



Natural Standard

The Authority on Integrative Medicine

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Chocolate and Aging



Eating chocolate may help repair aging blood vessels, a new study suggests.

Researchers at Harvard Medical School and the Brigham and Women's Hospital in Boston found adults who drank a specially processed cocoa beverage rich in flavonols for four to six days improved

their blood vessel function with older adults benefiting the most.

Flavonols naturally occur in plants and possess antioxidant characteristics.

In the study, 15 healthy adults under the age of 50 and 19 healthy adults over the age of 50 drank a specially made flavonol-rich cocoa every day for four to six days. Blood pressure and peripheral arterial responses were recorded.

The cocoa beverage was made with Mars Cocompro marked cocoa beans assuring the preservation of the flavonols. Mars Inc. provided the cocoa beverage and partial funded the study.

The results showed blood vessel function improved among both younger and older adults after the cocoa phase. Improvements were more significant in the older group.

The study concluded that flavonol-rich cocoa enhanced several measures of endothelial (blood vessel) function to a greater degree among older than younger healthy subjects.

Flavonol-rich cocoa should not be confused with commercially available chocolate snacks that are frequently low in natural cocoa and flavonols.

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

Reference: 1) Fisher ND, Hollenberg NK. Aging and vascular responses to flavonol-rich cocoa. J Hypertens. 2006 Aug;24(8):1575-1580. [View Abstract](#).

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Curcumin for Cancer

Curcumin (diferuloylmethane), a polyphenol natural product of the plant *Curcuma longa* and a component of the popular Indian curry spice turmeric, may be an anticancer agent.

Researchers at Louisiana State University Health Sciences Center studied the possible anticancer mechanisms of curcumin.

The study found that curcumin inhibited growth of rhabdomyosarcoma cells (Rh1 and Rh30) and arrested cells in the G1 phase of the cell cycle.

Curcumin also induced apoptosis (cell death) and inhibited the basal or type I insulin-like growth factor-induced motility of the cells.

At physiological concentrations, curcumin rapidly inhibited phosphorylation of the mammalian target of rapamycin (mTOR) and its downstream effector molecules in a panel of cell lines.

Curcumin also inhibited phosphorylation of Akt in the cells, but only at high concentrations.

The study concluded that curcumin may execute its anticancer activity primarily by blocking mTOR-mediated signaling pathways in the tumor cells.

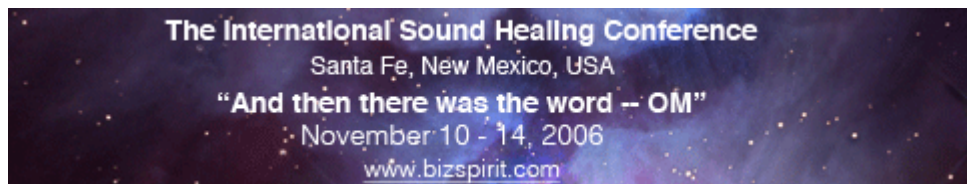
In traditional Indian Ayurvedic medicine, turmeric (which contains curcumin) has been used to strengthen the body, tone the digestive system and the liver, dispel worms, regulate menstruation, dissolve gallstones and relieve arthritis. Ancient Hindu texts refer to its carminative, aromatic and stimulant properties. Mixed with slaked lime, it has been used as a topical treatment for sprains and strains.

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

Reference: 1) Beevers CS, Li F, Liu L, Huang S. Curcumin inhibits the mammalian target of rapamycin-mediated signaling pathways in cancer cells. *Int J Cancer*. 2006 Aug 15;119(4):757-64. [View Abstract](#).



International Sound Healing Conference



Fabien Maman has created a healing system within vibrational medicine using tuning forks instead of needles on acupuncture points. He will be coming from France to present his research at the International Sound Healing Conference in Santa Fe, New Mexico, USA, November 10 - 14, 2006.

The driving theory behind Fabien's life's work is that blockages in subtle energy fields may result in physical illness if they are allowed to crystallize. Sound, Color and Movement are the most effective tools to dissolve these negative energetic patterns.

Fabien Maman conducted original and revolutionary biological research that showed the impacts of acoustic sound on human cells and was the first to discover that specific acoustic sounds may explode cancer cells as well as energize and empower healthy ones.

Mamman uses Chi movement, natural acoustic sound and pure color for the least invasive healing techniques. These techniques claim to nourish the human energy system and aid the body in the recovery of its own balance of health.

