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Low Vitamin D Levels Linked to Colds



Individuals with low levels of vitamin D may be more likely to catch colds or the flu, a new study suggests.

Vitamin D is found in many foods, including milk, eggs, cheese and beef. Exposure to sunlight also helps the body produce vitamin D. Recommended daily intakes range from five to 15 micrograms, depending on a person's age and health.

Preliminary evidence suggests that vitamin D may play a role in immune function. However, these earlier studies have not been conclusive.

In this latest study, researchers analyzed data on vitamin D levels and respiratory infections in 18,883 individuals (aged 12 and older) who participated in the Third National Health and Nutrition Examination Survey (NHANES III) from October 1988 to October 1994.

The researchers found that cold and flu infections were significantly more common among those with the lowest vitamin D levels (less than 10 nanograms per milliliter of blood) compared to those with the highest levels (30 or more nanograms per milliliter of blood). On average, they were 36 percent more likely to develop upper respiratory tract infections.

These results were consistent throughout the spring, summer and fall and were strongest among those with histories of asthma or chronic obstructive pulmonary disease (COPD).

However, additional research is needed to determine if vitamin D supplementation can help prevent infections. The authors call for randomized controlled trials in this area.

For more information about vitamin D, 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. Ginde AA, Mansbach JM, Camargo CA Jr. et al. Association between serum 25-hydroxyvitamin d level and upper respiratory tract infection in the third national health and nutrition examination survey. Arch Intern Med. 2009 Feb 23;169(4):384-90. [View Abstract](#)
2. **Natural Standard**: The Authority on Integrative Medicine. www.naturalstandard.com. Copyright © 2009.

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Thrive Allergy and Gluten-Free Expo

The [Thrive Allergy and Gluten-Free Expo](#) is hosting a two-day event for consumers who want to learn more about major allergies, asthma, gluten intolerance and celiac disease. This educational event will take place April 18-19, 2009 at McCormick Place in downtown Chicago.



Attendees can attend a wide array of lectures, featuring healthcare experts from professional organizations such as the American College of Allergy, Asthma & Immunology; the University of Chicago's Celiac Disease Center and the American Lung Association. Forum speakers will share the latest allergy information and resources to help individuals improve their quality of life.

Individuals can also visit the cooking stage to learn new free-form and gluten-free recipes. Food samples will be provided.

The expo will also feature a child-friendly family lounge with a special guest, Sico the robot. Sico will entertain both children and adults with his ability to converse with humans.

Attendees will also receive complimentary access to **Natural Standard's** database from April 20 to May 4.

For more information or to purchase tickets, please visit www.thriveallergyexpo.com.

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

Many Cancers may be Preventable



According to a new report from the World Cancer Research Fund (WCRF) and the American Institute for Cancer Research (AICR), about one-third of the 12 most common adult cancers may be preventable by making healthy lifestyle choices. The report did not include cancers that could be prevented by not smoking.

Cancer is the second-leading cause of death among Americans, surpassed only by heart disease. Based on projections by the World Health Organization (WHO), cancer deaths will likely continue to rise, with an estimated nine million deaths from cancer in 2015 and 11.4 million deaths from cancer in 2030.

The panel of 23 experts concluded that being physically active, maintaining a healthy weight and eating a nutritious diet may help prevent various types of cancer. In the United States, endometrial cancers, esophageal cancers and cancers of the mouth, pharynx and larynx were found to be the most preventable. (See table below.)

Estimated Percentage of Cancers that may be Preventable

Type of cancer	United States	United Kingdom	Brazil	China
Endometrial cancers	70	56	52	34
Esophageal cancers	69	75	60	44
Cancers of the mouth, pharynx and larynx	63	67	63	44
Stomach cancers	47	45	41	33
Bowel cancers	45	43	37	17
Pancreatic cancers	39	41	34	14
Breast cancers	38	42	28	20
Lung cancers	36	33	36	38
Kidney cancers	24	19	13	8
Gallbladder cancers	21	16	10	6
Liver cancers	15	17	6	6
Prostate cancers	11	20	NA	NA
12 cancers combined	34	39	30	27
All cancers	24	26	19	20

These estimates do not represent an individual person's risk of developing cancer. Instead, they reflect the general population's estimated chance of developing the disease. WCRF/AICR also emphasizes that there is no way to *completely* eliminate the risk because many factors beyond a person's control (such as family history) may affect cancer risk.

The report also includes recommendations for governments, schools, workplaces media and other organizations to encourage healthy lifestyles. For instance, the panel recommends that schools and workplaces promote walking and bicycling and eliminate unhealthy foods in cafeterias. They also stress the need for food and beverage companies to reduce the cost of healthy products and to stop promoting unhealthy products to children.

