



# 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](http://www.naturalstandard.com).

## Stevia Sweetener Approved



The U.S. Food and Drug Administration (FDA) recently approved the use of Truvia™ and PureVia™, zero-calorie sweeteners made from the stevia plant, for use in foods and beverages. These newly approved sweeteners are purified forms of stevia called rebaudioside A.

The stevia herb is native to Brazil and Paraguay. For more than 20 years, stevia extracts have been sold as commercialized sweeteners in Japan and Brazil.

In the United States, Coca-Cola Co. and Pepsico are among the first companies to market new beverages containing stevia. They are working with Cargill Inc. and Merisant Co.'s Whole Earth Sweetener, respectively, to develop products made with the natural sweetener. Both manufacturers have also developed tabletop versions of the sweetener.

This month, Coca-Cola launched Sprite Green®, a reduced-calorie, sparkling beverage made with Truvia™. It is currently available in New York and Chicago. Sprite Green® contains some natural sugar and has 50 calories per 8.5 ounces. Coca Cola also plans to develop some Odwalla® juices with the sweetener.

Pepsico launched three flavors of SoBe Lifewater® (Fuji Apple Pear™, Black and Blue Berry™ and Yumberry Pomegranate™) that contain PureVia™. In March, they also plan to release an orange juice containing PureVia™ called Trop50®.

Aside from having no calories, stevia may also have some health benefits. The herb has been widely used to treat diabetes in South America, and animal studies have shown promising results. Human studies have reported decreases in blood sugar levels when stevia was taken in healthy volunteers, but there is currently a lack of conclusive evidence of effectiveness when used in patients with diabetes. Additional research is needed in this area to confirm these findings.

In addition, stevioside, a natural plant glycoside in the stevia plant, has demonstrated blood pressure-lowering effects. Despite evidence of benefits in some human studies and support from laboratory and animal studies, more research is warranted to compare stevia's effectiveness with the current standard of care.

Reported side effects of stevia include muscle pain, muscle weakness, dizziness, nausea and abdominal fullness. These effects resolved after the first week of treatment. Higher doses of stevia may affect kidney activity.

[Stevia Sweetener Approved](#)  
[Complimentary Webinars](#)  
[Phosphates Possibly Linked to Lung Cancer Risk](#)  
[Joint American Homeopathic Conference](#)  
[Mind-Body Therapy May Improve Pelvic Pain](#)  
[Healthy Living Expo \(Expo Calidad De Vida\)](#)  
[Vitamin C May Affect Blood Pressure](#)  
[Integrative Healthcare Symposium \(IHS\)](#)  
[New Issue of JDS Released](#)  
[Inside Natural Standard](#)

For more information about stevia, 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. Coca-Cola. [www.coca-cola.com](http://www.coca-cola.com)
2. **Natural Standard**: The Authority on Integrative Medicine. [www.naturalstandard.com](http://www.naturalstandard.com). Copyright © 2009.
3. PepsiCo. [www.pepsico.com](http://www.pepsico.com)
4. U.S. Food and Drug Administration (FDA). [www.fda.gov](http://www.fda.gov)

## Complimentary Webinars

**Natural Standard** is offering a series of upcoming complimentary webinars on integrative medicine. All webinars are recorded and archived at [www.naturalstandard.com](http://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.*

### **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](http://www1.gotomeeting.com/register/332122690)  
Attendee call in number: (712) 338-7030, 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](http://www.cmbm.org).

### **Natural Standard Database Training Webinar**

**Presented by: Chief Editor Catherine Ulbricht, PharmD**

- Complimentary access: February 1-28, 2009
- To log in, please visit [www.naturalstandard.com/webinars](http://www.naturalstandard.com/webinars).

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.

### **Integrative Care Cases**

**Presented by: Chief Editor Catherine Ulbricht, PharmD**

- **Obesity:** complimentary access February 1-28, 2009
- **Lipid Disorders:** complimentary access March 1-31, 2009
- **Cancer:** complimentary access April 1-30, 2009
- To log in, please visit [www.naturalstandard.com/webinars](http://www.naturalstandard.com/webinars).

Chief Editor Catherine Ulbricht, PharmD, will discuss adjunct and alternative herbal treatment and prevention strategies. The presentations will include treatment goals, integrative care plans and patient care cases.

## Phosphates Possibly Linked to Lung Cancer Risk



A diet rich in phosphate accelerated the growth of lung cancers in mice and may increase the risk of tumors in those predisposed to the disease, a preliminary study reports.

Phosphate is found in many natural foods, such as meats, fruits and leafy vegetables. Although phosphates are essential nutrients, dietary intake has significantly increased over the years. They are increasingly used as food additives in processed foods, such as baking powder, meats, sausages, cheeses and sodas. Phosphate helps increase shelf life, improves taste and texture and helps retain water in meats.

The researchers studied two groups of mice. One group was genetically predisposed to develop lung cancer, while the other had induced lung cancers. The mice ate a diet containing 0.5 percent phosphate (normal) or one percent phosphate (high) for four weeks and were monitored for the development of lung cancer. At the end of the study, the mice that received high amounts of phosphates had larger tumors that progressed faster than those receiving normal amounts of phosphates. According to the authors, phosphates may activate a pathway that promotes the growth of lung tumors.

