



# Natural Standard

The Authority on Integrative Medicine

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**Natural Standard** provides high quality, evidence-based information about complementary and alternative therapies. For more information, please visit [www.naturalstandard.com](http://www.naturalstandard.com).

## Vitamin D may Reduce Breast Cancer Risk



Two presenters at the American Association for Cancer Research (AACR) Conference found that vitamin D might help reduce the risk of breast cancer.

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While sunlight is the main source of vitamin D, it is also found in some foods, including milk, salmon, cod liver oil and tuna.

Results of a study led by Dr. Julia A. Knight, from Samuel Lunenfeld Research Institute at Mount Sinai hospital in Toronto, suggest that exposure to sunlight and dietary sources of vitamin D early in life have the greatest impact on reducing breast cancer risk later in life.

Researchers found that consuming cod liver oil between the ages of 10 and 19 reduced the risk of breast cancer by about 25 percent. In addition, subjects between the ages of 10 and 29 who consumed at least nine glasses of milk each week reduced their risk by 35 percent.

The results of the second study led by, Dr. Cedric Garland and Edward Gorham at the University of California, San Diego, suggest that the risk of breast cancer could be reduced if the public consumed higher amounts of vitamin D. Increased levels of dihydroxy vitamin D, a metabolite of the vitamin have been linked to a decreased risk of breast cancer.

However, the average American consumes far less than the daily vitamin D allowance, which is 2,400 International Units (IU) a day. Today, most Americans only consume about 320 IU/day of the vitamin. Using sunscreen, working the night shift or spending the day indoors can dramatically impact the amount of vitamin D the body is able to absorb. The researchers recommend dietary supplementation to achieve the recommended intake of vitamin D.

The results of these studies are preliminary and further research is needed before any firm conclusions can be drawn.

For more information of vitamin D, please visit [Natural Standard's](#) Herb and Supplement Database.

**References:** 1) Knight, Julia A. Potential Reduction in Breast Cancer Risk Associated with Vitamin

D: Abstract No. 4009 AACR 2006 Annual Meeting.

2) Garland, Cedric. Gorham, Edward. Evidence of Need for Increased Vitamin D Fortification of Food Based on Pooled Analysis of Studies of Serum 25-hydroxyvitamin D and Breast cancer: Abstract No. 4008 AACR 2006 Annual Meeting

## Natural Standard PDA Special Offer



Those interested in purchasing **Natural Standard's** personal digital assistant (PDA) software program will also receive the desktop/tablet PC version for free. The entire package is available for \$79 for a limited time. Last year the software was credited as the most useful complementary and alternative medicine product, according to the results of a Benchmark survey.

The software offers all of the same material, including safety, efficacy, dosing and interactions, that is included in the bottom line monographs posted on the Web site. Users can also cross-link between different treatments and diagnostic topics.

**Testimonials:** Fred Tudiver, a professor and Research Director of the Department of Family Medicine at James H Quillen College of Medicine East Tennessee State University, finds the PDA a useful teaching tool. "When I first started using Skyscape software, I would start a session with residents, and within 15 minutes several were asking to borrow my PDA to use your software. They simply love it! And it consistently beats spending time looking items up in their paper manuals."

Dr. Ira Halperin, an Internist for OSF and Clinical Assistant Professor for UIC, said, "This week alone I had a challenging patient who experienced an abrupt change in mental status while hospitalized. With the use of the linked products, I was able to do a quick literature search, develop a differential, cost effectively run tests, and check drug interactions improving the patient's course. I was quite pleased with the ease of use and the cross referencing the software provides."

\*Desktop/Tablet PC version requires Windows 98 or higher. [Click here](#) for more information, or to purchase the product.

## Holistic Healing Fair



Heart of Spirit Healing LLC, is hosting the Annual Holistic Fair this month in Nashua, New Hampshire.

The venue is open to holistic practitioners, healers, spiritual consultants as well as vendors of jewelry, crystals, literature, art and other holistic-based products.

Dr. Erika Duffy, who co-authored "Wake up and Live the Life You Love" and "Seizing Your Success" with Deepak Chopra, will be signing copies of her books at the fair. Door prizes and raffles will be presented throughout the day.