For nearly 30 years, Fabien has researched and created practical applications to balance the body, mind and spirit through the subtle energy fields. Fabien founded Tama-Do Academy of Sound, Color and Movement, offering a training program for the evolution of consciousness using non-invasive vibrational techniques composed of Sound, Color and Movement.

Other presenters at this conference include: Don Campbell, Joshua Leeds, John Diamond, Jill Purce, Jonathan Goldman, James D'Angelo, John Reid, Susan Hale, Sharry Edwards, Dorrine Davis, Master Charles Cannon, Wilbert Alix, Cynthia Snodgrass, Pat Moffitt Cook, Christine Stevens, John Beaulieu, Silvia Nakkach, Ellen Franklin, Donna Carey and many more.

Morning Nia, Sound Healing and Chanting classes, special evening events and more will be available.

For more information, please visit www.bizspirit.com.

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

FDA Ephedra Ban Upheld



A federal appeals court has overturned a Utah ruling that challenged the U.S. Food and Drug Administration (FDA) ban on weight loss and sports performance supplements containing ephedra.

The original ban was put in place on February 6, 2004. The rule became effective 60 days from the date of publication.

On April 14, 2005, Utah Judge Tena Campbell ruled that the FDA did not prove a daily dosage of 10mg or less of ephedra results in an unreasonable risk of illness or injury. The FDA was blocked from any enforcement action against Utah-based Nutraceutical Corporation if it were to sell supplements containing a daily dosage of 10mg or less of ephedra. The ruling, specific only to Utah, called into question the FDA ban in general.

This August, the U.S. Circuit Court of Appeals in Denver overturned Campbell's decision, stating that the FDA was correct in its 2004 analysis of ephedrine products and subsequent conclusion that there is no acceptable dose of the ingredient.

Ephedra is native to Asia and has been used in Traditional Chinese Medicine (TCM) for over 5,000 years. It was found in a Middle Eastern Neolithic grave, indicating that it may have been used up to 60,000 years ago. Zen monks used ephedra to improve concentration and to induce calm during meditation.

Until the 2004 ban, ephedra was marketed as a supplement for weight-loss and sports performance, but a number of recent studies have linked ephedrine alkaloids with adverse effects on the cardiovascular and central nervous systems. The FDA has collected over 1,500 reports of serious toxicity, including approximately 22 deaths.

Additionally, ephedra-containing supplements accounted for 64 percent of the adverse reactions to herbs reported in the United States in 2001 with the products making up less than 1 percent of herbal sales.

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

Reference: 1) FDA news release on 10th Circuit ruling, Aug. 21, 2006. www.fda.gov.

The Science and Clinical Application of Integrative Holistic Medicine



Medicine is in the midst of a profound change and an increasing number of patients are using alternative and holistic treatments. As this trend develops, reasonable standards may be established regarding the application of the body of knowledge that is integrative holistic medicine. Additionally, a wider range of health care practitioners can be conversant in this new language in order to provide optimal health and healing.

During this comprehensive, CME course, expert faculty will provide evidence-based information on the art and science of preventing and treating the most common health conditions with integrative holistic medicine. The course offerings are tailored to both the healthcare professional and savvy consumer looking to stay highly informed on this important medical specialty.

Introduction to Integrative Medicine - Oct. 28: A general introductory course covering the many lifestyle and therapeutic options promoting health, wellness and treatment of the whole person.

Bringing Integrative Medicine to Your Practice - Oct. 28: Healthcare providers and administrators will learn from the Scripps Center for Integrative Medicine team as they share tools for successful integrative medicine programs and practices.

Healthcare Professional Review Course - Oct. 29 to Nov. 2: This in-depth, week long program will cover the many disciplines and modalities encompassed in the practice of integrative holistic medicine. Be a part of the paradigm shift in medicine by learning how to integrate holistic medical practices and provide your patients with the best medical care available.

ABHM Board Certification Exam - Nov. 3: The only nationally reviewed and recognized exam in the field of integrative holistic medicine. Participants will become a diplomat of the ABHM and transform how they practice healthcare. (MD and DO only)

The conference will take place October 28 to November 3, 2006 at Paradise Point Resort in San Diego, California.

For more information, please call 858.587.4404 or e-mail med.edu@scrippshealth.org.

