



Natural Standard

The Authority on Integrative Medicine

Copyright © 2009 Natural Standard

April 2009

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.

In This Issue

[New Nutrient Depletion Database](#)

[Journal of Dietary Supplements: Call for Papers](#)

[Red and Processed Meats May Be Unhealthy](#)

[Potential Weight-Loss Effects of African Mango](#)

[Complimentary Webinars](#)

[Drugs Found in Fish](#)

[Music Therapy May Improve Vision After Stroke](#)

[Inside Natural Standard](#)

New Nutrient Depletion Database



Natural Standard launched a new decision-support tool designed to help clinicians and consumers identify nutrients that may be depleted when certain herbs and supplements are used.

Natural Standard evidence-based systematic reviews have always featured nutrient depletion interactions. But now the information is compiled in one location, allowing individuals to quickly check for potential interactions. Nutrient depletion interactions exist for many common supplements.

- Aloe, a popular herb used in traditional Chinese and Ayurvedic medicine, may lower glucose and potassium levels and slow the absorption of vitamins C and E.
- Many echinacea preparations contain goldenseal (*Hydrastis canadensis*), which may decrease intestinal microflora and reduce the absorption of B vitamins.
- Fish oil supplements may reduce blood sugar levels. Because long-term use has been linked to vitamin E deficiency, this vitamin is added to many fish oil supplements. And although the omega-3 fatty acids in fish may lower triglyceride levels, they may also slightly increase low-density lipoprotein (LDL, also known as "bad cholesterol").

To learn more about nutrient depletion interactions, please visit **Natural Standard's** [Interactive Tools](#) database.

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.

JDS provides a much-needed forum to help guide the development of the dietary supplement industry. It addresses important issues that appeal to



researchers, regulators, marketers, educators and health professionals.

Please send manuscript inquiries to: jds@naturalstandard.com; ATTN: JDS. Please fill out the copyright transfer agreement (available by request) and e-mail, mail or fax to: **Natural Standard**, One Davis Square, Somerville, MA 02144 USA, Fax: 617.758.4274, Phone: 617.591.3300.

Red and Processed Meats May Be Unhealthy



A recent study supports growing evidence that eating too much meat may be unhealthy. Researchers from the U.S. National Cancer Institute found that a diet rich in red and processed meats increased the risk of death, particularly from cancer and heart disease.

In the study, published in the *Archives of Internal Medicine*, researchers analyzed data from more than half a million people (aged 50-71) who were enrolled in the National Institutes of Health-AARP Diet and Health Study. Meat intake was estimated through a food questionnaire.

People in the high-intake group for red meat ate an average of 4.5 ounces daily, while those in the lowest-intake group ate a little more than half an ounce daily. For processed meat, people in the high-intake group ate an average of 1.5 ounces daily compared to 0.11 ounces in the low-intake group.

During the 10-year follow-up period, the researchers recorded the number of deaths and their causes. They adjusted for other risk factors, such as age, smoking, obesity and alcohol consumption.

By the end of the study, 47,976 men and 23,276 women died from various causes. In those who ate the most red meat, the overall risk of death increased by 31 percent in men and 36 percent in women, compared to those who ate the least. The risk of fatal cancer increased by 22 percent in men and 20 percent in women, and the risk of fatal heart disease increased by 27 percent in men and 50 percent in women.

In those who ate the most processed meat, the overall risk of death increased by 16 percent in men and 25 percent in women, compared to those who ate the least. The risk of fatal cancer increased by 12 percent in men and 11 percent in women, while the risk of fatal heart disease increased by nine percent in men and 38 percent in women.

In contrast, people who ate higher proportions of white meat, such as turkey, chicken or fish, were less likely to die during the study period than those who ate the lowest proportions.

These results are somewhat limited by the study design because the data relied on the participants' memories of what they ate.

It has been suggested that cancer risk may be increased by compounds called heterocyclic amines (HCAs), which are formed when red meat is cooked at high temperatures. HCAs have been linked to various cancers, including stomach, colorectal, pancreatic and breast cancers in humans.

Red meat also contains high amounts of saturated fats, which have been shown to increase the risk of heart disease.

In a related study, published in the *American Journal of Epidemiology*, diets rich in red meat were linked to age-related macular degeneration (AMD), the leading cause of blindness in aging Americans. In the study, 6,734 people (aged 58-69) completed food frequency questionnaires in 1990-1994. During the follow-up period (2003-2006), the participants were monitored for the development of AMD.

The researchers found that people who ate red meat 10 or more times per week were 47 percent more likely to develop AMD than those who ate it less than 4.5 times per week. The authors suggest that these effects may be attributed to compounds in the meat that cause oxidative damage.

