



Natural Standard

The Authority on Integrative Medicine

Copyright © 2007 Natural Standard

May 2007

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

Bacteria for Asthma and Allergies



Acquisition of *Helicobacter pylori* (*H. pylori*), which predominantly occurs before the age of 10, may reduce the risks associated with asthma and allergies, a new study reports.

H. pylori is a helical shaped Gram-negative bacterium that infects the lining of the stomach and duodenum. Many cases of peptic ulcers, gastritis and duodenitis are caused by *H. pylori* infection. However, many who are infected do not show any symptoms of disease. *Helicobacter* spp. are the only known microorganisms that can

thrive in the highly acidic environment of the stomach. People with *H. pylori* infections may be more likely to develop stomach cancer or MALT (mucosa-associated lymphoid tissue) lymphoma.

Researchers from New York University School of Medicine and the Department of Veterans Affairs New York Harbor Healthcare System evaluated the associations of *H. pylori* status with history of asthma and allergy and with skin sensitization using data from 7,663 adults in the Third National Health and Nutrition Examination Survey. Adjusted odds ratios (ORs) for currently and ever having asthma, allergic rhinitis, allergy symptoms in the previous year and allergen-specific skin sensitization were computed comparing participants seropositive for cagA- or cagA+ strains of *H. pylori* with those without *H. pylori*.

The study found that the presence of cagA+ *H. pylori* strains was inversely related to ever having asthma, and the inverse association of cagA positivity with childhood-onset (age 15 years) asthma was stronger than that with adult-onset asthma. Colonization with *H. pylori*, especially with a cagA+ strain, was inversely associated with currently or ever having a diagnosis of allergic rhinitis, especially for childhood

[Bacteria for Asthma and Allergies](#)

[Dairy and Weight Loss](#)

[Schwartz Pharmacy](#)

[Practice Symposium](#)

[FDA: Safety of Aspartame](#)

[Therapeutic Potential of](#)

[Human Umbilical Cord](#)

[Stem Cells in Heart Attack](#)

[Patients](#)

[Holistic Nurses Conference](#)

[Celebrating Life's](#)

[Transitions](#)

[West African Green Tea for](#)

[High Cholesterol](#)

[Resistance Training,](#)

[Dietary Protein for Health](#)

[in Seniors](#)

[Massage for the Cancer](#)

[Patient: An Integrative](#)

[Approach](#)

[Integrative Alternatives](#)

[for Depression, Bipolar](#)

[Disorder](#)

[Women's Healthcare](#)

[Forum: Baltimore](#)

[Curcumin for Health](#)

[Inside Natural Standard](#)

onset. Consistent inverse associations were found between *H. pylori* colonization and the presence of allergy symptoms in the previous year and sensitization to pollens and molds.

Researchers concluded that childhood acquisition of *H. pylori* may be associated with reduced risks of asthma and allergy.

Integrative therapies with strong or good scientific evidence for the treatment *H. pylori* infection include calcium, probiotics, zinc and peppermint. Integrative therapies with good scientific evidence for the treatment of asthma include boswellia, choline, coleus, ephedra*, psychotherapy, pycnogenol and yoga.

***Note:** On February 6th, 2004 The Food and Drug Administration (FDA) issued a final rule prohibiting the sale of dietary supplements containing ephedrine alkaloids (ephedra) because such supplements present an unreasonable risk of illness or injury. The rule became effective 60 days from the date of publication.

Integrative therapies with good scientific evidence for the treatment of allergies include bromelain, butterbur, nasal irrigation and probiotics.

For more information on *H. pylori* infection, asthma or allergies, please visit [Natural Standard's Condition Center](#) or Natural Standard's new [Allergy & Immunology](#) database. For more information on the integrative therapies mentioned above, please visit [Natural Standard's Herbs & Supplements](#) database or [Health & Wellness](#) database.

To comment on this story, please click [here](#) to enter the [Natural Standard](#) blog.

References:

1) Chen Y, Blaser MJ. Inverse Associations of Helicobacter pylori With Asthma and Allergy. Arch Intern Med. 2007;167:821-827. [View Abstract](#).

2) Natural Standard Research Collaboration: The Authority on Integrative Medicine. www.naturalstandard.com. Copyright © 2007.

Dairy and Weight Loss



A new study examining the effects of dairy consumption on obesity and related health issues found that a diet rich in dairy products does not lower body weight, although it may lower blood pressure.