Hotel Reservations: Paradise Point Resort and Spa is a lush island retreat tucked away on San Diego's Mission Bay. The private, 44-acre island offers luxury in the most peaceful of settings where guests will be surrounded by gentle waters, green foliage and tropical gardens. At Paradise Point Resort and Spa, guests will experience levels of learning and tranquility that will flow together in one life-changing experience. All rooms are bright, spacious and bungalow style with private patio. Please call 1.800.344.2626 to make reservations and request one of the following reduced rates: Garden \$179; Bayside \$199; Garden Suite \$219; Bayside Suite \$249

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Mindfulness for Stress Management and Health

Mindfulness, a type of meditation, may be an effective alternative solution for stress management and health problems, a new study reports.

According to the Norwegian study, training based on mindfulness has developed into a method for managing stress and health problems over the last 25 years.

Mindfulness is an approach in which attention is focused on a physical sensation (such as the breath). When thoughts intrude, the individual returns to the focus. Attention is placed on the present moment, rather than on the future or past. Regular practice is suggested to enhance self-awareness.



The study involved 144 patients (88 percent women) troubled by stress and chronic illness. The patients participated in an eight-week course as part of the randomized controlled study.

The study measured the effects on quality of life (QoL) using the WHOQOL-BREF questionnaire (WHO). Subjective health was measured using the Subjective Health Complaint (SHC) inventory and the Hopkins Symptom Checklist (SCL-5).

The majority of the patients (92 percent) patients completed all eight weeks of the course. The participants rated its importance to 8.5 on a scale from 1 to 10.

The study found an increase in QoL and subjective health from start to finish of the course, while the control group remained unchanged. The changes in QoL were maintained at three and six months follow-up, while subjective health continued to improve during that period.

The changes were independent of age, sex, education and marital, work and health insurance status, the study claims. Improvements were positively correlated with the self-reported amount of mindfulness training. Effect sizes were highest for mental symptoms and mental function.

The study concluded that mindfulness gives the patients a tool they can use to improve their health and QoL. By increased understanding and ability to deal with ones own health, the patients seem to see themselves and their lives in a new way. The study recommended that the method may be suitable for schools and universities in addition to patient education centers.

For more information on mindfulness and other meditation methods, please visit [Natural Standard's Complementary Practices Database](#).

Reference: 1) de Vibe M, Moum T. [Training in mindfulness for patients with stress and chronic illness] [Article in Norwegian] Tidsskr Nor Laegeforen. 2006 Aug 10;126(15):1898-902. [View Abstract](#).

The 3rd TOPRA Annual Symposium: EU Legislation - Is it Delivering Innovation?



This symposium will be held October 2-4, 2006 at the Hilton Hotel in Amsterdam, The Netherlands.

TOPRA's Annual Symposium attracts high-level speakers and provides a forum for detailed discussion of many important regulatory issues of the day. It is an opportunity to get up to date with the latest information and to network with industry and agency colleagues.

The Dutch Medicines Evaluation Board (MEB) will be assisting with the organization of the program and this meeting will be an opportunity to get to know this agency better. Dr. Aginus Kalis, Executive Director of the MEB, will be delivering a presentation on the Network of Agencies.

The 2006 Symposium will also be the venue for the TOPRA 2006 AGM and the 2006 Graduation Ceremony for the TOPRA MSc in Regulatory Affairs.

There will be a trade exhibition showcasing companies with products and services to assist the regulatory professional, and a social event for informal networking. Companies exhibiting include Regulatory Consultants, Translation Services and Recruitment Consultants.

Topics will include: The National Competent Authorities – Where do they fit in today's Europe?; The Centralized Procedure – Impact of the New Pharmaceutical Legislation on Marketing Authorization; Decentralized and Mutual Recognition Procedures and the CMD; Impact of Clinical Trials Directive on Drug Development – 2.5 year's Experience; Pediatrics; Scientific Advice; Information for Patients – has the legislation delivered?; and Horizon 2007.