The event will take place at the Crowne Plaza Hotel from 10:00 a.m. – 4:00 p.m, and there is a \$5 entry fee per person. For more information, please visit

[www.heartofspirithealing.com](http://www.heartofspirithealing.com) or e-mail [Gemanjy@aol.com](mailto:Gemanjy@aol.com).

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

## Complementary Health Care Symposium

This annual symposium, organized by Professor Edzard Ernst's Complementary Medicine unit in Exeter, aims to provide a forum for all individuals with a research interest in CAM. With an emphasis on original research, it offers an opportunity to discuss key issues such as effectiveness, safety and costs in a critical yet open-minded debate.



The 13th Annual Symposium on Complementary Health Care will be on December 12 – 14, 2006 at the University of Exeter. The deadline for abstract submission is September 1, 2006.

For more information, please visit, <http://www.pms.ac.uk/compmed/symposium>. or contact Barbara Wider at [b.wider@exeter.ac.uk](mailto:b.wider@exeter.ac.uk).

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## Hypnosis for Chest Pain



Hypnosis may help relieve chest pain that is not caused by a heart condition or heartburn, according to British researchers.

The causes of non-cardiac chest pain are unknown, and it can often lead to severe anxiety. Many patients still have symptoms after treatment with gastric acid-lowering drugs and antidepressants.

Dr. Peter J. Whorwell and colleagues at Wythenshawe Hospital in Manchester have conducted several studies that found that hypnotherapy could effectively treat

gastrointestinal disorders such as irritable bowel syndrome.

In his latest study, Whorwell tested the effects of hypnotherapy on 28 patients with non-cardiac chest pain. Patients were randomly assigned to either hypnotherapy or supportive listening, and both methods were given in twelve 30-minute sessions over 17 weeks.

During the therapy sessions, patients in the hypnosis group were first told during therapy that their symptoms could be due to visceral sensation, stress and motility disturbances. Later patients were asked to focus on muscular relaxation and normal function of the heart and esophagus. Patients were encouraged to practice the technique daily.

Eighty percent of the patients who received hypnotherapy experienced moderate to complete improvements in chest pain, compared with 23 percent in the supportive listening group. In addition, 73 percent of the patients in the hypnosis group reported improvements in general well-being compared with 23 percent in the non-hypnosis group.

However, both reported similar levels of depression and anxiety.

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

**Reference:** Jones H, Cooper P, Miller V, Brooks N, Whorwell PJ. Treatment of non cardiac chest pain: a controlled trial of hypnotherapy. *Gut*. 2006 Apr 20; [Epub ahead of print]. [View Abstract](#).

## Nutrition and Health Conference

Scientific researchers, skilled clinicians, innovative chefs, and best-selling authors will gather at the Third Annual Nutrition and Health Conference to discuss nutrition and healthful living.



On April 30, 2006, the public is invited to attend an open forum that will focus on food, politics and society. Experts, including Dr. Andrew Weil, Founder and Director of the Program in Integrative Medicine, will answer common questions related to food and health. WNYC FM/AM radio host Leonard Lopate will moderate the forum, which will take place at the New York Marriott Marquis Hotel in Times Square.

Physicians, nurses, dietitians and other healthcare professionals will receive Continuing Education (CE) for attending the remainder of the conference, which will take place May 1–3, 2006 at the Grand Hyatt Hotel in New York. The event will feature lectures with question-and-answer periods and panel discussions. The Food as Medicine sessions will combine cooking demonstrations with presentations on nutritional facts and health benefits of food groups.

Topics discussed will include the revised food pyramid, omega-3-fatty acids, healthy aging, vegetarianism and antioxidants. Nutritional recommendations will also be made for specific health conditions such as food allergies, osteoporosis, diabetes, depression and pain management.

For more information on the event, please visit <http://www.integrativemedicine.arizona.edu/conf/> or contact Mohamed A. Ali at: 212.305.3334 or [cme@columbia.edu](mailto:cme@columbia.edu).

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

## Mediterranean Diet May Decrease Dementia Risk



A Mediterranean diet may help reduce the risk of developing Alzheimer's disease, according to a new study published in the [Annals of Neurology](#).

The Mediterranean diet is rich in fruits, vegetables and cereals and includes some fish and alcohol and very little dairy and meat.

