



Natural Standard

The Authority on Integrative Medicine

Copyright © 2005 Natural Standard

November 2005

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

Ginseng May Prevent Colds



A study published in the October issue of the [Canadian Medical Association Journal](#) has found that taking ginseng supplements may reduce the number of colds experienced. Researchers at the University of Alberta conducted a randomized, double-blind, placebo controlled study on 323 participants at the onset of the influenza season in November 2003. All subjects had reported a history of at least 2 colds in the previous year. People were given

two 200mg capsules of North American ginseng extract or a placebo to be taken after breakfast each day for four months. The ginseng supplements were tested for batch-to-batch consistency to contain 80 percent poly-furanosyl-pyranosyl-saccharides and 10 percent protein from North American ginseng. Colds were measured on reports filled out by participants once a day documenting the severity of symptoms (sore throat, runny nose, sneeze, nasal congestion, malaise, fever, headache, hoarseness, earaches and cough) on a four-point scale. A two-day symptom score greater than 14 met modified Jackson criteria for a cold. Results for the 130 who received and used their ginseng supplements found that the mean number of Jackson-verified colds per person was less in the ginseng group than in the placebo group. Also the proportion of subjects with recurrent Jackson-verified colds during the four months and overall symptom scores were significantly lower in the ginseng group.

Ginseng has long been associated with helping ward off influenza and the common cold but there is little clinical evidence to support its use. Further studies must be done to validate these results, because although the study was properly randomized it was paid for by CV Technologies Inc, the manufacturer, of the popular Canadian cold medication, Cold-fx®.

For more information on ginseng, please visit [Natural Standard's Herbs & Supplements Database](#).

References: 1) Predy GN; Goel V; Lovlin R; Donner A; Stitt L; Basu TK; Efficacy of an extract of North American ginseng containing poly-furanosyl-pyranosyl-saccharides for preventing upper respiratory tract infections: a randomized controlled trial CMAJ October 25, 2005; 173 (9) [View Abstract](#).

[Ginseng May Prevent Colds](#)

[International Health & Medical Media Awards \(FREDDIE\)](#)

[Dark Chocolate may Help Diarrhea](#)

[CAM: An Evidence Based Overview for the Health Care Provider Session](#)

[Fatty Foods May Boost Immunity](#)

[NCCAM Funds Five New CAM Centers](#)

[Consuming Fish may Improve Mental Function](#)

[XIII International Congress On Anti-Aging Medicine](#)

[Acupuncture May Treat Chronic Headaches](#)

[Inside Natural Standard](#)

International Health & Medical Media Awards (FREDDIE)

MD Anderson's CD ROM/Video series "Important Conversations:

THE UNIVERSITY OF TEXAS

Complementary Therapies & Cancer" has been awarded the 2005 FREDDIE award in the Health & Wellness category. Candidates undergo a rigorous multi-level judging process and are compared to many other entries of high quality. The film is about 20 minutes and covers alternative medicine's place in cancer treatments. A clip from the entry will be aired during the Awards Ceremony when the award is received at the black tie event to be held at Cipriani 42nd Street in New York City. **Natural Standard** was recommended in the short film as a resource for the presentation. Other award recipients at the ceremony include Lance Armstrong, Lance Armstrong Foundation, Marsha Johnson Evans, American Red Cross, Jack LaLanne, Godfather of Fitness, Mary Tyler Moore, and Juvenile Diabetes Research Foundation.

The FREDDIEs, the International Health and Medical Media Awards, were established 30 years ago to integrate medical science, education, and the arts in an international competition devoted to health media production. The awards have come to be known as "the Oscars of the health and medical community." The National Cancer Institute (NCI) was presented with a FREDDIE Award for its redesigned Web site, www.cancer.gov in 2004.

For more specific information on complementary cancer treatments please visit [MD Anderson Complementary/Integrative Medicine Education Resources](http://MDAnderson.com) and www.naturalstandard.com.