Researchers from the Netherlands and Harvard School of Public Health in Boston evaluated the associations of dairy consumption with body weight and other components of the metabolic syndrome. Recent media reports have suggested that dairy consumption reduces the risk of obesity and metabolic disturbances and helps individuals lose weight.

The study used cross-sectional data for 2,064 men and women aged 50 to 75 years who participated in the Hoorn Study. The metabolic syndrome was defined according to the National Cholesterol Education Program Expert Panel. Dairy consumption was assessed by using a semi-quantitative food-frequency questionnaire.

Researchers found that the median consumption of total dairy products was 4.1 servings/day. After adjustment for potential confounders (i.e. dietary factors, physical activity, smoking, income, educational level and blood pressure lowering medication), total dairy consumption was significantly associated with lower diastolic blood pressure and higher fasting glucose concentrations, but not with body weight or other metabolic variables (i.e. lipids, postload glucose or insulin).

When different dairy products were distinguished, borderline significant inverse associations were observed for dairy desserts, milk and yogurt with systolic and diastolic blood pressure, whereas cheese consumption was positively associated with body mass index.

Researchers concluded that based on this study conducted in an elderly Dutch population, higher dairy consumption was not associated with lower weight or more favorable levels of components of the metabolic syndrome, except for a modest association with lower blood pressure.

In a related study, scientists found that consumption of fluid skim milk may promote slightly greater muscle protein accretion (growth) after resistance exercise than does consumption of an isonitrogenous and isoenergetic soy-protein beverage.

Researchers from McMaster University in Hamilton, Canada explained that resistance exercise leads to net muscle protein accretion through a synergistic interaction of exercise and feeding. Proteins from different sources may differ in their ability to support muscle protein accretion because of different patterns of postprandial hyperaminoacidemia.

Hyperaminoacidemia is an excess of amino acids in the bloodstream that some researchers believe may lead to an increase in both protein synthesis and protein breakdown through protein oxidation, with an overall positive nitrogen balance. A positive nitrogen balance indicates more construction of lean tissue than destruction, leading to an increase in lean mass in the body.

The study examined the effect of consuming isonitrogenous, isoenergetic and macronutrient-matched soy or milk beverages (18 grams protein, 750 kilojoules) on protein kinetics and net muscle protein balance after resistance exercise in healthy young men. Researchers hypothesized that soy ingestion would result in larger but transient hyperaminoacidemia compared with milk and that milk would promote a greater net balance because of lower but prolonged hyperaminoacidemia.

Scientists measured arterial-venous amino acid balance and muscle fractional synthesis rates in young men who consumed fluid milk or a soy-protein beverage in a crossover design after a bout of resistance exercise.

The study found that ingestion of both soy and milk resulted in a positive net protein balance. Analysis of area under the net balance curves indicated an overall greater net balance after milk ingestion. The fractional synthesis rate in muscle was also greater after milk consumption than after soy consumption.

Researchers concluded that milk-based proteins promote muscle protein accretion to a greater extent than do soy-based proteins when consumed after resistance exercise. The consumption of either milk or soy protein with resistance training promotes muscle mass maintenance and gains, but chronic consumption of milk proteins after resistance exercise likely supports a more rapid lean mass accrual.

Integrative therapies for obesity with strong or good scientific evidence include ephedra*, 5-HTP, the Atkins diet, DHEA and psychotherapy.

***Note:** On February 6th, 2004 The Food and Drug Administration (FDA) issued a final rule prohibiting the sale of dietary supplements containing ephedrine alkaloids (ephedra) because such supplements present

an unreasonable risk of illness or injury. The rule became effective 60 days from the date of publication.

For more information on the individual therapies listed above, please visit [Natural Standard's Herbs & Supplements](#) database or [Health & Wellness](#) database. For more information on obesity, please visit [Natural Standard's Condition Center](#).

To comment on this story, please click [here](#) to enter the [Natural Standard](#) blog.

References:

- 1) Wilkinson SB, Tarnopolsky MA, MacDonald MJ, et al. Consumption of fluid skim milk promotes greater muscle protein accretion after resistance exercise than does consumption of an isonitrogenous and isoenergetic soy-protein beverage. *American Journal of Clinical Nutrition*, Vol. 85, No. 4, 1031-1040, April 2007. [View Abstract](#).
- 2) Snijder MB, van der Heijden AWA, van Dam RM, et al. Is higher dairy consumption associated with lower body weight and fewer metabolic disturbances? The Hoorn Study. *American Journal of Clinical Nutrition*, Vol. 85, No. 4, 989-995, April 2007. [View Abstract](#).
- 3) Natural Standard Research Collaboration: The Authority on Integrative Medicine. www.naturalstandard.com. Copyright © 2007.

