



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.

Natural Standard Launches New Database: Environmental Resources



As the green movement continues to gain momentum, a growing number of businesses, schools and communities are supporting sustainable practices and promoting ecological awareness. As a contribution to this global cause, **Natural Standard** recently launched a new database: [Environmental Resources](#).

The database offers hundreds of educational resources about many environmental issues such as climate change, solar power, sustainable living and much more.

These peer-reviewed, evidence-based monographs highlight how environmental issues impact human, animal and/or plant health. For example, individuals can learn the answers to the following questions:

- What types of air pollutants may increase the risk of lung cancer?
- Does organic food have health benefits?
- Is vegetarianism safe during pregnancy?

The monographs also discuss environmental applications of ongoing research. For instance, those interested in genetically modified foods can learn how scientists are engineering bananas to produce human vaccines against infectious diseases.

To access the Environmental Resources database, please [click here](#).

Caregiving Linked to Improved Longevity

New evidence suggests that caregivers may derive health benefits from their altruistic efforts. In a recent study, older people who spent at least 14 hours a week taking care of their disabled spouses lived longer than those who did not.

The study, which will be published in *Psychological Science*, a journal of the Association for Psychological Science, supports earlier findings that altruistic actions may improve health and longevity.



Researchers from the University of Michigan reviewed seven years of data from the University of

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Michigan Health and Retirement Study. The analysis included 1,688 couples who were 70 years of age or older and living unassisted.

At the beginning of the study, participants reported how many hours a week their partners helped with everyday activities such as eating, dressing and preparing meals.

Most participants (about 81 percent) did not provide any living assistance to their spouses. Nine percent provided less than 14 hours of help per week, and 10 percent provided 14 hours or more of help per week.

By the end of the study, 909 people died. After controlling for health, age, race, gender, education, employment status and net worth, the authors found that those who provided at least 14 hours of care a week were significantly less likely to have died during the study than those who did not provide any care.

"These findings suggest that caregivers may actually benefit from providing care under some circumstances," said University of Michigan researcher Stephanie Brown, lead author of the study report. "Previous studies have documented negative health effects of caregiving. But the current results show that it is time to disentangle the presumed stress of providing help from the stress of witnessing a loved one suffer."

In 2009, Brown plans to conduct a new study that will examine how altruistic behavior affects well-being. This research, funded by the National Science Foundation, will focus on the neurological effects of altruistic behavior.

For more information about caregiving, please visit [Natural Standard's Medical Conditions](#) database.

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

References:

1. [Natural Standard](#) Research Collaboration: The Authority on Integrative Medicine. www.naturalstandard.com. Copyright © 2008.
2. University of Michigan Institute for Social Research. www.isr.umich.edu

Anti-Aging Conference and Expo



Physicians, scientists, educators, industrialists, investment bankers and journalists from around the world are invited to attend the *16th Annual World Congress on Anti-Aging Medicine & Regenerative Biomedical Technologies* in Las Vegas, Nevada.

The event, which will take place [December 11-14](#), will feature more than 600 exhibitors, 100 international speakers, 110 presentations and 30 live demonstration workshops, as well as complimentary evening workshops.

Stephen Holt, MD, LLD, ChB, PhD, ND, is among the many speakers at the event. Holt has 40 years of experience in research and development of drugs, dietary supplements and functional foods. He will present a CME workshop, titled *Anti-Aging Factors for Natural Clinicians* and will discuss nutrients and botanicals as anti-aging remedies. The safety, effectiveness and potential limitations of these remedies will also be discussed. Holt also aims to stress the importance of holistic approaches to health by combining dietary supplements with lifestyle medicine and other natural medical disciplines.

Holt will also discuss advances in anti-aging medicine during another CME session, titled *Advances in the Development of Dietary Supplements in Anti-Aging*. During this presentation, he will discuss the evidence-based use of several dietary supplements, including omega-3 fatty acids. According to Holt, nutraceuticals play an important role in the bio-integrative approach to anti-aging medicine.

Holt and other speakers will focus on the importance of holistic approaches to health and the combination of dietary supplements with lifestyle medicine and other natural medical disciplines.

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

Vitamins C and E Fall Short in Recent Studies

Vitamins are widely used to treat and prevent various illnesses, including cancer and heart disease. Although evidence is still inconclusive in these areas, recent research has not demonstrated significant benefits.



In the latest study, scientists found that supplementation with vitamins C and E did not affect the risk of developing cancer or heart disease.

This large-scale study involved 14,461 male doctors older than 50 years of age who participated in the Physicians' Health Study II. Participants received 400 international units (IU) of vitamin E or placebo every other day and 500 milligrams of vitamin C or placebo daily. The participants were followed for an average of eight years.

The authors presented their findings at the *Seventh Annual American Association for Cancer Research International Conference on Frontiers in Cancer Prevention Research*. They found that vitamin C and vitamin E supplementation did not reduce the risk of cancer compared to placebo. According to the authors, vitamin E did not have a significant effect on prostate cancer, and neither vitamin C nor E reduced the risk of cancer overall.