For more information about cancer prevention, please visit [Natural Standard's Comparative Effectiveness](#) database.

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

References:

1. American Cancer Institute for Cancer Research (AICR). www.aicr.org
2. **Natural Standard:** The Authority on Integrative Medicine. www.naturalstandard.com. Copyright © 2009.
3. World Cancer Research Fund (WCRF). www.wcrf.org

Natural Standard Speaks at Nutrition Symposium

Natural Standard Founder and Chief Editor Catherine Ulbricht, PharmD, will serve as the keynote speaker at the Professional Compounding Centers of America, Inc. (PCCA) Nutrition Symposium. The event is open to PCCA members and will take place May 15-16 at the Palmer House Hilton in Chicago.



PCCA provides information about fine chemicals, equipment, devices, flavors, ACPE-accredited training and education, pharmacy software, marketing and business and pharmacy consulting assistance. PCCA membership includes more than 3,500 independent community pharmacists in the United States, Canada, Australia, Europe and New Zealand.

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

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Working Long Hours Linked to Mental Decline



In a recent study, working long hours was associated with decreased cognitive function in middle-aged adults.

The study examined 2,214 middle-aged British civil servants who were working full-time. The researchers performed various tests to measure the participants' cognitive function at the time of study enrollment (1997-1999) and again at follow up (2002-2004).

According to the authors, working more than 55 hours a week was linked with poorer mental skills, including impaired short-term memory and recall, compared to those who worked a standard 40 hours. Individuals who worked the most hours experienced the greatest decline in cognitive function.

These results were similar after adjusting for potential confounding factors, including age, gender, marital status, education, occupation, income, physical diseases, psychosocial factors, sleep disturbances and health-risk behaviors.

In addition, participants who worked overtime slept fewer hours, reported more symptoms of depression and drank more alcohol than those who worked just 40 hours.

The potential mechanism for these negative effects remains unknown. It is also unclear if the effects may be long-term. Additional research is warranted in this area.

For more information about cognitive decline, 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:** The Authority on Integrative Medicine. www.naturalstandard.com. Copyright © 2009
2. Virtanen M, Singh-Manoux A, Ferrie JE, et al. Long working hours and cognitive function: the Whitehall II Study. *Am J Epidemiol.* 2009 Mar 1;169(5):596-605. Epub 2009 Jan 6. [View Abstract](#)

Journal of Dietary Supplements 6(1)

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 products 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 6, issue 1), features the following original articles:

- [The Use of Multiple Dietary Supplements](#)
Larry Bergstrom
- [Informing the Public Responsibly About Herbal Medicine](#)
E. Ernst
- [Investigation of Modulation of the Alpha-2 Receptor in Tetrahydropalmatine \(THP\) Analgesia in Male Sprague-Dawley Rats](#)
Winston Bruce; Heather Fonder; Joshua Compton; Normalynn Garrett
- [Panax ginseng May Improve Some Symptoms of Attention-Deficit Hyperactivity Disorder](#)
H. Niederhofer
- [Inhibitory Effects of St. John's Wort on Inflammation: Ignored Potential of a Popular Herb](#)
Olumayokun A. Olajide
- [Do Dietary Supplements Help Promote Weight Loss?](#)
Stacey J. Bell; Wendy Van Ausdal; Greg Grochoski

The issue also includes a **Natural Standard** professional monograph on green-lipped mussel (*Perna canaliculus*). 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, ATTN: JDS. Please fill out the manuscript submission form (available by request) and e-mail, mail or fax to: **Natural Standard**, One Davis Square, Somerville, MA 02144 USA, Fax: 617.591.3399, Phone: 617.591.3300.

Research Conference on CAM and Integrative Medicine



On May 12-15, 2009, the Consortium of Academic Health Centers for Integrative Medicine will host the second [North American Research Conference on Complementary & Integrative Medicine](#) in downtown Minneapolis.

Events throughout the four-day meeting are designed to foster the development of new collaborations and to strengthen existing partnerships. The event will showcase original scientific CAM research through keynote and plenary sessions, oral and poster presentations and innovative scientific sessions. This year, 400 abstracts were submitted and just over 310 were accepted to be presented at the meeting.

Areas of CAM research presented and discussed at this conference will include research in basic science, clinical research, methodological research, health services research and education research. More than 33 workshops will also be featured. All interested researchers, educators and practitioners are encouraged to attend the event.