Schwartzing Pharmacy Practice Symposium



Nonprescription Medication: An Update and New Insights for Pharmacists

Wednesday May 23 and Thursday May 24, 2007
Rome Hall Ballroom, Storrs, CT

Participants may enroll in either or both days. A Law topic will be presented each day.

[Natural Standard's](#) Founder and UCONN alum, Dr. Catherine Ulbricht, will be speaking at this event. Go Huskies!

For more information, please call the Office of Continuing Pharmacy Education at 860.486.2130, e-mail Meg Tartsinis at m.tartsinis@uconn.edu or e-mail Henry Palmer at henry.palmer@uconn.edu, or visit www.pharmacy.uconn.edu and look under Alumni and Friends and the continuing education.

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

FDA: Safety of Aspartame

The U.S. Food and Drug Administration (FDA) has reaffirmed its position on the safety of aspartame, following a review of an Italian study that had linked the artificial sweetener to cancer.

The FDA has completed its review concerning the long-term carcinogenicity study of aspartame entitled, "Long-Term Carcinogenicity Bioassays to Evaluate the Potential Biological Effects, in Particular Carcinogenic, of Aspartame Administered in Feed to Sprague-Dawley Rats," conducted by the European Ramazzini Foundation (ERF), located in Bologna, Italy. The FDA reviewed the study data made available to them by ERF and found that it does not support ERF's conclusion that aspartame is a carcinogen.



According to the FDA statement, aspartame was first approved in the United States in 1981 and is one of the most widely used artificial sweeteners. When metabolized by the body, aspartame is broken down into two common amino acids, aspartic acid and phenylalanine, and a third substance, methanol. These three substances are available in similar or greater amounts from eating common foods.

Upon first learning of the ERF study results, the FDA requested the data from ERF to evaluate the findings. On February 28, 2006, the agency received only a portion of the study data requested. In June 2006, the FDA asked ERF to provide the remainder of the study data initially requested and also offered to review pathology slides from the study. ERF did not submit additional data to the FDA and did not agree to the FDA's review of the pathology slides.

The FDA could not conduct a complete and definitive review of the study because ERF did not provide the full study data. Based on the available data, however, the FDA has identified significant shortcomings in the design, conduct, reporting and interpretation of the study. The FDA found that the reliability and interpretation of the study outcome is compromised by these shortcomings and uncontrolled variables, such as the presence of infection in the test animals.

The FDA reports that pathological changes were incidental and appeared spontaneously in the study animals, and none of the histopathological changes reported appear to be related to treatment with aspartame. The FDA believes that additional insight on the study findings could be provided by an internationally-sponsored pathology working group examination of appropriate tissue slides from the study.

The FDA concluded saying that considering results from the large number of studies on aspartame's safety, including five previously conducted negative chronic carcinogenicity studies, a recently reported large epidemiology study with negative associations between the use of aspartame and the occurrence of tumors and negative findings from a series of three transgenic mouse assays, the FDA finds no reason to alter its previous conclusion that aspartame is safe as a general purpose sweetener in food.

For more information on food additives, please visit [Natural Standard's Brand Names](#) database or [Health & Wellness](#) database

To comment on this story, please click [here](#) to enter the [Natural Standard](#) blog.

References:

1) CFSAN/Office of Food Additive Safety. FDA Statement on European Aspartame Study. April 20, 2007.

[View Statement.](#)

2) Natural Standard Research Collaboration: The Authority on Integrative Medicine. www.naturalstandard.com. Copyright © 2007.

Therapeutic Potential of Human Umbilical Cord Stem Cells in Heart Attack Patients

Umbilical cord derived stem (UCDS) cells may assist cardiac (heart) function recovery after a heart attack, a new study reports.

Researchers from the Chinese Academy of Medical Sciences and Peking Union Medical College in Beijing, China explained that cell transplantation offers promise in the restoration of cardiac function after myocardial infarction (heart attack). Researchers investigated the therapeutic potential of human UCDS cells in a rat myocardial infarction model.

In the study, rats with left ventricular ejection fraction less than 60 percent two weeks after induction of myocardial infarction were randomly divided into a phosphate-buffered saline control group and a UCDS cell treated group. Cardiac function was assessed by echocardiography two weeks and four weeks after cell transplantation.

