and applied research and makes it easier for clinicians to translate data into applied medicine.

Please send manuscript submissions via e-mail to: Jen Woods info@naturalstandard.com, ATTN: JHP. All authors must fill out the manuscript submission form, available at: <http://www.haworthpress.com/pdfs/jmanuscript.pdf>, and mail or fax to: **Natural Standard**, 1 Broadway, 14th Floor, Cambridge, MA 02115 USA, Fax: 617.758.4274, Phone: 617.758.4241.

Fake Chinese Supplements



More than a quarter of China's health supplements, such as weight loss products, are made illegally and are promoted by unsubstantiated claims, according to the results of a recent survey. Weight loss drugs made up the biggest portion, 25 percent, of the fake products.

The China Health Care Association conducted a report from June 2004-March 2005 in 300 Chinese cities, which found that 767 of the 2,951 supplement products available in the country lack product permission or other licenses. According to the report, an additional 267 supplements are suspected of similar violations and are under investigation.

Fake or substandard products are available for sale in China because the government does not sufficiently regulate the market. However, the government recently completed the first draft of the

"food safety law," which aims to establish standards for food and supplements by introducing stricter regulations. Despite an abundance of laws, the government often lacks incentive to devote resources to enforce them.

American Library Association Conference



The American Library Association (ALA) annual conference will be held at McCormick Place in Chicago on June 25-28, 2005. Attendees will have the opportunity to meet face-to-face with 20,000 library professionals.

The opening session will feature, Barack Obama, (D-IL). Actor Henry Winkler will speak at the closing session of the event. Author Ray Bradbury, who has written such books as *Fahrenheit 451* and *Something Wicked This Way Comes*, will also be speaking at the conference. More than 1,600 exhibitors, featuring products and services, plan to attend.

The ALA has over 64,000 members making it the largest and oldest library association in the world. The ALA offers services such as online news stories from American libraries and analyses of crucial issues from the Washington office to both members and nonmembers.

Natural Standard will be an exhibitor at the event. Please visit booth #2250 to learn more about the research collaboration.

For more information on the conference, please contact the association at: 630.434.7779, Fax: 630.434.1216, ala@heixpo.com or visit www.ala.org/exhibitorinfo.

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Natural Standard Books Reviewed



The following review was published by [Journal of Bodywork and Movement Therapies](#), reprinted with permission.

By Dr. Leon Chaitow

The amount of time, effort and diligent gathering, sifting and sorting of available information that has gone into production of these two books is apparent from the moment they are opened.

Quite simply everything that has ever been meaningfully researched regarding the 90 or so substances (herbs and nutrients) under systematic review, from Acidophilus to Yohimbe bark extract, is described and evaluated. The information used in the analysis has been derived from 10 major databases, as well as individual searches of 20 additional journals that are not indexed, plus 50 selected secondary references.

This huge international collaborative effort was undertaken by some 300 contributors, from many disciplines, led by Catherine Ulbricht PharmD and Ethan Basch MD - both of the Natural Standard Research Collaboration in Cambridge, Mass. The smaller handbook contains the distilled information contained in all its complexity and depth, in the larger comprehensive 'reference' text. What emerges from them both is an extremely useful, clinically definitive, picture of the therapeutic potential of the substances under review.

Many of the herb or nutrient sections contain detailed discussion of research studies



relating to the use of that substance in treating particular conditions. Additional tables and columns of information are provided evaluating the quality of research studies. These have been graded from 0 to 5 (5 is strongest) based on the Jadad scale (Was the study randomized? Was it double-blind? etc).

So, what emerges from this mammoth, heroic endeavour? Well, to be sure, many commonly used nutrients and herbs are graded as 'C' - where evidence is unclear or conflicting. A 'C' grade should however not be seen as an indication to stop prescribing the nutrient or herb, since lack of proof of efficacy is certainly not proof of lack of efficacy. And of course there are many D and F grades - that do indeed suggest that such products should not be prescribed for the conditions studied - or sometimes, at all.

If you use nutrients and/or herbs in treatment of your patients, one or both of these books are highly recommended. If you seek the deeper background to the findings you need the Reference text, and if you require a compact desktop text, you need the 'Clinical Bottom Line' handbook. I shall treasure both - if my acquisitive and inquisitive daughter allows me to.

The editors and publishers deserve praise for this ongoing task - as future editions will update and expand on these gems.

Botanical Research for Cancer



[The National Cancer Institute](#) (NCI) will provide \$1 million in funding to Wake Forest University Baptist Medical Center for research on the anti-cancer properties of turmeric and propolis.

Researchers at Wake Forest plan to study propolis and turmeric over the next four years to determine whether or not they can potentially enhance the effects of radiation therapy for cancer patients. Propolis is a substance collected by bees from plants, which has been shown to protect mice against radiation-induced inflammation and skin damage. In addition, animal studies suggest that propolis may protect against certain types of heart muscle damage that sometimes occurs after chemotherapy. Individuals that eat curcumin, the yellow pigment in turmeric (a common food spice), has been associated with a lower risk of colon cancer.