Dark Chocolate may Help Diarrhea



A new study conducted by researchers at Children's Hospital & Research Center Oakland has discovered that cocoa beans can limit the development of fluids that cause diarrhea. Published in the October issue of [The Journal of Nutrition](http://TheJournalofNutrition.com) the study analyzed whether dark chocolate can be used to create natural supplements to ease intestinal symptoms. Structurally related flavonoids, quercetin and luteolin in the cocoa caused a block of Cl(-) currents with K(i) values similar to the cocoa flavanols tested.

Cocoa flavanols were shown to target intestinal CFTR Cl(-) transport and may serve as mild inhibitors of cAMP-stimulated Cl(-) secretion in the intestine. Americans record an average of 2.4 million visits to their doctor with symptoms of diarrhea per year. Use of cocoa to treat diarrhea dates back to the 16th century by ancient South American and European cultures but this is the first study to test its action and efficacy.

For more information on chocolate for health conditions, please visit [Natural Standard's Herbs & Supplements Database](http://NaturalStandard.com).

References: 1) Schuier M, Sies H, Illek B, Fischer H. Cocoa-Related Flavonoids Inhibit CFTR-Mediated Chloride Transport across T84 Human Colon Epithelia. *J Nutr.* 2005 Oct;135(10):2320-2325 [View Abstract](#).

CAM: An Evidence Based Overview for the Health Care Provider Session

A morning plenary session to be held in Uniondale, NY on December 2, 2005 includes topics ranging from interpreting evidence in journal articles regarding CAM, new paradigms for healing, and medico-legal and ethical issues. The afternoon will consist of workshops focusing on the techniques and evidence for various CAM therapies including massage, imagery, energy medicine, chiropractic, acupuncture and herbs and supplements. Speakers include Mark Blumenthal from the American Botanical Council, Wayne Jonas from the Samueli Institute, Michael Cohen of Harvard University and many others. CME and CEU credits are being offered through the North Shore-Long Island Jewish Health System. For more information, call the Department of Professional and Public Health Education at (516)-465-2500.



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

Fatty Foods May Boost Immunity



Researchers at the University of Maastricht in the Netherlands have found that a high-fat diet could help soothe inflammation as reported in the October issue of the [Journal of Experimental Medicine](#). Eating stimulates cells in the small intestine to produce a hormone called cholecystokinin (CCK), which aids digestion and gut peristalsis. CCK is also known to trigger satiation but this new study has found that it also prevents immune cells from attacking food as a foreign invader. This action reduces inflammation due to eating and in rats was found to protect against lethal bacteria-induced shock. CCK sent signals to the brain through the vagus nerve, the nerve that provides the electrical regulation for internal organs, including the gut and the heart. The hormone was discovered to prompt the release of acetylcholine, a neurotransmitter, which essentially switched off immune cells. Researchers indicated that this discovery may help reduce inflammation-related complications following surgery because a body with an empty intestine may be more vulnerable to septic shock, an inflammatory response that can lead to death. Although the study does caution that this finding does not make fatty foods, like cheeseburgers, healthy for the other body systems.

References: 1) Luyer MD, Greve JWM, Hadfoune M, Jacobs JA, Dejong CH, Buurman WA. Nutritional stimulation of cholecystokinin receptors inhibits inflammation via the vagus nerve. *Journal of Experimental Medicine* Oct 17, 2005 10.1084/jem.20042397 [View Abstract](#).

NCCAM Funds Five New CAM Centers

The [National Center for Complementary and Alternative Medicine](#) (NCCAM) has awarded grants to three centers of excellence of research and two international centers for research in the study of complementary and alternative medicine (CAM). Three facilities will research therapies used in traditional Chinese medicine and two will focus on African traditional medicine including energy medicine and botanical mixtures.