Researchers performed histologic (examining cells and tissues at the microscopic level) study and immunofluorescence (a technique that uses antibodies linked to a fluorescent dye in order to study antigens in a sample of tissue) to investigate differentiation of transplanted cells, capillary and arteriole density, secretion of cytokines (proteins produced by white blood cells that act as chemical messengers between cells) and cardiomyocytes apoptosis (heart cell death).

The study found a statistically significant improvement of cardiac function in the experimental group of rats compared with the control group. Four weeks after transplantation, histologic examination revealed that some of the transplanted UCDS cells survived in the infarcted myocardium and accumulated around arterioles and scattered in capillary networks. Scientists observed some of the cells expressed cardiac troponin-T, von Willebrand factor and smooth muscle actin, indicating regeneration of damaged myocardium by cardiomyocytic, endothelial and smooth muscle differentiation of UCDS cells in the infarcted myocardium.

The capillary and arteriole density were also markedly increased in the UCDS-cell-treated group. In addition, the apoptotic (dead) cells were decreased significantly compared with the phosphate-buffered saline controls.

Researchers concluded that transplanted UCDS cells may provide benefit in cardiac function recovery after acute myocardial infarction in rats, suggesting UCDS cells represent a promising cell source for future routine cell therapy applications.

Integrative therapies with strong or good scientific evidence in the prevention and/or treatment of heart attacks include beta-glucan, beta-sitosterol, calcium, niacin, omega-3 fatty acids, fish oil, alpha-linolenic acid, policosanol, psyllium, red yeast rice, soy, avocado, barley, betaine anhydrous, carob, coles,



cordyceps, gamma oryzanol, garlic, globe artichoke, L-carnitine, pantethine, sweet almond, yoga and zinc.

For more information on these and other therapies studied in the prevention and treatment of heart attacks, please visit [Natural Standard's Condition Center](#). For more information on the individual therapies listed above, please visit [Natural Standard's Herbs & Supplements](#) database or [Health & Wellness](#) database.

To comment on this story, please click [here](#) to enter the [Natural Standard](#) blog.

References:

1) Wu KH, Zhou B, Yu CT, et al. Therapeutic potential of human umbilical cord derived stem cells in a rat myocardial infarction model. *Ann Thorac Surg.* 2007 Apr;83(4):1491-8. Comment in: *Ann Thorac Surg.* 2007 Apr;83(4):1499-500. [View Abstract](#).

2) Natural Standard Research Collaboration: The Authority on Integrative Medicine. www.naturalstandard.com. Copyright © 2007.

Holistic Nurses Conference Celebrating Life's Transitions



American Holistic Nurses Association (AHNA) conferences bring together many talented nurses and professionals who are committed to sharing their expertise, experiences and love of holistic healthcare. Here, participants will be surrounded by loving, nurturing souls who understand. Don't miss this opportunity to learn from each other and meet many new friends along the way.

This year's conference theme speaks to the mysteries of life's journey and the wondrous stages of self-discovery that everyone goes through. Join AHNA as they formulate innovative approaches to incorporate holistic philosophy and life-stage theories in nursing education, practice and research.

Participants are invited to collaborate with hundreds of holistic nurses at beautiful Lake Tahoe, CA for the American Holistic Nurses Association's 2007 Annual Conference, "Wheel of Life: Celebrating Transitions," June 7-10, 2007.

Featured speakers are:

- Angeles Arrien PhD, Founder and President of Angeles Arrien Foundation for Cross-Cultural Educations and Research
- Barbara Dossey PhD, RN, AHN-BC, FAAN, a renowned author and Nightingale scholar
- Mathy Mezey EdD, RN, FAAN, Director of the Hartford Institute for Geriatric Nursing at NYU

Nurses can receive up to 21.7 contact hours.*

For more information or to register online, please visit www.ahna.org. Additionally, interested individuals may contact Miriam Hillson by e-mail: conference@ahna.org or phone: 800.278.2462, ext. 14.

*The American Holistic Nurses Association is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation. Provider approved by the California Board of Registered Nursing, Provider #10442.

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

West African Green Tea for High Cholesterol



West African Green Tea may help lower cholesterol and triglyceride levels in patients at risk for heart disease, a new study suggests.