The authors also found that the incidence of heart attack, stroke, congestive heart failure and angina was similar among groups. In addition, vitamin supplementation did not decrease the need for cardiac revascularization, a type of surgery that helps restore blood flow to the heart.

This study comes just weeks after the government halted a major study that was testing the effects of vitamin E and selenium, either taken alone or together, on prostate cancer prevention. An early review of the data from the Selenium and Vitamin E Cancer Prevention Trial (SELECT) showed that the supplements were ineffective and may possibly lead to health risks.

Two trends were observed in the SELECT study: slightly more men who took vitamin E alone developed prostate cancer, and slightly more men who took selenium alone developed type 2 diabetes. However, the results were not statistically significant, meaning they could just be coincidental.

In a related study, scientists found that vitamin C supplementation may decrease the effectiveness of anti-cancer drugs. Researchers at Memorial Sloan-Kettering Cancer Center in New York found that cancer cells treated with vitamin C resisted drug therapy by up to 70 percent. They also found that tumors grew more quickly in mice that received cancer cells pretreated with vitamin C.

For more information about vitamins, please visit **Natural Standard's** [Foods, Herbs & Supplements](#) database.

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

References:

1. Mark L. Heaney, Jeffrey R. Gardner, Nicos Karasawas, David W. Golde, David A. Scheinberg, Emily A. Smith and Owen A. O'Connor. Vitamin C Antagonizes the Cytotoxic Effects of Antineoplastic Drugs. *Cancer Research* 68, 8031-8038, October 1, 2008. [View Abstract](#)
2. **Natural Standard** Research Collaboration: The Authority on Integrative Medicine. www.naturalstandard.com. Copyright © 2008.
3. Pak RW, Lanteri VJ, Scheuch JR, et al. Review of vitamin E and selenium in the prevention of prostate cancer: implications of the selenium and vitamin E chemoprevention trial. *Integr Cancer Ther*. 2002 Dec;1(4):338-44. [View Abstract](#)

6. Sesso HD, Buring JE, Christen WG, Kurth T, Belanger C, MacFadyen J, Bubes V, Manson JE, Glynn RJ, Gaziano JM. Vitamins E and C in the prevention of cardiovascular disease in men: the Physicians' Health Study II randomized controlled trial. JAMA. 2008 Nov 12;300(18):2123-33. [View Abstract](#)

Natural Standard Releases New Calculators



Natural Standard has released several new interactive calculators to help consumers keep track of their health. These health assessment tools allow individuals to quickly calculate their cardiac input, plan their children's immunizations, estimate their body surface area and much more.

These calculators are intended for informational purposes only, and should not be interpreted as specific medical advice. A qualified healthcare provider should be consulted before making decisions about therapies and/or health conditions.

[Click here](#) to try our latest calculators and learn about topics like the APGAR score, croup score and IV rate.

Eggs may Play a Role in Type 2 Diabetes

Eating more than one egg a week may be linked to an increased risk of type 2 diabetes, according to a new study.

The authors analyzed data from two randomized trials that included 20,703 men from the Physicians' Health Study I and 36,295 women from the Women's Health Study. These studies were originally designed to test the effects of vitamins and aspirin on heart disease.



On average, the follow-up period was 20 years for the men and 11.7 years for the women. By the end of the follow-up, 1,921 men and 2,112 women developed type 2 diabetes.

The risk of developing type 2 diabetes reportedly increased with the number of eggs consumed. The authors found that men who ate the most eggs (seven or more per week) were 58 percent more likely to develop type 2 diabetes than those who did not eat eggs. Women who ate seven or more eggs per week had a 77 percent increased risk of developing the condition.

For more information about diabetes, please visit **Natural Standard's** [Medical Conditions](#) database.

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

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1. Djoussé L, Gaziano JM, Buring JE, Lee IM. Egg Consumption and Risk of Type 2 Diabetes in Men and Women. Diabetes Care. 2008 Nov 18. [View Abstract](#)
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Food as Medicine: Professional Nutrition Training Program



The Center for Mind-Body Medicine is presenting *Food as Medicine*, a comprehensive clinical nutrition training program for healthcare professionals.

The program, which will take place [January 11-14, 2009](#), at the San Francisco Marriott in California, will offer a science-based approach to nutrition that can be used in clinical practice. Nutrigenomics, mindful eating and children's nutrition are just a few of the topics that will be discussed. Participants will learn how to assess nutritional intakes and recommend individualized diets for their patients.

Continuing education credits are available for physicians, acupuncturists, dietitians, nurses, nurse practitioners, osteopaths and psychologists.

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

Hairspray may be Linked to Common Birth Defect

New research suggests that pregnant mothers who are exposed to hairspray at work may be more likely to have boys with a common genital defect called hypospadias. This condition occurs when the opening of the urethra is on the underside of the urethra instead of at the tip.



Researchers from Imperial College London, University College Cork and the Center for Research in Environmental Epidemiology in Barcelona interviewed mothers of 471 boys with hypospadias. They also interviewed the mothers of 490 randomly selected control infants. Participating mothers were asked various lifestyle questions about vegetarianism, folate supplements, smoking, parental age, education and household income. They were also asked about their jobs and whether they were exposed to substances such as hairspray, disinfectants, pesticides or plastic fumes.