The Center for Arthritis and Traditional Chinese Medicine at the University of Maryland in Baltimore received funds to study traditional Chinese medicine approaches, including acupuncture and herbal remedies and their effects on arthritis. The center will conduct a clinical trial of HLXL, an 11-herb Chinese formula, on osteoarthritis of the knee; animal studies will test acupuncture's ability to relieve inflammatory pain and the use of HLXL on autoimmune arthritis.

New York's Mount Sinai School of Medicine Center for Chinese Herbal Therapy will determine the mechanism of action, active components, and efficacy of a three-herb formula, ASHMI, in the treatment of allergic asthma.

Temple University School of Medicine's Center for Mechanisms Underlying Millimeter Wave Therapy in Philadelphia will study the mechanisms of action of millimeter wave therapy a type of energy medicine on a range of conditions including chronic neuropathic pain and pruritis. Researchers will use low-intensity millimeter wavelength electromagnetic waves on an animal model to determine the effects of the therapy.

Multiple centers will compose a group to study Functional Bowel Disorders in Chinese Medicine. The University of Maryland, Chinese University of Hong Kong, University of Illinois and the University of Western Sydney (Australia) will conduct multidisciplinary research on traditional Chinese medicine (TCM). The group will determine the effects of acupuncture and herbal preparations in irritable bowel system (IBS) sufferers.

A research collaboration composed of researchers at the University of Missouri, University of the Western Cape (South Africa), University of KwaZulu-Natal (South Africa), University of Cape Town (South Africa) will form The International Center for Indigenous Phytotherapy Studies: HIV/AIDS, Secondary Infections and Immune Modulation. Traditional African plant-based therapies will be studied for the treatment of HIV/AIDS and its secondary infections. A small clinical trial of sutherlandia (*Lessertia frutescens*) and preclinical and clinical research with African wormwood (*Artemisia afra*) both formulations traditionally used in Africa in HIV/AIDS patients.

The National Cancer Institute will fund an additional collaboration the International Center of Traditional Chinese Medicine for Cancer. M.D. Anderson Cancer Center in Houston will team with Fudan University Cancer Hospital in Shanghai (China) to conduct preclinical and clinical studies of herbal formulations, acupuncture and qi gong.

To read the NCCAM press release [click here](#).

Consuming Fish may Improve Mental Function



A new study in the October issue of the [Archives of Neurology](#) has found that older people who eat fish regularly reduce their amount of cognitive decline (1). Prior studies have found that omega-3 fatty acids; these acids have been shown to be essential for neurocognitive development and normal brain functioning. Researchers at Rush University Medical Center collected data on 6,158 people aged 65 and older who lived in the south side of Chicago, food surveys were filled out for six years and every three years cognitive testing was done. The results found that the rate of decline among those who ate fish was reduced by 10 percent to 13 percent per year, compared with those who ate fish less than once a week. Researchers claimed that the rate reduction is the equivalent of being three to four years younger in age. One omega-3 fatty acid in particular, docosahexaenoic acid (DHA), has found to be important for memory and previous studies found that DHA played a role in the development of Alzheimer's disease (2, 3, 4).

For more information on fish oil and DHA, please visit [Natural Standard's Herbs and Supplements Database](#).

References: 1) Morris MC, Evans DA, Tangney CC, Bienias JL, Wilson RS. Fish Consumption and Cognitive Decline With Age in a Large Community Study Arch Neurol. 2005;62. 2) Morris MC, Evans DA, Bienias JL, Tangney CC, Bennett DA, Wilson RS, Aggarwal N, Schneider J. Consumption of fish and n-3 fatty acids and risk of incident Alzheimer disease. Arch Neurol. 2003 Jul;60(7):940-6 [View Abstract](#). 3) Lukiw WJ, Cui JG, Marcheselli VL, Bodker M, Botkjaer A, Gotlinger K, Serhan CN, Bazan NG. A role for docosahexaenoic acid-derived neuroprotectin D1 in neural cell survival and Alzheimer disease. J Clin Invest. 2005 Oct 1;115(10):2774-2783 [View Abstract](#). 4) Calon F, Lim GP, Yang F, Morihara T, Teter B, Ubeda O, Rostaing P, Triller A, Salem N Jr, Ashe KH, Frautschy SA, Cole GM. Docosahexaenoic acid protects from dendritic pathology in an Alzheimer's disease mouse model. Neuron. 2004 Sep 2;43(5):633-45 [View Abstract](#).