The conference will include five keynote addresses:

- **Fabrizio Benedetti, MD**
Placebo and Nocebo Mechanisms Across Medical Conditions
- **Susan Folkman, PhD**
Stress, Coping, and Well-Being: Integrative Medicine meets Behavioral Science
- **Claire M. Fraser-Liggett, PhD**
The Role of the Human Microbiota in Health and Disease
- **Dean Jamison, PhD**
Investing in Complementary and Integrative Medicine: Where the Cost Effectiveness Agenda Stands
- **Helene Langevin, MD**
Connecting the Dots in Human Physiology: Lessons from Complementary and Alternative Medicine

The Consortium represents 42 academic health centers from the United States and Canada, and its Steering Committee meets twice yearly in person.

To view the complete list of poster and oral presentations, as well as the full meeting schedule, please visit www.imconsortium-conference.org.

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

B-Vitamins may Help Prevent AMD

A recent study suggests that supplementation with B-vitamins may help prevent age-related macular degeneration (AMD), the leading cause of blindness in older Americans.



The study, funded by the National Institutes of Health and published in the *Archives of Internal Medicine*, included 5,205 women older than 40 years of age who did not have signs of AMD. The women were part of a large study looking at the effects of vitamins in women with heart disease or at least three risk factors for heart disease.



In April 1998, the participants were randomly assigned to receive supplementation (2.5 milligrams of vitamin B9 (folic acid), 50 milligrams of vitamin B6 and one milligram of vitamin B12) or placebo daily. Therapy continued through July 2005, and participants were monitored for the development of AMD through November 2005.

The authors found that women in the supplementation group had a 34 percent lower risk of developing AMD and a 41 percent reduced risk of developing AMD with significant vision loss compared to those in the placebo group. According to the authors, these protective effects were observed about two years after treatment started.

While the potential mechanism of action for these effects is unclear, these B-vitamins have been shown to lower blood levels of the amino acid homocysteine. Elevated levels of homocysteine are associated with an increased risk of developing coronary artery disease (CAD) and have been suspected of damaging blood vessels. However, it is unclear if reducing homocysteine levels would have beneficial effects on the heart.

Although these preliminary results are promising, additional studies are needed before conclusions can be made.

For more information about B-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. Christen WG, Glynn RJ, Chew EY, et al. Folic Acid, Pyridoxine, and Cyanocobalamin Combination Treatment and Age-Related Macular Degeneration in Women: The Women's Antioxidant and Folic Acid Cardiovascular Study. *Arch Intern Med*. 2009 Feb 23;169(4):335-41. [View Abstract](#)
2. **Natural Standard:** The Authority on Integrative Medicine. www.naturalstandard.com. Copyright © 2009

11th Annual Holistic World Expo



[The Holistic World Expo](#) promotes the integration of mind, body and soul in order to improve health and well being. The event, which is open to both the public and health professionals, will take place March 20-22, 2009 in Toronto, Canada.

The expo will include health-conscious celebrities, educators, politicians, practitioners and exhibitors who will discuss important health and environmental issues.

Dr. Laura Berman, an award-winning sex therapist, *New York Times* best-selling author and TV personality, is this year's headline speaker. Dr. Berman is best-known as Oprah's leading expert in female sexual health and wellbeing. She will be speaking about *Real Sex for Real Women: Intimacy, Pleasure, & Sexual Wellbeing* on March 21st.

Also speaking on March 21st are Hermann Müller from the Australian Institute of BodyMind Analysis & Psychosomatic Therapy, best-selling author Jennifer Hough and Deputy Mayor Joe Pantalone.

Müller will show attendees "how to be the change you want to see in the world," with his five-step program. The simple program teaches people how to remove the layers of mental and emotional cellular memory that no longer exist. He will be speaking about *BodyMind Consciousness into 2012*.

Hough, creator of Get Out of Your Own Way™ and founder of the largest life make-over clinic in Canada, will be speaking on *Juicy, Joyful Quantum Relationships - Finding your SOUL Family and Divine*.

Toronto's Deputy Mayor Joe Pantalone, who is well known for his efforts in "greening" the city, will speak about *The City of Toronto's Holistic Approach to Climate Change and Quality of Life*.

Carole Friesen from the Core Potentials Training Centre will round out the featured speakers on March 22nd with a presentation entitled *Have You Prepared Your Body for 2012?* Friesen has a degree in Teaching Psychosomatic Therapy and BodyMind Analysis. She teaches a series of accredited courses called The Magic of BodyMind Communication©, which includes The Art of Reading Faces, BodyMind Analysis, Language of the Hands and Emotional Anatomy.

For a complete list of times and speakers, please visit www.holisticworld.org.

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

Innovative Programs in Applied Natural Products

The Applied Natural Products Programs at Massachusetts College of Pharmacy and Health Sciences (MCPHS) will host an open house on April 16, 2009, at 6-8 p.m. in Room Fennell 114.