Researchers from the Columbia University Medical Center studied the diet and neurological health of 2,200 people over four years. Participants' dietary intake was given a "Mediterranean diet score" on a scale of zero to nine. During the study, 262 people were diagnosed with Alzheimer's disease.

The researchers found that for each additional point on the diet scale, the risk of developing Alzheimer's disease dropped almost 10 percent. Those with the highest diet scale had a 39 to 40 percent lower risk of developing Alzheimer's disease compared to those with the lowest diet scale.

The results remained significant after the researchers adjusted for age, ethnicity, gender, weight, smoking habits, education and other conditions.

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

**Reference:** Scarmeas N, Stern Y, Tang MX, Mayeux R, Luchsinger JA. Mediterranean diet and risk for Alzheimer's disease. *Ann Neurol*. 2006 Apr 18; [Epub ahead of print]. [View Abstract](#).

## Natural Standard Books Reviewed

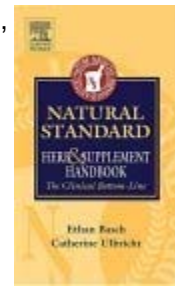


The following excerpt was published in the May issue of *Pediatric Anesthesia*. [Click here](#) to read the full review.

**By Jerrold Lerman**

Herbal medicinals are used by approximately 20 percent of adults and 10 percent of children who present for anesthesia. Currently, there is no single resource that provides a comprehensive and evidence-based approach to the most commonly used herbals. With the publication of [The Natural Standard Herb & Supplement Reference Book: Evidence-based Clinical Reviews](#) and [The Herb & Supplement Reference Handbook: The Clinical Bottom Line](#) by CE Ulbricht and EM Basch, an outstanding resource that provides a very readable, balanced and scientific analysis of the literature on herbal medicinals is now available for clinicians as well as laypersons.

The contributors compiled an evidence-based analysis of the efficacy of the herbals, in addition to lists of indications, interactions, side effects and complications for each of the herbals. Not only are these two monographs extremely well written and clearly organized, but they also establish a new standard for an evidence-based approach to clinical medicine. By providing an evidence-based scientific approach, the collaboration has empowered the readers with valuable information regarding the roles of herbs to treat specific conditions but more importantly for anesthesiologists, have detailed evidence of herbal-drug and herbal-condition interactions. This monograph is strongly recommended for every anesthetic department and for every clinician involved in the clinical anesthetic care of children and adults.



## Texas Medical Conference



The South Central Texas Regional Medical Conference, open to medical professionals, medical suppliers and the general public, will take place on May 23 at the Norris Conference Center in San Antonio from 8:30 a.m.-3:55 p.m.

The Conference Group is hosting the event, which will include sessions on lower and upper extremity advancements, managing dementia, ethics in medical futility, fibromyalgia, joint pain and treatment options as well as cancer survival stories.

Continuing Education (CE) certificates will be awarded for individual sessions attended. Medical professionals can earn up to 6.6 CE contact hours applied for through the Association of Rehabilitation Nurses (ARN). In addition, participants can earn up to 5.5 CE contact hours in Case Management, 0.55 CEUs in social work and 5.5 CE contact hours for HHA. Also, 2 PT/OT CE contact hours will be

offered through the Texas Physical therapy Association.

For more information, please visit <http://www.theconferencegrouponline.com/>, e-mail [TheConferenceGroup@yahoo.com](mailto:TheConferenceGroup@yahoo.com) or call 830.626.0461.

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## Inside Natural Standard



**New Team Member:** Please join **Natural Standard** in welcoming a new colleague to our Cambridge, Mass. location. Jeff Sprung was hired this month as a Director of Sales. He brings with him 28 years of experience in marketing and management.

**New Book:** **Natural Standard's** Herbal Pharmacology Text Book will be available in 2007 through Elsevier. It will be adopted as a required text book for national and international universities.

**New Students:** Sooyoun Kang, a student from Massachusetts College of Pharmacy, is fulfilling her rotation requirement at **Natural Standard** for six weeks.

### Quick Links:

- [Natural Standard Homepage](#)
- [Journal of Herbal Pharmacotherapy](#)
- [Natural Standard PDA](#)
- [Natural Standard Books](#)

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