



Natural Standard

The Authority on Integrative Medicine

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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.

Reconsidering the Diverticulosis Diet



People with the digestive disorder diverticulosis may no longer have to worry about eating hard-to-digest foods like popcorn, corn and nuts. For many years, it was suspected that these foods increase the risk of complications, such as infection, but a new study found that they may actually have protective effects.

The study, published in [*The Journal of the American Medical Association \(JAMA\)*](#), is believed to be the first large study to investigate the effects of these foods on diverticulosis. This disorder occurs when small pouches develop in the lining of the colon, but it does not usually cause symptoms. If the pouches become swollen, a condition called diverticulitis, intense abdominal pain and sometimes nausea, vomiting, bleeding and cramping may occur.

Beginning in the 1950s, many doctors advised patients with diverticulosis to avoid eating popcorn, corn and nuts. Some even warned against eating fruits and vegetables with seeds, such as tomatoes. These restricted diets were recommended based on the theory that the indigestible parts of foods would get stuck in the pouches and cause complications, such as infection, inflammation and bleeding. Until now, studies on this correlation were lacking.

Researchers used data from an ongoing Harvard School of Public Health study. They analyzed 47,228 men who were 40-75 years old at enrollment and had no history of diverticular disease. For 18 years, the participants completed biennial questionnaires about the foods they ate and their health status.

By the end of the study, 801 men were diagnosed with diverticulitis and 383 had diverticular bleeding. Those who frequently ate popcorn, corn or nuts did not have an increased risk of developing diverticulitis or diverticular bleeding compared to men who rarely ate these foods. Also, none of these foods were associated with the development of uncomplicated diverticulosis.

In fact, eating nuts at least twice a week was associated with a 20 percent reduced risk of diverticulitis, while eating popcorn twice a week or more was linked to a 28 percent lower risk. The authors concluded that the current diet recommendations for patients with diverticular disease should be reconsidered.

To learn more about diverticulosis, please visit **Natural Standard's** [Medical Conditions](#) database.

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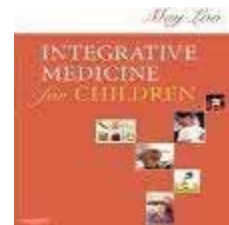
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Natural Standard Contributes to: *Integrative Medicine for Children*

A new reference book, [Integrative Medicine for Children](#), which aims to help caregivers safely and effectively prescribe complementary and alternative (CAM) therapies along with standard treatment, is hot off the press.



The book was edited by May Loo, MD, assistant clinical professor at the Department of Pediatrics and Department of Pediatric Anesthesiology, Stanford Medical Center and Director of the Neurodevelopmental Program at the Department of Pediatrics, Santa Clara County Valley Medical Center in California. Several other experts in the fields of pediatrics and CAM, including **Natural Standard**, contributed to the publication.

The book is divided into two main parts. The first section covers a wide range of CAM therapies that are most commonly used in children, including hypnosis, spirituality, chiropractic therapy, massage, osteopathy, psychological therapy, nutrition, Qi gong, homeopathy, naturopathy, acupuncture, aromatherapy, herbal therapy, laser therapy, magnet therapy, Chinese and Western herbs and probiotics.

Natural Standard authored chapter seven: Herbs and Biological Agents. In this chapter, the history, theory, evidence and safety of Chinese herbs are comprehensively presented.

The second section of the book covers 57 of the most common childhood conditions, first with a focus on conventional diagnostic and treatment information, then with authoritative information on the most effective and evidence-based CAM therapies available for treatment of the condition.

To order a copy of the book, please [click here](#).

Natural Standard Contributes to: *Marinade Does More than Enhance Taste*



Marinating meat before tossing it on the grill may do more than just add flavor. Researchers have discovered that marinades rich in spices may help reduce cancer-causing compounds found in steak.

When muscle meat is cooked at high temperatures, potential cancer-causing compounds called heterocyclic amines (HCAs) may form. Some studies have linked HCAs to stomach, colorectal, pancreatic and breast cancers in humans.

Temperature is the main factor involved in HCA formation. Barbecuing produces the most HCAs, followed by pan-frying and broiling. Baking, poaching, stir-frying and stewing produce the least HCAs.

Scientists from Kansas State University found that antioxidant-rich spice and herb marinades may decrease HCA formation in steak by up to 88 percent.

The researchers tested the effects of three different pre-packaged marinade mixes in typical home-cooking conditions. Fresh eye of round beef steaks were immersed in Caribbean, Southwest or herb marinade mixes for one hour. All of the marinades contained at least two spices from the mint family, which are rich in the antioxidants.

The steaks were about 3.3 ounces each and one-fifth of an inch thick. These steaks, as well as non-marinated steaks and steaks in non-spice marinades, were then cooked on an electric skillet at 400 degrees Fahrenheit for five minutes per side.

After cooking, the researchers compared the levels of HCAs in all steaks and found that steaks marinated in the Caribbean blend had an 88 percent decrease in HCA levels. The herb blend reduced HCAs by 72 percent, and the Southwest blend reduced levels by 57 percent.