Additional research is needed to determine exactly how red meat might increase the risk of AMD.

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

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

References:

1. Chong EW, Simpson JA, Robman LD, et al. Red meat and chicken consumption and its association with age-related macular degeneration. *Am J Epidemiol.* 2009 Apr 1;169(7):867-76. Epub 2009 Feb 20. [View Abstract](#)
2. **Natural Standard:** The Authority on Integrative Medicine. www.naturalstandard.com. Copyright © 2009.
3. Sinha R, Cross AJ, Graubard BI, et al. Meat intake and mortality: a prospective study of over half a million people. *Arch Intern Med.* 2009 Mar 23;169(6):562-71. [View Abstract](#)



Potential Weight-Loss Effects of African Mango

An extract made from the African mango (*Irvingia gabonensis*) may help overweight people lose weight and lower their cholesterol levels, researchers report in the online journal *Lipids in Health and Disease*.



The yellow fruits, which resemble mangoes, are commonly eaten in West Africa. The seeds are also valued for their high oil content, and the hardy green wood is valued in construction for its natural resistance to termites.

Earlier studies have shown that seed extracts from the African mango may reduce body fat production by affecting genes and enzymes involved in metabolism.

In the study, 102 overweight or obese adults were randomly assigned to receive either 150 milligrams of the African mango seed extract or placebo twice daily for 10 weeks. Participants were told to maintain their normal dietary and exercise habits.

Weight loss in the extract group was significant, with participants losing an average of 28 pounds by the end of the study. In contrast, the placebo group showed almost no change in weight. The authors also report that low-density lipoprotein (LDL, or "bad cholesterol") and blood sugar levels decreased in the extract group.

Although these results are promising, additional research is needed to determine how effectively African mango seed extract induces weight loss.

For more information about integrative therapies for weight loss, please visit [Natural Standard's Comparative Effectiveness](#) 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. Ngondi JL, Etoundi BC, Nyangono CB, et al. IGOB131, a novel seed extract of the West African plant *Irvingia gabonensis*, significantly reduces body weight and improves metabolic parameters in overweight humans in a randomized double-blind placebo controlled investigation. *Lipids Health Dis.* 2009 Mar 2;8:7. [View Abstract](#)





Natural Standard is offering a series of upcoming complimentary webinars on integrative medicine. **Natural Standard** remains impartial and offers these educational webinars as 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.

Herbal and Dietary Supplements: How Do They Affect Traditional and Diagnostic Tests? (Approximately 20 min.)

Presented by: Associate Editor Ramon Iovin, PhD

Associate Editor Ramon Iovin, PhD, provides a brief introduction to the Laboratory Interactions Checker, one of **Natural Standard's** many interactive decision-support tools. The presentation includes several examples of herb and supplement interactions with laboratory diagnostic tests sampled from the **Natural Standard** interactions database.

- Complimentary access April 1-30, 2009
- To log in, please visit www1.gotomeeting.com/register/338915605.

Pain Management Naturally

Presented by: Ellen Kamhi Phd, NR, HNC

Dr. Ellen Kamhi, (aka "The Natural Nurse") has been involved in natural medicine since 1973, when she directed a program in Ethnobotany at Cochise College in Douglas, AZ. Dr. Kamhi attended Rutgers and Cornell Universities, served 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 has earned a doctorate degree in public health and 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*.

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

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 docosahexaenoic (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.

The Food Tree: The Food Pyramid revamped. A Rational Approach to Nutrition.

Presented by: Ranveig Elvebakk, MD

An innovator in nutrition, Dr. Ranveig Elvebakk specializes in treating diabetes and other metabolic illnesses with nutrition. Her book, *The Food Tree*, debunks diets and food pyramids, raising nutrition to a scientific level that individuals can understand and achieve.

- Complimentary access: July 1-31, 2009

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

If you are interested in presenting a **Natural Standard** webinar on integrative medicine, please e-mail news@naturalstandard.com.



Drugs Found in Fish

Researchers have found that fish living near waste water treatment plants in urban areas contained trace amounts of chemicals, including drugs used to treat allergies, high cholesterol, high blood pressure, and mood disorders.



Pharmaceuticals enter waste water when people excrete medications or when chemicals are poured down the drain. Most conventional sewage plants do not remove these residues, leading to contamination in the treated waste water.

In the study, funded by the U.S. Environmental Protection Agency (EPA), researchers collected fish from rivers that receive treated sewage in Chicago, IL, Dallas, TX, Orlando, FL, Phoenix, AZ and West Chester, PA. They tested the fish for 24 different drugs and 12 chemicals found in personal care products. They compared their results to fish from the Gila River in New Mexico, which contains clean, unpolluted water.