Speakers will include: Dr Aginus A.W. Kalis – Executive Director, Medicines Evaluation Board, Netherlands; Professor, Hannes Wahlroos – Director General, Lääkelaitos, Finland and Chair of EMEA Management Board; Dr Daniel Brasseur – Chair of CHMP and Belgian Health agency, Belgium; Pat O'Mahony, Chief Executive Officer, IMB, Ireland; Martyn Ward – Unit Manager, Clinical Trials Unit, MHRA and Chair HoA Clinical Trials Facilitation group, UK; Noel Wathion, Head of Post-Authorization Evaluation of Medicines for Human Use, EMEA; Melanie Carr, SME Office, Scientific Advice and Orphan Drugs Sector Pre-Authorization Unit, EMEA; Kelly Fearn – Associate Director of Regulatory Affairs ORION Clinical Services Ltd, UK; Dr Marcus Muellner, AGES PharmMED/Bundesamt für Sicherheit im Gesundheitswesen, Austria; Professor Bruno Flamion Service Public Fédéral Santé Publique, Sécurité de la Chaîne alimentaire et Environnement, Belgium; and Nicolas Rossignol, Administrator Unit F2 Pharmaceuticals, European Commission.

The program also includes parallel Symposia, held on Tuesday 3 October, covering medical technologies and veterinary matters, for which single-day tickets are available. In addition, there will be a parallel session to be held on Wednesday, October 4 on Career Coaching and Personal Development for Regulatory Affairs Professionals, which is open to all delegates.

For more information, please call +44 (0) 207 538 9502 or e-mail meetings@topra.org.

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HEALTH CARE EDUCATION ASSOCIATION

The Health Care Education Association (HCEA) will be sponsoring its 9th annual conference, "The Cutting Edge of Healthcare Education." The conference will be held from September 20-22 at the Georgia Tech Hotel & Conference Center in Atlanta, Georgia.

The mission of the HCEA is to provide a learning community for professionals committed to improving health care and the organizations they serve through education. Participants at this year's conference will discover how health care education continues to evolve through advances in technology, and they will learn how going back to the basics with "low tech" approaches is sometimes necessary to gain new insights and ideas.

There will be workshops, keynote and plenary speakers, individual sessions, poster presentations, an exhibit hall and networking opportunities.

To register, please visit www.hcea.org.

For more information, please call 888.298.3861, fax 314.869.5811, e-mail hcea03@cox.net or visit www.hcea-info.org.

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Flaxseed, Soy and Breast Cancer

Flaxseed may decrease the risk of breast cancer while soy may increase it, a new study reports.

Researchers at the University of Toronto set out to determine the effect of flaxseed and soy protein diets, alone and in combination, on the established human breast cancer MCF-7 tumor growth.

The researchers noted that in several epidemiological studies, a phytoestrogen-rich diet containing lignans and isoflavones is associated with reduced breast cancer risk. In postmenopausal mammary cancer xenograft model, flaxseed (FS), a rich source of plant lignans, reduced breast cancer growth, while soy protein (SP), a rich source of isoflavones, enhanced it. The intake of phytoestrogens is increasing especially among postmenopausal women, emphasizing the importance of clarifying their interactive effects on breast cancer.



The study used ovariectomized athymic nude mice. Tumor bearing mice were divided into four groups and fed for 25 weeks either the basal diet (BD), or BD supplemented with 10 percent FS, 20 percent SP or 10 percent FS and 20 percent SP.

After estrogen deprivation, FS regressed the tumor size similar to that of the control. SP initially regressed the tumors but starting at week 13, the tumors regressed significantly less than in the control and 43 percent of the tumors were regrowing until the end of the experiment and were

significantly larger in size than in the control.

The combination of SP with FS reduced the tumor growth similar to that of the control, as suggested also by the reduced tumor cell proliferation index.

The study concluded that dietary FS did not stimulate the growth of estrogen responsive MCF-7 cancers in ovariectomized mice, while long-term consumption of SP did. Additionally, FS reduced the tumor growth stimulating effect of SP to the same level as the control, suggesting a tumor growth attenuating effect of FS.

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

For more information on breast cancer, please visit [Natural Standard's Conditions Center](#).

Reference: 1) Saarinen NM, Power K, Chen J, Thompson LU. Flaxseed attenuates the tumor growth stimulating effect of soy protein in ovariectomized athymic mice with MCF-7 human breast cancer xenografts. *Int J Cancer*. 2006 Aug 15;119(4):925-31. [View Abstract](#).

Inside Natural Standard



Please join Natural Standard in welcoming Ashley Brigham, PharmD: Northeastern University who will be with us this Fall.

We would also like to welcome Joe, Jack and Don who have joined us to work with hospitals in the South.

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E-mail: news@naturalstandard.com

Phone: 617.758.4242

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