Natural Standard
The Authority on Integrative Medicine

October 2005

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

Low Fat Diet for Prostate Cancer

An ultra low-fat diet and lifestyle changes may help keep early-stage prostate cancer from progressing. Published in the September issue of The Journal of Urology, the study was based on prior belief that a diet high in fat increases the risk of prostate cancer, and that certain foods including broccoli or cooked tomato products containing the nutrient lycopene may act as preventative measures. The study followed 93 men who had decided against treatment for early-stage prostate cancer, were randomly assigned to the Ornish diet and lifestyle regimen; or to follow their usual routine. Blood samples were sent to Memorial Sloan-Kettering Cancer Center to measure prostate specific antigen (PSA), a marker used to track prostate cancer growth. PSA levels had decreased four percent in the diet group and increased six percent in those in the control group after one year in their respective groups. Six patients in the control group decided to go through with treatment for their progressing cancer while none in the diet group required treatment. The study indicates that intensive lifestyle changes may effect the progression of early prostate cancer. Further studies must be done to confirm the results.

For more information on prostate cancer, please visit Natural Standard's Condition Center .

References: Ornish D, Weidner G, Fair WR, Marlin R, Pettengill EB, Raisin CJ, Dunn-Emke S, Crutchfield L, Jacobs FN, Barnard RJ, Aronson WJ, McCormac P, McKnight DJ, Fein JD, Dnistrian AM, Weinstein J, Ngo TH, Mendell NR, Carroll PR. Intensive lifestyle changes may affect the progression of prostate cancer. J Urol. 2005 Sep;174(3):1065-9; discussion 1069-70. View Abstract.

Martial Arts in Elderly Maintains Balance and Youth

Retirement communities are beginning to offer their residents chances to learn martial arts to improve their health. Different forms of martial arts including: Aikido, Judo, Jujitsu, Kung fu, Karate, Tai chi and Qi gong are becoming routine for many senior citizens. The deterioration of balance and strength with age is natural, but many believe that keeping physically active can help fight that trend. Martial arts are common activities because they

can be taught at a slow, individualized pace and help improve the body's center of balance. The British Columbia Ministry of Health Services has estimated that one-third of people over 65 fall at least once per year leading often to sprains and breaks of the hips, ankles and wrists. Seniors who take tai chi or other martial arts may be able to reduce their falls by 40 percent in just one year. Slow, flowing low-impact martial arts with sustained daily workouts help stretch the muscles and increase the heart rate. Also becoming more common among seniors to improve their health are yoga, dance and healing massage.

For more information on these methods of marital arts please visit Natural Standard's Complementary Practices Database.

Cinnamon for Diabetes

Researchers have found that Cinnamon can help increase insulin sensitivity and therefore may be a potential treatment for diabetes. The active ingredient in cinnamon hydroxychalcone affects insulin receptors to help promote glucose uptake into cells and promote glycogen synthesis. In a December 2003 Diabetes Care study (1), cinnamon was found to improve glucose and lipids in people with diabetes. Sixty patients with type 2 diabetes who were taking a sulfonylurea (glyburide) were given doses of cinnamon or a placebo for 40 days. Fasting blood glucose declined by 18 to 29 percent after 40 days and 20 days after stopping use fasting glucose was still lower than at baseline. Also in December 2003 a rat study found that cinnamon extract improved insulin action via increasing glucose uptake *in vivo* through enhancing the insulin-signaling pathway in skeletal muscle (2). In 2004, researchers at a USDA center in Maryland reported that polyphenols in cinnamon potentiate insulin action making them beneficial in the control of glucose intolerance and diabetes (3). Researchers have also found that cinnamon extracts can prevent the development of insulin resistance at least in part by enhancing insulin signaling and possibly via the NO pathway in skeletal muscle (4). German researchers found earlier this year that cassia extract (a species of cinnamon) has a direct antidiabetic potency as evidenced by an insulin release from INS-1 cells (5).

Cinnamon is a spice often used in food, beverages, chewing gums, toothpastes, mouthwash, liniments, nasal sprays and suntan lotions. Although cinnamon bark and flowers have been used medicinally in Asia for thousands of years. Cinnamon has been used for type 2 diabetes, gastrointestinal problems, diarrhea, infections, the common cold, menopausal symptoms, rheumatic conditions, hypertension, angina and kidney disorders. Although there are no serious side effects have been reported, blood glucose levels should be monitored in diabetic patients when taking supplemental doses. Medication adjustments may be necessary.