Trace amounts of seven drugs and two soap scent chemicals were detected in fish from all of the city rivers, and some fish had multiple pharmaceuticals in their livers. The fish from New Mexico did not contain any of the drugs or chemicals tested.

The amount of drugs and chemicals found in the fish was minute. However, studies have shown that diluted concentrations can harm many aquatic animals, including fish and frogs.

In response to these study results, the EPA plans to expand similar research to include more than 150 areas nationwide. The agency also plans to study the potential long-term effects of humans consuming trace amounts of pharmaceuticals.

For more information about pollution, please visit **Natural Standard's** [Environmental Resources](#) 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. Ramirez A, Brain R, Usenko S, et al. Occurrence of pharmaceuticals and personal care products (PPCPs) in fish: Results of a national pilot study in the U.S. *Environmental Toxicology and Chemistry*. 2009 Mar 25:1. [View Abstract](#)



Music Therapy May Improve Vision After Stroke



Music therapy is widely known for its mood-enhancing and stress-reducing effects. Some researchers now speculate that positive emotional responses to music may help restore vision in stroke patients.

More than half of stroke patients develop impaired visual awareness, sometimes called “visual neglect.” Individuals are unable to visually process objects on one side of the body because the part of the brain responsible for connecting vision, attention and action is damaged.

In the study, three stroke patients with visual neglect completed tasks while listening to music they liked, listening to music they did not like and in silence.

All participants were able to identify colored shapes and lights in their impaired fields of vision

more accurately when they were listening to the music they preferred. One person identified light 65 percent of the time while listening to preferred music compared to just 15 percent of the time under the other two conditions.

In addition, when people listened to music they liked, brain scans showed that areas linked to positive emotional responses were activated. This activation was linked to improved visual performance. The researchers speculate that improved emotional well being may lead to more efficient brain signaling.

However, these preliminary results are limited by the small sample size. Additional research is needed to determine if music therapy is an effective treatment for this condition.

For more information about music therapy, please visit **Natural Standard's** [Health & Wellness](#) 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. Soto D, Funes MJ, Guzmán-García A, et al. Pleasant music overcomes the loss of awareness in patients with visual neglect. Proc Natl Acad Sci U S A. 2009 Mar 23. [View Abstract](#)



SIXTH INTERNATIONAL CONFERENCE
Revitalizing Health Care
Comprehensive & Whole
Interdisciplinary Programs Systems
Research

For more information:
www.integrativeonc.org

November 12-13, 2009

Join us at
The New York Academy of Medicine
with
Keynote Speaker
Dean Ornish, MD
University of California

ALL Natural Standard members can
join SIO
at the non-doctor rate of
\$205 in April and May only AND
get 3 months membership free.

PLUS sign up for the conference
during **May to August**,
and you will also be entered
into a draw to win: A Natural
Standard Reference Book (\$149),
or Handheld Version (\$79),
or Amazon.com token (\$50),
courtesy of Natural Standard and
mkatek.com

JOIN SIO FOR REDUCED RATES: <http://www.integrativeonc.org/naturalstandards>



Abstract submission and early registration open May 1 2009. Exhibitors welcome, to make arrangements contact Laura Yasso at ly136@columbia.edu or Columbia University Tel: (212) 305-3334, Fax: (212) 781-6047, Email: cme@columbia.edu



Celebrate our 6th on 5th

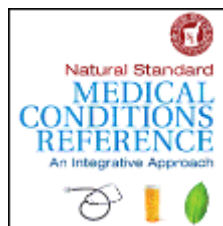
7:30 pm, Friday, November 13th at the famous Metropolitan Club on Fifth Avenue. Reduced rates for conference attendees and open invitation for corporate sponsorship of tables. Guest speakers, awards and more.



Inside **Natural Standard**

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 \(DDW\)](#), 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 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): Yekaterina Molchanova and Joseph Parriott.



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.

To benefit from this collaboration, simply contact us, and provide a complete e-mail address list of authorized subscribers who are interested in taking advantage of this special offer. Eligible handheld users will receive personal codes to activate their own free one-year handheld download.

To receive a 15 percent discount on additional Skyscape references, please visit www.skyscape.com/naturalstandard and enter discount code: 93821.

Quick Links:

- [Natural Standard Homepage](#)
- [Natural Standard Handheld Version](#)

- [Journal of Dietary Supplements](#)

- [Natural Standard Books](#)

Contact: news@naturalstandard.com

Natural Standard | T: 617.591.3300 | F: 617.591.3399 | One Davis Square | Somerville | MA | 02144