However, because the study was performed in mice, it is unclear if the same effects would occur in humans. In addition, lung cancer is considered a multifactorial disease because several factors (such as smoking) are involved. Therefore, additional studies are warranted in this area.

For more information about phosphates, 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. Jin H, Xu CX, Lim HT, Park SJ, et al. High dietary inorganic phosphate increases lung tumorigenesis and alters Akt signaling. *Am J Respir Crit Care Med*. 2009 Jan 1;179(1):59-68. [View Abstract](#)
2. **Natural Standard:** The Authority on Integrative Medicine. [www.naturalstandard.com](http://www.naturalstandard.com). Copyright © 2009.

## Joint American Homeopathic Conference

Each spring, the National Center for Homeopathy (NCH) organizes the [Annual Joint American Homeopathic Conference](#), which aims to unite the homeopathic community.

Healthcare professionals, students and interested members of the public are invited to attend the event, which will take place March 27-29, 2009, at the Bellevue Hilton in Washington State. The conference will feature advanced workshops, introductory talks, vendor exhibits and a poster session. Participants can also attend the Saturday night social event and round-table luncheon.



The NCH is an open-membership organization that provides ongoing education to both the public and

homeopaths in order to help make homeopathy available throughout the United States. The NCH participates in national and international homeopathic events, collaborates with homeopathic organizations and schools, maintains contacts with varied medical professionals and supports other efforts to protect access to homeopathic treatment.

NCH members receive a subscription to *Homeopathy Today*, an informative holistic health magazine that contains the latest news, book reviews and calendars of events. Members also receive six issues of center's e-newsletter per year. In addition, the NCH Web site features a Members' Forum and Chatroom, allowing members to connect with homeopaths from around the country. For more information about becoming an NCH member, please visit <http://nationalcenterforhomeopathy.org>.

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

## Mind-Body Therapy May Improve Pelvic Pain



A new study suggests that a mind-body therapy called Mensendieck somatocognitive therapy may reduce long-term (chronic) pelvic pain in women. The effects lasted several months after the treatment ended.

Mensendieck therapy emphasizes body awareness. During treatment, patients learn how to correct their movements, breathing patterns and posture. This therapy is commonly used in Europe, especially Denmark, Norway, Sweden and the Netherlands.

Last year, Norwegian researchers found that Mensendieck therapy reduced pain and restored normal movement in 40 women with chronic pelvic pain with no known cause. The researchers reported their findings after a one-year follow up in the latest issue of the *American Journal of Obstetrics and Gynecology*.

In the study, the participants were randomly assigned to receive either standard care alone or standard care plus 10 weeks of Mensendieck therapy.

At the beginning and end of the study, the authors measured the motor function (including movement, posture, gait and respiration), pain and psychological stress and well being. All of the women in the Mensendieck therapy group experienced significant improvements in all areas compared to the control group.

One year later, the authors found that the women in the therapy group experienced additional improvements in their symptoms. During the one-year period, their pain scores improved by 64 percent, and they experienced significant improvements in psychological distress. In contrast, pain scores in the control group did not change appreciably.

Although these early results are promising, additional studies are needed before a firm conclusion can be reached.

For more information about mind-body therapies, please visit **Natural Standard's** [Health & Wellness](#) database.

To comment on this story, please click here to enter **Natural Standard's** blog.

### References:

1. Haugstad GK, Haugstad TS, Kirste UM, et al. Continuing improvement of chronic pelvic pain in women after short-term Mensendieck somatocognitive therapy: results of a 1-year follow-up study. *Am J Obstet Gynecol*. 2008 Dec;199(6):615.e1-8. [View Abstract](#)
2. **Natural Standard**: The Authority on Integrative Medicine. [www.naturalstandard.com](http://www.naturalstandard.com). Copyright © 2009.

## Healthy Living Expo (Expo Calidad De Vida)

The fifth annual [Healthy Living Expo](#) in San Juan, Puerto Rico, will feature a wide range of holistic services, products, lectures, panel discussions and educational workshops, all dedicated to help individuals achieve happier and healthier lifestyles.



The event, which will take place February 6-8, 2009, at the Puerto Rico Convention Center, will include more than 150 exhibitors from around the world. About 8,000 people are expected to attend the expo. Participants will have the opportunity to learn about health and wellness topics, including yoga, mind-body and fitness trends, natural healing and massage.

A distinguished group of local and international presenters will discuss various topics related to healthy living. Speakers from Puerto Rico will include Maya Valle, Lilly García, Muñeca Geigel, Alfred D' Herger, Kate Garrity, Dra. Nieves Stewart, Carlos Amador, Josy Latorre, Silverio Pérez, David Hernández, Roberto Tirigall, Manuel Velázquez, David Kyle and Francisco Rosa, among others. International presenters will include Don Miguel Ruiz, Jaime Jaramillo 'Papa Jaime,' Juan Ruiz, Yogi Hari, Cameron Shayne, Alberto 'Beto Pérez, Luis A. Díaz, Anthony Peterson, Lluís Noguer, Lindsey Duncan and Jangshup Gyaltzen.