The event will feature Mary Louise Bove, ND, RH (AHG) who will present a lecture, titled "Whole Food Supplements Demystified." Dr. Bove will discuss how to incorporate essential nutrients in the diet through food and supplementation as a means of promoting health. Pharmacy Continuing Education Credits will be available.

The Applied Natural Products Programs at MCPHS feature a blended-learning, part-time format designed for working professionals. The Master's degree can be completed in as few as five semesters, or the Graduate Certificate program can take just two semesters. Featuring online distance learning combined with intensive on-site instruction on the Boston campus, programs highlight a rapidly growing area of research and practice.

To RSVP, please print and fax the registration form found at www.mcphs.edu/anpopenhouse by April 10, 2009.

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

Complimentary Webinars



Natural Standard is offering a series of upcoming complimentary webinars on integrative medicine. **Natural Standard** remains impartial and offers these educational webinars an informational public service. All webinars are recorded and archived at www.naturalstandard.com.

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

Integrative Care Cases

Presented by: Chief Editor Catherine Ulbricht, PharmD

- **Lipid Disorders:** complimentary access March 1-31, 2009
- **Cancer:** complimentary access April 1-30, 2009

- To log in, please visit www.naturalstandard.com/webinars.

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

Pain Management Naturally

Presented by: Ellen Kamhi Phd, NR, HNC

- Complimentary access: May 1-31, 2009
- To log in, please visit www.naturalstandard.com/webinars

Dr. Ellen Kamhi, the "Natural Nurse," has been involved in natural medicine since 1973, when she directed a program in Ethnobotany at Cochise College in Douglas, Arizona. Dr. Kamhi attended Rutgers and Cornell Universities, sat on the Panel of Traditional Medicine at Columbia Presbyterian Medical School and is a Clinical Instructor at Stony Brook Medical School and NY Chiropractic College, where she teaches Botanical Pharmacology. Dr. Kamhi is a professional member of the American Herbalist Guild (AHG) and nationally board certified as a holistic nurse (a-HNC). She works to bring together a body of modern and ancient practices and philosophies that use less invasive, less toxic, natural techniques to enhance wellness. Dr. Kamhi is the author of *Cycles of Life, Herbs for Women, The Natural Guide to Great Sex, WEIGHT LOSS-the Alternative Medicine Definitive Guide* and co-author of *The Natural Medicine Chest and Arthritis, The Alternative Medicine Definitive Guide*.

UCONN Enduring CE Program: Scientific Evidence on Docosahexaenoic Acid (DHA)

Presented by: Chief Editor Catherine Ulbricht, PharmD and UCONN Alum

Using the **Natural Standard** Grading Scale™ as a guide, Dr. Ulbricht will discuss the available evidence of effectiveness for DHA, an omega-3 fatty acid.

- 1 CE credit for Pharmacists and Technicians
- Complimentary access: June 1-30, 2009
- To log in, please visit www.naturalstandard.com/webinars.

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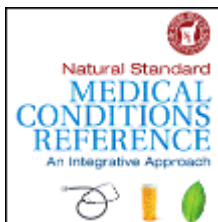
Visit Natural Standard's booth:

Physicians and researchers in the fields of gastroenterology, hepatology, endoscopy and gastrointestinal surgery are invited to attend [Digestive Disease Week \(DDW\) \(IHS\)](#), which will take place May 30-June 4, 2009, at McCormick Place in Chicago. To learn more about **Natural Standard's** services, please visit booth #222.



Natural Standard Systematic Review Published in JSIO:

A **Natural Standard** systematic review on maitake mushroom will be published in the summer edition of the *Journal of the Society for Integrative Oncology (JSIO)*. This evidence-based review provides written and statistical analyses of scientific literature, expert opinion, folkloric precedent, history, pharmacology, kinetics/dynamics, interactions, adverse effects, toxicology and dosing information.



Natural Standard Publishes Medical Conditions Book:

Natural Standard has published a new book, titled [Natural Standard Medical Conditions Reference: An Integrative Approach](#). The book provides comprehensive information on more than 100 common medical conditions. Unique to this book are integrative therapies that are categorized by level of evidence: Strong, Good and Unclear or Conflicting Scientific Evidence, as well as Fair Negative and Strong Negative Scientific Evidence. To order a copy of the

book, please [click here](#).

Welcome!

Natural Standard would like to welcome the following PharmD students from Massachusetts College of Pharmacy and Health Sciences (MCPHS): Stephen Choi, Minh-Hieu Nguyen and Suong Nguyen.

Natural Standard Partners with Skyscape:

Natural Standard and Skyscape are proud to announce their 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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