For more information on cinnamon, please visit Natural Standard's Herbs & Supplements Database.

References: 1) Khan A, Safdar M, Ali Khan MM, Khattak KN, Anderson RA. Cinnamon improves glucose and lipids of people with type 2 diabetes. Diabetes Care. 2003 Dec;26(12):3215-8. View Abstract. 2) Qin B, Nagasaki M, Ren M, Bajotto G, Oshida Y, Sato Y. Cinnamon extract (traditional herb) potentiates in vivo insulin-regulated glucose utilization via enhancing insulin signaling in rats. Diabetes Res Clin Pract. 2003 Dec;62(3):139-48. View Abstract. 3) Anderson RA, Broadhurst CL, Polansky MM, Schmidt WF, Khan A, Flanagan VP, Schoene NW, Graves DJ. Isolation and characterization of polyphenol type-A polymers from cinnamon with insulin-like biological activity. J Agric Food Chem. 2004 Jan 14;52(1):65-70. View Abstract. 4) Qin B, Nagasaki M, Ren M, Bajotto G, Oshida Y, Sato Y. Cinnamon extract prevents the insulin resistance induced by a high-fructose diet. Horm Metab Res. 2004 Feb;36(2):119-25. View Abstract. 5) Verspohl EJ, Bauer K, Neddermann E. Antidiabetic effect of Cinnamomum cassia and Cinnamomum zeylanicum in vivo and in vitro. Phytother Res. 2005 Mar;19(3):203-6. View Abstract.

Pri-Med East Conference

The conference serves as a meeting place for primary care practitioners to educate on issues close to the field. It will be held in Boston, MA November 11-13, 2005. There are opportunities to attend lectures, gain CMEs and network with people in the industry.

Natural Standard will be attending this event, come visit us in booth # 1113.

For more information please visit, http://www.pri-med.com.

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

Antler Velvet for Osteoarthritis

Studies suggest that deer antler velvet may be effective and longer lasting than many conventional drugs for relief of the symptoms of osteoarthritis. Osteoarthritis is caused by a loss of cartilage in bone joints, which some researchers believe is due to a lack of glycosaminoglycans. Antler velvet contains high levels of glycosaminoglycans which when ingested as a supplement may be available to the body to help replenish lost cartilage. Several studies on humans indicate oral ingestion of chondroitin sulfate and glucosamine, which contain glycosaminoglycans, may reduce the symptoms associated with osteoarthritis. However, there have been few well-designed studies on human osteoarthritis using deer velvet specifically as a source of these glycosaminoglycans.

The use of elk and deer velvet as an herbal supplement is popular in Asia and dates back more than 2,000 years. In North America, domesticated North American elk constitute the primary source of antler velvet, which is thought to be of better quality than that produced in Asia due to the quality and health of the sources. Harvesting is performed once per year during the spring stage of antler growth when the antlers are in a soft cartilaginous state. Advocates claim that this contributes to the peak potency of the compounds associated with the claims made in numerous studies regarding velvet antler's beneficial effects. Antler velvet is rich in collagen, chondroitin sulfate, glucosamine sulfate, prostaglandins, calcium and glycosaminoglycans. These are thought to contribute to antler velvet's beneficial properties. Antler velvet is thought to increase vitality, enhance cardiovascular health, improve mental health and strength and relieve some conditions associated with aging.

For a more information on deer velvet, please visit Natural Standard's Herbs & Supplements Database.

1) Oberle K, Allen MN. Clinical trials with complementary therapies. West J Nurs Res. 2005 Mar;27 (2):232-9. View Abstract. 2) Allen M, Oberle K, Grace M, Russell A. Elk velvet antler in rheumatoid arthritis: phase II trial. Biol Res Nurs. 2002 Jan;3(3):111-8. View Abstract. 3) Moreau M, Dupuis J, Bonneau NH, Lecuyer M. Clinical evaluation of a powder of quality elk velvet antler for the treatment of osteoarthrosis in dogs. Can Vet J. 2004 Feb;45(2):133-9. View Abstract.