Researchers from North Carolina A&T State University in Greensboro, North Carolina and Sinai Medical Center in Baltimore, Maryland explained that the Vert (green) is a special type of green tea widely consumed in West Africa and locally associated with many health benefits. However, limited research has been conducted to evaluate its health benefits, such as its enhanced hypolipidemic potential.

Researchers (1) evaluated the cholesterol- and triglyceride-lowering effects of West African green tea (WAGT) as affected by diet and tea intake, (2) determined the impact of WAGT consumption on the CHD risk ratio and (3) explored possible mechanisms through which WAGT improves serum lipid profile.

In the study, 45 male Wistar rats were randomly assigned to one of nine treatment combinations, three diets (regular, high-cholesterol, and trans-fat diets) and three fluid sources (no tea, diluted tea, and concentrated tea). After six weeks of feeding, animal blood, liver and feces were harvested. Total cholesterol, HDLc, LDLc and triglycerides in serum, liver and feces were determined. The concentrations of bile acids in feces were also measured.

The study found that WAGT significantly lowered serum and liver cholesterol (30 percent and 15 percent, respectively) and increased serum HDL cholesterol (good cholesterol) (30 percent). It also reduced liver enlargement caused by storage of excess lipids in high-cholesterol diet.

Researchers found that overall, the CHD risk ratio was cut by two-thirds in rats fed high-cholesterol diet and WAGT. A marked increase in fecal total lipids, cholesterol (60 percent) and bile acids (50 percent) was observed in rats that consumed WAGT compared to the control group.

Researchers concluded that the beneficial effects may be attributed to the significantly high flavonoid content of WAGT.

Green tea has also been studied in the treatment of arthritis, asthma, cancer prevention, dental cavity prevention, diabetes, fertility, heart attack prevention, high cholesterol or triglycerides, memory enhancement, menopausal symptoms, mental performance/alertness, prostate cancer (treatment), sun protection/ skin damage, weight loss (maintenance) and anxiety.

For more information on integrative therapies for high cholesterol or heart disease, please visit [Natural Standard's Condition Center](#).

To comment on this story, please click [here](#) to enter the [Natural Standard](#) blog.

References:

1) Rehrh D, Ahmedna M, Yu J, et al. Enhanced cholesterol- and triglyceride- lowering effect of West African green tea. Journal of the Science of Food and Agriculture. Volume 87, Issue 7, Pages 1323 - 1329. Published Online: 2 Apr 2007. [View Abstract](#).

2) Natural Standard Research Collaboration: The Authority on Integrative Medicine. www.naturalstandard.com. Copyright © 2007.

Resistance Training, Dietary Protein for Health in Seniors



Resistance training and dietary protein may help improve body composition, oral glucose tolerance and skeletal muscle content in older persons, a new study suggests.

Researchers from Purdue University in West Lafayette, Indiana and the University of Missouri & Harry S Truman VA Hospital in Columbia, Missouri explained that resistance training (RT) and dietary protein independently influence indexes of whole-body glucose control, though their synergistic effects have not yet been documented.

The study investigated the influence of dietary protein intake on RT-induced changes in systemic glucose tolerance and the contents of skeletal muscle insulin signaling proteins in healthy older persons.

The study included 36 older men and women (age 61 years and older). Participants performed RT (three times/week for 12 weeks) and consumed either 0.9 grams protein · kg⁻¹ · d⁻¹ [lower-protein (LP) group; ~112 percent of the recommended dietary allowance (RDA)] or 1.2 grams protein · kg⁻¹ · d⁻¹ [higher-protein (HP) group; ~150 percent of the RDA]; the HP group consumed more total, egg and dairy proteins.

Researchers found that after RT, body weight was unchanged. However, whole-body protein and water masses increased and fat mass decreased with no significantly different responses observed between the LP and HP groups. The RT-induced improvement in oral glucose tolerance (decreased area under the curve, AUC) was not significantly different between the groups (LP: -28 percent; HP: -25 percent).

The insulin (-21 percent) and C-peptide (-14 percent) AUCs decreased in the LP group but did not change significantly in the HP group. Skeletal muscle insulin receptor, insulin receptor substrate-1 and Akt contents were unchanged, and the amount of atypical protein kinase C, a protein involved with insulin signaling, increased 56 percent with RT, independent of protein intake.

Researchers concluded that older persons who consume adequate or moderately high amounts of dietary protein can use RT to improve body composition, oral glucose tolerance, and skeletal muscle aPKC content without a change in body weight.