To learn more about possible ways to decrease the risk of cancer, please visit [Natural Standard's Medical Conditions](#) database.

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

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1) J.S. Smith, F. Ameri, P. Gadgil. Effect of Marinades on the Formation of Heterocyclic Amines in Grilled Beef Steaks (p T100-T105). *Journal of Food Sciences*. Volume 73 Issue 6, Pages T100 - T105. Published Online: Jul 14 2008. [View Abstract](#)

2) [Natural Standard](#) Research Collaboration: The Authority on Integrative Medicine. www.naturalstandard.com. Copyright © 2008.



Natural Products Expo in Boston

More than 25,000 natural, organic, and health product industry members are expected to attend the 24th annual Natural Products Expo East/Organic Products Expo-BioFach America.



The expo, which takes place October 15-18 at the Boston Convention and Exhibition Center, is the largest natural and organic products trade show in the East coast, showcasing products and branded ingredients from 1,200 manufacturers. [Natural Standard](#) is attending the expo and will have a display at booth #1224. The event will also feature educational and networking opportunities.

Frances Moore Lappé, author of *Diet for a Small Planet* and co-founder of the Institute for Food and Development Policy (Food First) and the Center for Living Democracy, is the keynote speaker for the event. Lappé will discuss her latest book, *Getting a Grip*, as well as the relationship between food and world politics.

This year, organizers are implementing a program to encourage exhibitors to reduce their environmental impact at the show in the areas of waste reduction, travel offset and sustainable booth design.

"Natural Products Expo East is creating a green event that has a broad and thoughtful array of environmentally friendly practices," said Dan Ruben, executive director of Boston Green Tourism. "By doing so, they are demonstrating the kinds of practices that are very important to our future."

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

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Long-Term Incense Use Linked to Cancer



Regularly inhaling the smoke from incense may increase the risk of most respiratory tract cancers, a new study suggests. The increased risk was observed in both smokers and non-smokers.

Incense has been around for thousands of years and is derived from fragrant



plant materials like flowers, essential oils, tree bark, roots and resins. It is commonly used in Asian and Indian cultures for spiritual and medicinal purposes. Many integrative therapies, such as aromatherapy, acupuncture and meditation, also involve the use of incense.

When incense is burned, it has been shown to produce benzene and polyaromatic hydrocarbons, which are some of the compounds in cigarette smoke that have been linked to lung cancer. For this reason, several studies have examined a possible link between incense and lung cancer. However, findings so far have not been conclusive.

In this latest study, more than 61,000 Chinese residents of Singapore who participated in a larger health study were followed from enrollment (between 1993 and 1998) to 2005. At the beginning of the study, none of the subjects had cancer. Participants answered questions about their dietary and lifestyle habits, including the frequency and duration of incense exposure.

By the end of the study, 325 men and women developed cancer of the upper respiratory tract, such as oral, nasal, or throat cancer. Another 821 developed lung cancer. The results, published in the journal [Cancer](#), indicate that heavy exposure to incense was associated with a statistically significant higher risk of cancers of the upper respiratory tract, with the exception of nasopharyngeal cancer, in both smokers and non-smokers. However, incense did not increase the risk of lung cancer.

People who used incense all day or all day and night were 80 percent more likely to develop squamous cell carcinoma of the entire respiratory tract than non-users. This type of cancer causes tumors to develop in the cells that line the internal and external surfaces of the body.

For more information about therapies that use incense, please visit [Natural Standard's Health & Wellness](#) database.

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

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1) Jeppe T. Friberg, Jian-Min Yuan, Renwei Wang, Woon-Puay Koh, Hin-Peng Lee, Mimi C. Yu. Incense use and respiratory tract carcinomas . October 2008. Published Online: 25 Aug 2008. [View Abstract](#)

2) [Natural Standard](#) Research Collaboration: The Authority on Integrative Medicine. www.naturalstandard.com. Copyright © 2008.



Journal of Dietary Supplements: Call for Papers

Researchers are invited to submit papers for publication in the [Journal of Dietary Supplements \(JDS\)](#). The international, peer-reviewed journal aims to help consumers and clinicians make informed decisions about the preparations, foods and botanicals that are used to improve health.



Formerly called the *Journal of Nutraceuticals, Functional & Medical Foods*, the journal provides a much-needed forum to help guide the development of the dietary supplement industry. There are many recurring sections, including the Health Professional's Corner, an Industry Spotlight, a Special Topics section, the Educator's/Dietician's Corner, a Regulatory Corner and book reviews, as well as short updates of recent research published or presented.

Please send manuscript submissions via e-mail to: jds@naturalstandard.com, ATTN: JDS. Please fill out the [manuscript submission form](#) and e-mail, mail or fax to: Natural Standard, 245 First Street, 18th Floor, MA 02142 USA, Fax: 617.758.4274, Phone: 617.444.8629.



Harmful Metals Found in Some Ayurvedic Medicines



A new study found that Ayurvedic medicines made in the United States and India and sold on the Internet may contain unacceptable levels of harmful metals, including lead, mercury and arsenic.