The NCI decision comes a month after the National Center for Complementary and Alternative Medicine and the Office of Dietary Supplements announced that they are funding research on the properties of botanicals at five universities across the country.

For more information on alternative therapies for cancer, propolis and turmeric, please visit [■](#)

National Wellness Conference



"Putting Wellness to Work" will be the theme of this year's National Wellness Conference, which is expected to draw over 1,200 attendees.

The 30th annual conference will take place July 9-14, 2005 at the University of Wisconsin. Exhibitors will feature products including health education materials, health and fitness equipment, books, videos and consulting services. Exhibitors are encouraged to register as soon as possible to ensure space availability.

For more information, please contact the National Wellness Institute at 800.243.8694 or

715.342.2969, Fax: 715.342.2979, 1300 College Ct, PO Box 827 Stevens Point, WI 54481-0827, nwi@nationalwellness.org or visit <http://www.nationalwellness.org/TheConference2k4/index.php>.

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Pomegranate may Help Fight Prostate Cancer



Pomegranate juice may help men with recurrent prostate cancer combat the disease, according to the results of a recent study.

Researchers found that eight ounces a day of pomegranate juice significantly increases the time it takes for prostate specific antigen (PSA) levels to rise in the body. In addition, *in vitro* testing proved that pomegranate juice decreased cancer cell division and proliferation and increased cancer cell death. A urine analysis showed the presence of pomegranate antioxidants in all men.

The results were presented at the annual meeting of the American Urological Association in San Antonio on May 23, 2005. Researchers studied 48 men with rising PSA levels after surgery or radiation therapy for their cancer.

Pomegranate juice contains antioxidants, which are believed to have anti-cancer effects. The juice also contains phytoestrogens, or estrogen-like plant substances that might help ward off prostate cancer.

The study was funded by the Stewart and Lynda Resnick Trust, which own the POM Wonderful pomegranate juice company.

For more information on alternative therapies for cancer, please visit [Natural Standard's](#) Condition Center.

[Click here](#) for complete conference coverage.

American Holistic Medical Association Conference



available for purchase.

The American Holistic Medical Association united its members at a four-day conference in Philadelphia. Attendees were given the opportunity to choose from a variety of workshops, which served to teach participants methods and theories currently used in the holistic world. Attendees also had the opportunity to talk to manufacturers of extracts, vitamins and juices. Jewelry, clothing and massage therapy instruments were also

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ASHP Conference



The summer meeting of the American Society of Health-Systems Pharmacy (ASHP) will take place this June 11-15 at the Boston Convention & Exhibition Center.

The event will offer print and online advertising for exhibitors. In addition, exhibitors can rent marketing vehicles to promote activities before, during

and after the meeting. ASHP can also arrange to deliver exhibitors' product literature, special booth promotions, press releases and symposium information to attendees' hotel rooms.

ASHP meetings are covered by healthcare media. To receive a list of media outlets that send representatives to ASHP meetings or to arrange for a press conference at the convention center, please e-mail: rharrison@ashp.org.

Natural Standard will be an exhibitor at the event. Please visit booth #432 to learn more about the research collaboration.

For more information on the meeting, please call 866.279.0681 or visit <http://www.ashp.org/meetings/summer/register.cfm>.

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Inside Natural Standard



New Database: **Natural Standard** will launch a new Brand Name Database for vitamins, minerals and supplements. A list of ingredients will be available for each product, with links to more data, including fast information on international trade products.

Ulbricht is Keynote Speaker at Event: Catherine (Kate) Ulbricht, PharmD and co-founder of **Natural Standard**, was the keynote speaker at the Massachusetts College of Pharmacy Rho Chi Honor Society induction ceremony. Ulbricht talked to students about leadership in the medical field as well as non-traditional career paths for healthcare professionals. The event took place at the Beachwood Hotel in Worcester, Mass. on May 26, 2005.

Local Conference: **Natural Standard** attended the 10th Northeast Correctional Health Care Conference held in Sturbridge, Mass. on May 25, 2005. The conference was attended by nearly 200 professionals in the correctional healthcare field.

Academic Rotations: Students from all disciplines are invited to train with Natural Standard Research Collaboration. Rotations are available either locally in our Cambridge, Mass. office or through virtual distance learning modules. Our university affiliates include Northeastern University, Massachusetts College of Pharmacy, University of Virginia, University of Minnesota, University of Alabama and the International Pharmacists Student Federation. 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, participate in yoga, tai chi and qi gong classes. For more information on **Natural Standard's** academic rotation, please e-mail: info@naturalstandard.com.

New Team Members: **Natural Standard** welcomes David Santucci to the technical team, Chris Alice to the business development team and Chris Tonelli to the medical writing team. Pharmacy students Tamara Milkina, Chi Dam and Lisa Wendt, will begin their academic rotations at **Natural Standard** this June.

Quick Links:

- [Natural Standard Homepage](#)
- [Natural Standard PDA](#)
- [Alternative Medicine Research Report](#)
- [Journal of Herbal Pharmacotherapy](#)
- [Natural Standard Handbook](#)
- [Natural Standard Reference Book](#)

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