For more information on integrative approaches to increasing muscle strength, please visit [Natural Standard's Condition Center](#). More information on diet, fitness, exercise and nutrition are available in [Natural Standard's Health & Wellness](#) database.

To comment on this story, please click [here](#) to enter the [Natural Standard](#) blog.

References:

1) Iglay HB, Thyfault JP, Apolzan JW, et al. Resistance training and dietary protein: effects on glucose tolerance and contents of skeletal muscle insulin signaling proteins in older persons. *American Journal of Clinical Nutrition*, Vol. 85, No. 4, 1005-1013, April 2007. [View Abstract](#).

2) Natural Standard Research Collaboration: The Authority on Integrative Medicine. www.naturalstandard.com. Copyright © 2007.

Message for the Cancer Patient: An Integrative Approach

The massage course will be offered June 7-9, 2007 from 8 a.m.-5:30 p.m.

This is a yearly comprehensive continuing education course. Currently massage therapists are trained to believe that massage for those diagnosed with cancer is contraindicated. MD Anderson believes that this is not correct. A cancer patient can receive massage, but with modifications.

The goal of this course is to provide education in the field of massage for the cancer patient to registered or certified massage therapists. This course is meant to provide participants with practical information with which to better care for patients at all stages of cancer, and their families.

For more information, please call 713.794.4700.

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

THE UNIVERSITY OF TEXAS
MD ANDERSON
CANCER CENTER



Integrative Alternatives for Depression, Bipolar Disorder

Two new studies suggested that integrative therapies are worthy of investigation and may be effective in treating mental illnesses such as depression and bipolar disorder.

In one study, researchers from Emory University School of Medicine in Atlanta, Georgia explained that among the factors making recognition of severe depression problematic for clinicians are the heterogeneous nature of the condition, lack of standardized definitions and concomitant comorbidities that confound differential diagnosis of symptoms.



The study suggested that the chronicity and heterogeneity of this disorder lead to frequent clinic visits and a longer course of treatment; therefore, successful approaches may require an arsenal of treatments with numerous mechanisms of action.

Researchers reviewed the categories of drugs used to treat severe depression and several non-pharmacologic options including a number of experimental treatments. Pharmacotherapies included tricyclic antidepressants, selective serotonin reuptake inhibitors (SSRIs), atypical antidepressants such as serotonin-norepinephrine reuptake inhibitors and monoamine oxidase inhibitors (MAOIs) and combination and augmentation therapies.

According to the study, the role of non-pharmacological treatments, such as electroconvulsive therapy, vagus nerve stimulation, transcranial magnetic stimulation and deep brain stimulation, remain active avenues of investigation.

Researchers concluded that improved knowledge and treatment approaches for severe depression are necessary to facilitate remission, the ideal treatment goal.

In another study, researchers from Xi'an Jiaotong University College of Medicine in China suggested that Chinese herbal medicines possess the therapeutic potential for mood disorders.

In a double-blind, randomized, placebo-controlled study, researchers evaluated the efficacy and side effects of the herbal medicine called Free and Easy Wanderer Plus (FEWP)[®] as an adjunct to carbamazepine (CBZ, a drug sometimes used as an alternative to lithium in stopping the symptoms of manic depression and is particularly effective in people with rapid swings between mania and depression) in patients with bipolar disorder.

Researchers randomized 124 bipolar depressed and 111 manic patients to treatment with CBZ alone, CBZ plus FEWP or equivalent placebo for 12 weeks. CBZ was initiated at 300 milligrams/day and FEWP was given at a fixed dose of 36 grams/day. Efficacy measures included the Hamilton Rating Scale for Depression, Montgomery-Asberg Depression Rating Scale, Young Mania Rating Scale, Bech-Rafaelsen Mania Scale and Clinical Global Impression-Severity (CGI-S).

The study found that CBZ monotherapy produced significantly greater improvement on manic measures at week two through endpoint and CGI-S of depression at endpoint compared to placebo. CBZ monotherapy also yielded significantly higher clinical response rates than placebo on bipolar depression (63.8 percent vs. 34.8 percent) and mania (87.8 percent vs. 57.1 percent).

Compared to CBZ monotherapy, adjunctive FEWP with CBZ resulted in significantly better outcomes on the three measures of depression at week four and week eight and significantly greater clinical response

rate in depressed subjects (84.8 percent vs. 63.8 percent), but failed to produce significantly greater improvement on manic measures and the response rate in manic subjects. There was a lesser incidence of dizziness and fatigue in the combination therapy compared to CBZ monotherapy.