The results, published in *Environmental Health Perspectives*, show that prenatal exposure to hairsprays more than doubled the risk of hypospadias. The authors suggest that this risk may be attributed to chemicals in hairspray called phthalates. Earlier studies suggest that phthalates may affect hormone levels and reproductive development.

In contrast, folate supplementation may have protective effects against hypospadias. The study showed that mothers who took folate supplements during the first trimester of pregnancy were 36 percent less likely to have boys with hypospadias than mothers who did not take these supplements.

Professor Paul Elliott, the corresponding author of the research from the Department of Epidemiology and Public Health at Imperial College London, said "Hypospadias is a condition that, if left untreated, can cause problems in later life. Although surgery to correct it is usually successful, any surgery will be traumatic for the child and his parents. It is encouraging that our study showed that taking folic acid supplements in pregnancy may reduce the risk of a child being born with the condition. Further research is needed to understand better why women exposed to hairspray at work in the first three months of pregnancy may have increased risk of giving birth to a boy with hypospadias."

For more information about chemical pollutants please visit **Natural Standard's** [Environmental Resources](#) database.

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References:

1. Gillian O; Nieuwenhuijsen M; Nelson P; et al. Endocrine Disruptors in the Workplace, Hair Spray, Folate Supplementation, and Risk of Hypospadias: Case-control Study. *Environ Health Perspect* 2008; DOI:10.1289/ehp.11933. [View Abstract](#)
2. **Natural Standard** Research Collaboration: The Authority on Integrative Medicine. www.naturalstandard.com. Copyright © 2008.

Upcoming Webinars



Natural Standard is offering a series of upcoming complimentary webinars on integrative medicine. All webinars are recorded and archived at www.naturalstandard.com.

Natural Standard welcomes feedback and questions about the webinar



events. To comment on a recent webinar or to suggest future webinar topics, [click here](#) to enter **Natural Standard's** blog.

Guest speakers' viewpoints are not necessarily that of **Natural Standard**. **Natural Standard** offers this educational webinar forum as a purely informational public service. **Natural Standard** remains impartial and unbiased.

1) An Innovative Program in Applied Natural Products

Presented by: Lana Dvorkin-Camiel, PharmD

- December 2 from 2 p.m. to 3 p.m. Eastern Time
To register, click www1.gotomeeting.com/register/910800626
Attendee call in number: (616) 883-8055, access code 458-016-977

Lana Dvorkin-Camiel, PharmD is an Associate Professor of Pharmacy Practice and Natural Products Division Coordinator at Massachusetts College of Pharmacy. During her presentation, Dvorkin-Camiel will discuss the roles and responsibilities of healthcare practitioners regarding the use of natural products.

2) **Natural Standard** Database Overview

Presented by: Chief Editor Catherine Ulbricht, PharmD

- December 10 from 3 p.m. to 4 p.m. Eastern Time
To register, click www1.gotomeeting.com/register/270500121
Attendee call in number: (616) 883-8055, access code 644-424-903

Chief Editor Catherine Ulbricht, PharmD, will provide an in-depth look at **Natural Standard's** database. The research collaboration provides evidence-based, consensus-based and peer-reviewed monographs on a wide-range of health and wellness topics, including herbs, supplements and integrative modalities. With more than seven databases, information can easily be cross referenced, enabling clinicians, patients and healthcare institutions to make more informed and safer therapeutic decisions.

3) **Unstuck: An Integrative Approach to Depression**

Presented by: James Gordon, MD

- January 15, 2009 from 2:00 p.m. to 3 p.m. Eastern Time
To register, click www1.gotomeeting.com/register/332122690
Attendee call in number: (712) 432-1399, access code 150-150-551

Harvard-trained psychiatrist and Founder and Director of The Center for Mind-Body Medicine (CMBM) in Washington, DC, Dr. Gordon believes that depression is not an end point, a disease over which we have no control. Instead, he believes it is a sign that our lives are out of balance, that we're stuck. In his new book, *Unstuck: Your Guide to the Seven-Stage Journey out of Depression*, and in **Natural Standard's** webinar, Dr. Gordon discusses how antidepressants should not be a first choice, but a last resort. He shares helpful tips and techniques that he uses in private practice for relieving depression's symptoms. These include food and nutritional supplements, Chinese medicine, movement, (such as exercise and dance), psychotherapy, meditation and guided imagery and spiritual practice and prayer. To read about Dr. Gordon's and CMBM's work, and to order *Unstuck*, please visit www.cmbm.org.



Inside **Natural Standard**

Visit **Natural Standard's** Booth

The 43rd American Society of Health-System Pharmacists (ASHP) Midyear Clinical Meeting and Exhibition will take place on [December 7-11](#) at the Orange County Convention Center in Orlando, Florida. Please visit **Natural Standard** at booth #673.



Welcome!

Natural Standard would like to welcome Kathleen Fleming and Jenny Lockwood to the team.

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