XIII International Congress On Anti-Aging Medicine

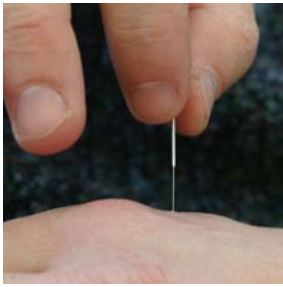
The [American Academy for Anti-Aging Medicine](#) is holding it's annual sessions at the Paris Hotel in Las Vegas, Nevada from December 9-12, 2005. Lectures and workshops on the various aspects of aging medicine will be presented. There will be opportunities to network with physicians, scientists and industry members. There will be international speakers, night time lectures and manufacturer exhibits. Over 51 hours of category 1 AMA/PRA credits for continuing education will be available.



For more information please visit, <https://www.worldhealth.net/event/index.php>.

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

Acupuncture May Treat Chronic Headaches



The October issue of the journal [Headache](#) has published a study that found that supplementing medical management with acupuncture may result in improvements in frequency and pain intensity of headaches. Researchers at the University of North Carolina at Chapel Hill School of Medicine were lead by Dr. Wunian Chen, an instructor in the department of family medicine trained in the use of traditional Chinese acupuncture. A randomized, controlled trial of 74 patients with chronic daily headache (CDH) compared medical management provided by neurologists to medical management plus ten acupuncture treatments. Daily pain severity and headache-related quality of life (QoL) were measured.

Medical management plus acupuncture resulted in an improvement of three points on the Headache Impact Test and eight or more points on Short Form 36 Health Survey. After six weeks, patients receiving acupuncture were 3.7 times more likely to have less headaches.

For more information on acupuncture, please visit [Natural Standard's Complementary Practices Database](#).

The International Headache Society criteria for chronic tension-type headache are headaches on 15 or more days a month (180 days per year), for at least six months. It is estimated that 4-7 percent of Americans suffer with chronic headaches. For more information on chronic headache treatments please visit [Natural Standard's Condition Center](#).

References: 1) Coeytaux RR, Kaufman JS, Kaptchuk TJ, Chen W, Miller WC, Callahan LF, Mann JD. A randomized, controlled trial of acupuncture for chronic daily headache. *Headache*. 2005 Oct;45(9):1113-23. [View Abstract](#).

Inside Natural Standard



A review of [Natural Standard](#) appears in the October issue of the [Journal of Medical Library Association](#). The Medical Library Association evaluated [Natural Standard's](#) resources and methodology. [Natural Standard](#) received an excellent review on all counts.

[Natural Standard](#) now has a NEW interactive demonstration of the database available as exe/swf easy downloads. The presentation illustrates the key features of [Natural Standard](#) and allows for easy demonstration to those interested in learning more about the resource. It is also available with both English and Spanish audio.

[Natural Standard](#) welcomes Denise Wong, PharmD[c] from Northeastern University and two students from Massachusetts College of Pharmacy starting clinical rotations. We welcome students of all disciplines. Please contact us to learn more about our local and virtual rotations.

Quick Links:

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

E-mail: news@naturalstandard.com
Phone: 617.758.4241
Web: <http://www.naturalstandard.com>

[Forward email](#)

 **SafeUnsubscribe™**

This email was sent to dana@naturalstandard.com, by news@naturalstandard.com
[Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Powered by



Natural Standard 617.758.4241 | 1 Broadway 14th Floor | Cambridge | MA | 02142