Researchers concluded that adjunctive FEWP has additive beneficial effects in bipolar patients, particularly for those in depressive phase.

Integrative therapies with good evidence for mental illness include hypnotherapy, hypnosis, music therapy, psychotherapy and yoga. Integrative therapies should not delay the time to diagnosis or treatment with more proven techniques or therapies, and should not be used as the sole approach to illnesses. For more information on integrative therapies for mental illnesses, please visit [Natural Standard's Condition Center](#).

[To comment on this story, please click here](#) to enter the [Natural Standard](#) blog.

References:

1) Zhang ZJ, Kang WH, Tan QR, et al. Adjunctive herbal medicine with carbamazepine for bipolar disorders: A double-blind, randomized, placebo-controlled study. *J Psychiatr Res.* 2007 Apr-Jun;41(3-4):360-9. [View Abstract](#).

2) Nemeroff CB. The burden of severe depression: a review of diagnostic challenges and treatment alternatives. *J Psychiatr Res.* 2007 Apr-Jun;41(3-4):189-206. [View Abstract](#).

3) Natural Standard Research Collaboration: The Authority on Integrative Medicine. www.naturalstandard.com. Copyright © 2007.



Women's Healthcare Forum: Baltimore

Friday, June 15 - Saturday, June 16, 2007
The Baltimore Convention Center - Baltimore, MD.

Women's
Healthcare Forum



Women's Healthcare Forum would like to invite all healthcare professionals to the 7th year of their CME program on comprehensive and integrative healthcare for women. Participating in Women's Healthcare Forum is an opportunity to be a part of a dynamic learning community and gain insight and knowledge on the unique healthcare needs of women. All attendees will receive two weeks free access to the [Natural Standard](#) database.

Women's Healthcare Forum Overview:

- Multi-track CME sessions covering 36 topics
- Earn up to 15 AMA/PRA category 1 credits; 14.0 contact hours of NP credit; and 13.2 contact hours of nursing credit
- Concurrent 2007 Expo program includes an extensive array of exhibiting healthcare product and service companies, clinician panels, non-accredited educational presentations and professional networking events

Registration Information: Women's Healthcare Forum and [Natural Standard](#) are pleased to offer all

Natural Standard subscribers a discounted registration fee. When registering, please use priority code: **WHFB706** to take advantage of this offer.

New in 2007: Expo-Only Registration-FREE! Expo-only registration is available for those who may not elect to participate in WHF's CME/CE program and provides unlimited access to the Expo hall and program.

To register, please visit www.expotracsos.com/whfbaltimore. For more information about the Women's Healthcare Forum, please visit www.womenshf.com.

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

Curcumin for Health



Curcumin, the yellow pigment of the spice turmeric, may help fight cancer and other diseases, new studies suggest.

The rhizome (root) of turmeric (*Curcuma longa* Linn.) has long been used in traditional Asian medicine to treat gastrointestinal upset, arthritic pain, and "low energy." Laboratory and animal research has demonstrated anti-inflammatory, anti-oxidant, and anti-proliferative properties of turmeric and its constituent curcumin. Preliminary human evidence, albeit poor

quality, suggests possible efficacy in the management of dyspepsia (upset stomach), hyperlipidemia (high cholesterol) and scabies (topical therapy). However, due to methodological weaknesses in the available studies, an evidence-based recommendation cannot be made regarding the use of turmeric or curcumin for any specific indication.

In traditional Indian Ayurvedic medicine, turmeric 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.

In Chinese medicine, turmeric is an important herb for digestive and urinary complaints, gallstones and menstrual pain. Turmeric has been used in Asian food preparation, medicine, cosmetics and fabric dying for more than 2,000 years. Marco Polo described turmeric in his memoirs, and the herb became popular in Europe during Medieval times for its coloring value and medicinal uses.

A study by researchers from The University of Texas M.D. Anderson Cancer Center found that curcumin induces the degradation of cyclin E expression through ubiquitin-dependent pathway and up-regulates cyclin-dependent kinase inhibitors p21 and p27 in multiple human tumor cell lines.

Study authors explained that curcumin is a well-known chemopreventive agent and has been shown to suppress the proliferation of a wide variety of tumor cells through a mechanism that is not fully understood.