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## Vitamin C May Affect Blood Pressure



Researchers have found a possible link between high levels of vitamin C (ascorbic acid) and lower blood pressure in women.

Vitamin C is a water-soluble vitamin that is commonly found in fruits and vegetables, such as broccoli, grapefruits, lemons, limes, oranges, peppers and tomatoes. It has antioxidant effects and is needed for the body to form cartilage, muscle, blood vessels and collagen in bones. It also helps the body absorb iron.

The authors studied 242 women, between the ages of 18 and 21, who participated in the National Heart, Lung and Blood Institute Growth and Health Study. The participants were 8-11 years old at the start of the 10-year-long study. Their blood pressure and vitamin C levels were measured throughout the trial.

After adjusting for race, body mass, education and dietary intake of fat and sodium, the authors found that higher vitamin C levels were associated with lower systolic and diastolic blood pressure levels. People with the highest vitamin C levels (about 1.83 milligrams of ascorbic acid per deciliter of blood) had 4.66mmHg lower systolic blood pressure and 6.04 lower diastolic blood pressure compared to those with the lowest vitamin C levels.

However, diets high in vitamin C may also contain other nutrients that affect blood pressure, such as fiber. Therefore, additional research is needed to determine if vitamin C has blood pressure-lowering effects.

For more information about vitamin C, 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. Block G, Jensen CD, Norkus EP, et al. Vitamin C in plasma is inversely related to blood pressure and change in blood pressure during the previous year in young Black and White women. *Nutr J.* 2008 Dec 17;7(1):35. [View Abstract](#)

## Integrative Healthcare Symposium (IHS)

This year's [Integrative Healthcare Symposium \(IHS\)](#), which will take place February 19-21, 2009, at the Hilton in New York City, aims to provide a comprehensive education program in integrative medicine and product innovation.



Healthcare practitioners of various backgrounds and their suppliers are invited to attend the event. Participants can attend informational lectures, interactive sessions and experiential workshops covering the latest issues in the industry.

Conference Chair and keynote speaker, Woodson C. Merrell, MD, will discuss the role of integrative care in medicine in his lecture, titled "Revitalizing Your Life: Energy Generation and Health Optimization." Merrell is an Assistant Clinical Professor of Medicine, Columbia University College of Physicians and Surgeons and the M. Anthony Fisher Director of Integrative Medicine, Continuum Center for Health & Healing (CCHH) in New York City.

Additional keynote speakers, including Jeffrey S. Bland, PhD, FACN, CNS; Frank Lipman, MD; Larry Dossey, MD; Mark Hyman, MD; Barbara Dossey, PhD, RN and Gabrielle Roth, will discuss the latest evidence-based research and other pertinent issues related to integrative medicine.

More than 100 exhibitors, including **Natural Standard**, will also be featured at the event. To learn more about **Natural Standard's** services, please visit booth #228.

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

## New Issue of JDS Released



The latest issue of the [Journal of Dietary Supplements](#) is now available, meeting a broad range of interests from researchers, regulators, marketers, educators and health professionals.

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. The journal provides a much-needed forum to help guide the development of the dietary supplement industry.

The latest issue (volume 5, issue 4), features the following original articles:

- [Factors Associated with the Use of St. John's Wort among Adults with Depressive Symptoms](#)
- [Tropical American Plants in the Treatment of Infectious Diseases](#)
- [Pharmacokinetic Study of Noni Fruit Extract](#)
- [Use of Tryptophan-Fortified Hydrolyzed Collagen for Nutritional Support](#)
- [Effects of Turmeric Extract on the Pharmacokinetics of Nifedipine After a Single Oral Administration in Healthy Volunteers](#)
- [Essential Concepts and Vocabulary in Herbal Medicine](#)

The issue also includes a **Natural Standard** Professional Monograph on blessed thistle. The evidence-based systematic review provides written and statistical analyses of scientific literature, expert opinion, folkloric precedent, history, pharmacology, kinetics/dynamics, interactions, adverse effects, toxicology and dosing information.

Researchers are invited to send manuscript submissions via e-mail to: [jds@naturalstandard.com](mailto:jds@naturalstandard.com), ATTN: JDS. Please fill out the manuscript submission form and e-mail, mail or fax to: **Natural**

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## Inside **Natural Standard**

### **Natural Standard's New Address:**

One Davis Square  
Somerville, MA 02144 USA  
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### **Welcome!**

**Natural Standard** would like to welcome Art Bell to the team. We would also like to welcome the following PharmD students from Massachusetts College of Pharmacy: Evenye Aweh, Ruba Dajani and Viviane Nogarotto, as well as Mariane Rizkallah from Ohio Northern University.



### **Natural Standard Partners with Skyscape:**

**Natural Standard** and Skyscape are proud to announce our partnership to deliver high-quality hand-held references to healthcare providers and researchers. Together via this collaboration, all professional **Natural Standard** database subscribers receive a free one-year handheld version plus a 15 percent discount on 500+ clinical, drug & diagnostic references offered by Skyscape.

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