Shark Cartilage Review Published in Journal of Cancer Integrative Medicine

"Shark Cartilage: An Evidence-Based Systematic Review for the Natural Standard Research Collaboration" is due to be published in

the Journal of Cancer Integrative Medicine (JCIM) volume 3 issue 3.

Shark cartilage has become one of the most commonly recognized supplements in the United States. Growing interest in the shark cartilage derivative AE-941 (Neovastat, Aeterna Laboratories Inc., Canada) occurred when preclinical studies demonstrated antiangiogenic, antitumor, and antiinflammatory properties. Several clinical trials have been conducted using AE-941, and the US Food and Drug Administration granted orphan drug status to the agent in 2002. However, there is currently insufficient evidence in humans to recommend for or against shark cartilage use for any indication. JNCI recently interviewed Natural Standard founder, Catherine Ulbricht, on this topic.

For more information on shark cartilage, please visit Natural Standard's Herbs and Supplements Database.

American Herbalists Guild - 16th Annual Symposium

This year's symposium "Treating Chronic Illness with Herbal Medicine," will feature over 40 workshops by leading practitioners and researchers. This year's teachers include: Christopher Hobbs, Robert Rountree, David Hoffmann, Simon Mills, Mindy Green, Mary Bove, Francis Brinker, David Hoffmann, Simon Mills, Donald Yance, David Winston, Roy Upton, Robin Dipasquale, Ed Smith, Lesley Tierra, Michael Tierra and many others.

Continuing education credits will be available for nurses, pharmacists, acupuncturists and naturopathic physicians. Preconference intensives will be held on November 3, 3005.

For more information, please call (770) 751-6021, e-mail ahgoffice@earthlink.net or visit www.americanherbalistsguild.com.

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Integrative Medicine for Anti-Aging Conference

INTEGRATIVE MEDICINE FOR
ANTI-AGING™
Conference & Exposition
Age Management for Physicians & Healthcare Practitioners

The conference to be held in Palm Beach County Convention Center will present the latest research and examine the potential health benefits in the years ahead. A peer-review program committee, led by Dr. L Stephen Coles, a leading authority with 40 years experience in the anti-aging field will scrutinize all seminars to ensure that all presentations are ethical, educational and evidence-based. Topics to be covered include hormone modulation, integrative medicine, and aesthetic medicine.

Natural Standard founder Catherine Ulbricht, PharmD will give a lecture "Anti-Aging Herbs and Supplements: An Evidence Based Approach" at 8:30AM on Friday October 21. Other speakers include: Marianne J. Legato, MD, FACP (Columbia University) "Gender-Specific Medicine: Key Distinctions for an Aging Population," Al Sears, MD (Barry University) "The 'Ageless Heart' for Women," and Gustavo H. Leibaschoff, MD (Argentina Association of Aesthetic Medicine) "A Scientific Approach to the Treatment of Cellulite."

For more information, please visit http://www.antiagingconference.com/fall.

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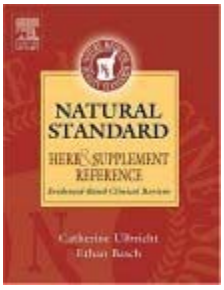
National Medical Librarians Month



Every October the National Library of Medicine (NLM) celebrates National Medical Librarians Month (NMLM) by sponsoring a contest for member libraries. The NLM provides a theme and allows each library to illustrate their services and staff with a final judging for the grand prize.

This year Natural Standard has donated copies of our books Natural Standard Herb & Supplement Reference Book and Natural Standard Herb and Supplement Handbook, copies of The Journal of Herbal Pharmacotherapy, subscription to the Natural Standard newsletter and free individual database subscriptions to the Duke University Medical Center Library when the celebration kicks off October 7, 2005.

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Inside Natural Standard

A Natural Standard review of Feverfew will appear in the Winter 2005 edition of My Family Doctor: The Magazine That Makes Housecalls. The issue will be available on Barnes and Noble bookshelves nationwide. Inside the issue you can find a discount for a Natural Standard subscription, so be sure to pick up a copy.

Natural Standard would like to welcome recent additions to the editorial board: Glen Aukerman, MD (Ohio State University), Hari Sharma, M.D., FRCPC (Ohio State University), William Hamilton, Pharm.D (Creighton University Medical Center), Steven Yale, MD, FACP (Marshfield Clinic), and James A. Taylor, MD (University of Washington).

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