Cyclin E, a proto-oncogene that is overexpressed in many human cancers, mediates the G(1) to S

transition, is a potential target of curcumin. Researchers demonstrated a dose- and time-dependent down-regulation of expression of cyclin E by curcumin that correlates with the decrease in the proliferation of human prostate and breast cancer cells. The suppression of cyclin E expression was not cell type dependent as down-regulation occurred in estrogen-positive and -negative breast cancer cells, androgen-dependent and -independent prostate cancer cells, leukemia and lymphoma cells, head and neck carcinoma cells, and lung cancer cells.

Curcumin-induced down-regulation of cyclin E was reversed by proteasome inhibitors, lactacystin and N-acetyl-L-leucyl-L-leucyl-L-norleucinal, suggesting the role of ubiquitin-dependent proteasomal pathway. Researchers found that curcumin enhanced the expression of tumor cyclin-dependent kinase (CDK) inhibitors p21 and p27 as well as tumor suppressor protein p53 but suppressed the expression of retinoblastoma protein. Curcumin also induced the accumulation of the cells in G1 phase of the cell cycle.

Researchers concluded that proteasome-mediated down-regulation of cyclin E and up-regulation of CDK inhibitors may contribute to the antiproliferative effects of curcumin against various tumors.

In a related study, researchers from The James Hogg iCAPTURE Centre for Cardiovascular and Pulmonary Research, University of British Columbia-St. Paul's Hospital in Canada, investigated the anti-inflammatory, antioxidant and antiproliferative properties of curcumin.

Researchers found that curcumin inhibits several intracellular signaling pathways, including the mitogen-activated protein kinases (MAPKs), casein kinase II (CKII), and the COP9 signalosome (CSN), in various cell types. Researchers noted that it has also been recently demonstrated that exposure to curcumin leads to the dysregulation of the ubiquitin-proteasome system (UPS).

Coxsackievirus infection is associated with various diseases, including myocarditis (inflammation of heart muscle) and dilated cardiomyopathy (weakness of heart muscle).

In searching for new antiviral agents against coxsackievirus, researchers found that treatment with curcumin significantly reduced viral RNA expression, protein synthesis and virus titer and protected cells from virus-induced cytopathic effect and apoptosis.

The study demonstrated that reduction of viral infection by curcumin was unlikely due to inhibition of CVB3 binding to its receptors or CVB3-induced activation of MAPKs. Moreover, said study authors, gene silencing of CKII and Jab1, a component of CSN, by small interfering RNAs did not inhibit the replication of coxsackievirus, suggesting that the antiviral action of curcumin is independent of these pathways.

Lastly, researchers found that curcumin treatment reduced both the 20S proteasome proteolytic activities and the cellular deubiquitinating activities, leading to increased accumulation of ubiquitinated proteins and decreased protein levels of free ubiquitin.

Researchers concluded that there may be an important antiviral effect of curcumin wherein it potently inhibits coxsackievirus replication through dysregulation of the UPS.

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

To comment on this story, please click [here](#) to enter the **Natural Standard** blog.

References:

1) Aggarwal BB, Banerjee S, Bharadwaj U, et al. Curcumin induces the degradation of cyclin E expression through ubiquitin-dependent pathway and up-regulates cyclin-dependent kinase inhibitors p21 and p27 in multiple human tumor cell lines. *Biochem Pharmacol.* 2007 Apr 1;73(7):1024-32. Epub 2006 Dec 15. [View Abstract.](#)

2) Si X, Wang Y, Wong J, et al. Dysregulation of the ubiquitin-proteasome system by curcumin suppresses coxsackievirus B3 replication. *J Virol.* 2007 Apr;81(7):3142-50. Epub 2007 Jan 17. [View Abstract.](#)

3) Natural Standard Research Collaboration: The Authority on Integrative Medicine. www.naturalstandard.com. Copyright © 2007.

Inside Natural Standard



Natural Standard would like to welcome Dilys Burke to our Content Team and Kristine Murphy and Cindy Minkle to our Member Services team.

Dr. Catherine Ulbricht, **Natural Standard's** founder and UCONN alum, will be giving a lecture at UCONN May 23, 2007.

If you are interested in peer-reviewing for **Natural Standard** or the [Journal of Herbal Pharmacotherapy](#), please e-mail questions@naturalstandard.com with your CV and writing samples.

Quick Links:

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

news@naturalstandard.com

[Forward email](#)

SafeUnsubscribe®

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

Email Marketing by



Natural Standard 617.444.8629 | 245 First Street, 18th Floor | Cambridge | MA | 02142