Ayurvedic medicines are commonly used, especially in India. There are two main types of Ayurvedic medicines: herbal formulas and rasa shastra, which is a combination of herbs and metals, minerals and/or gems. While rasa shastra may include metals like iron, lead, mercury or zinc, experts claim they are safe when properly prepared and administered.

Researchers, led by Robert B. Saper, MD, MPH, from Osher Institute at Harvard Medical School in Boston, visited 25 different Web sites and identified 673 Ayurvedic oral medicines made in the United States and India that were available for sale. Researchers randomly purchased 230 of these products from August through October 2005. They then tested the 193 medicines they received for metallic poisons.

The authors found that 20.7 percent of the medicines had detectable levels of one or metals, and at least 50 percent of those exceeded the established exposure levels. Of the rasa shastra medicines, 40.5 percent contained detectable levels of metals, compared to 17.1 percent of herbal-only formulas. The rasa shastra medicines also had higher concentrations of mercury and lead.

Metal toxicity has been associated with Ayurvedic medicines in the past. More than 80 cases of lead poisoning worldwide have been linked to Ayurvedic medicine. In 2003, the U.S. Centers for Disease Control and Prevention reported that a total of 12 cases of lead poisoning among adults in five states were associated with Ayurvedic medicines from 2000 to 2003.

Consumers are encouraged to use Ayurvedic herbs cautiously. Products that have seals of quality approval from the United States Pharmacopeia (USP) and ConsumerLab.com have been tested and should not contain unacceptable levels of harmful metals.

For more information about Ayurveda, please visit [Natural Standard's Health & Wellness](#) database.

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

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- 1) [Natural Standard](#) Research Collaboration: The Authority on Integrative Medicine. www.naturalstandard.com. Copyright © 2008.
- 2) Saper R, Phillips R, Sehgal A, Khouri N, Davis R, Paquin J, Thuppil V, Kales S. Lead, Mercury, and Arsenic in US- and Indian-Manufactured Ayurvedic Medicines Sold via the Internet. *JAMA*. 2008;300(8):915-923. [View Abstract](#)

Protein that Produces "Good" Fat Identified

A pair of studies has made discoveries about the way mammals make and use different types of fat that may one day lead to new treatments for obesity.

Although many people would prefer to have less fat, healthy levels of fat are needed to help regulate metabolism and keep the body warm. There are two main types of fat: white ("bad") fat and brown ("good") fat. White fat is much more common. It stores extra energy and contributes to obesity. Brown fat, on the other hand, burns calories by generating heat. Newborn babies have the most brown fat, while adults are thought to have very little. However, brown fat precursors remain in the body during adulthood.



The first mouse study identified a bone-forming protein, called "bone morphogenetic protein 7" or BMP7, which is known to stimulate brown fat development. The researchers found that mice genetically altered to have no BMP7 had less brown fat than non-altered mice. Also, mice treated

with artificially high levels of BMP7 had more brown fat than untreated mice, and they burned more calories.

The second study traced the origin of brown fat cells in mice. They found that by turning on a protein, called PRDM16, they could encourage immature muscle cells (called myoblasts) to produce brown fat cells instead. The authors showed that, contrary to what many researchers previously thought, brown and white cells do not share similar origins.

The study results may help provide potential new therapeutic approaches for the treatment of obesity, according to the authors. For example, increasing brown fat cell production may help people burn more calories. However, rigorous research in humans is needed before the results can be translated to people because brown fat appears to function differently in mice.

For more information about conditions that have been linked to genetics, please visit **Natural Standard's** [Genomics & Proteomics](#) database.

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American Herbalists Guild (AHG) Symposium



Herbal practitioners are invited to attend the 19th annual American Herbalists Guild National Symposium on October 24-26 at the Marriott Town Center in Redmond, Washington.

The conference theme this year is: Botanical Medicine in Oncology, Immunity, and Chronic Illness. In addition to the core curriculum and women's health classes, there will be lectures about herbal therapies for the treatment and prevention of cancer and chronic illnesses. Presenters will discuss the potential benefits and safety concerns of herbal therapies.

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

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Inside **Natural Standard**

Upcoming Conferences

Natural Standard will be attending the HEB Pharmacy Conference in San Antonio Texas, on September 23-25. Please visit **Natural Standard** at booth #35 at the Henry B. Gonzalez Convention Center.

Natural Standard is also attending the 113th Annual American Osteopathic Association (AOA) Convention and Scientific Seminar in Las Vegas on October



26-28. Please visit **Natural Standard** at booth #736 at the Palazzo Resort Hotel Casino/Sands Expo.

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Welcome!

Natural Standard would like to welcome Jonathan Lorino to our team. We also welcome the following PharmD students: Erin Chlanda, Ohio Northern University School of Pharmacy; Corey Dosssett, Drake University School of Pharmacy; Wiwon Kumnerdpun, Massachusetts College of Pharmacy; Peter Shinnick, Massachusetts College of Pharmacy; Loan M Thi, Massachusetts College of Pharmacy and David Tran, Massachusetts College of Pharmacy.

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