



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.

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Hydroxycut® Recalled



The U.S. Food and Drug Administration (FDA) announced the recall of 14 Hydroxycut® supplements due to reports of serious liver damage in patients who took the recommended dosages. Liver damage linked to Hydroxycut® use has resulted in at least one death and one liver transplant.

The recalled products are marketed as weight-loss supplements under the Iovate and MuscleTech brand names.

So far, the FDA has received more than 20 reports of serious health problems ranging from jaundice to liver failure. Symptoms of liver damage may include nausea, vomiting, light-colored stools, fatigue, weakness, abdominal pain, itching and loss of appetite. Other adverse effects that have been reported include seizures; heart problems and rhabdomyolysis, a type of muscle damage that may lead to kidney failure.

The FDA has not determined which ingredients or other factors may be associated with the reported health risks.

The recalled products include:

- Hydroxycut Regular Rapid Release Caplets®
- Hydroxycut Caffeine-Free Rapid Release Caplets®
- Hydroxycut Hardcore Liquid Caplets®
- Hydroxycut Max Liquid Caplets®
- Hydroxycut Regular Drink Packets®
- Hydroxycut Caffeine-Free Drink Packets®
- Hydroxycut Hardcore Drink Packets® (Ignition Stix)
- Hydroxycut Max Drink Packets®
- Hydroxycut Liquid Shots®
- Hydroxycut Hardcore® RTDs (Ready-to-Drink)
- Hydroxycut Max Aqua Shed®
- Hydroxycut 24®

- Hydroxycut Carb Control®
- Hydroxycut Natural®

Hydroxycut Cleanse® and Hoodia® products, two other products marketed under the Iovate or MuscleTech brands, are not affected by the recall.

For more information about dietary supplements for weight loss, 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. **Natural Standard:** The Authority on Integrative Medicine. www.naturalstandard.com. Copyright © 2009.
2. U.S. Food and Drug Administration (FDA). www.fda.gov

Magnesium for Infants with Low Oxygen Levels

New evidence suggests that magnesium may help minimize nerve damage in newborns with low oxygen levels, a condition called perinatal asphyxia.

Perinatal asphyxia usually occurs when the mother's blood pressure drops or blood flow to the infant's brain is blocked during delivery. The condition occurs in about 0.1-1 percent of live births.



Asphyxia causes glutamate, an amino acid, to build up in the infant's brain. The excess glutamate allows calcium to flow through cell channels, thereby leading to permanent nerve damage.

This latest study suggests that magnesium sulfate may help prevent this flow of calcium. Researchers studied 40 term infants with severe perinatal asphyxia and moderate or severe brain injuries. The infants randomly received three doses of intravenous magnesium sulfate or placebo. Treatment was given within six hours of birth and then again after 24 and 48 hours.

Of patients in the magnesium group, 22 percent had abnormal brain exams when they were discharged from the hospital, compared to 56 percent in the placebo group. Additionally, 77 percent of the magnesium group was able to receive oral feedings when they were discharged compared to 37 percent of the placebo group. Fourteen days later, brain imaging showed that fewer infants in the magnesium group (16 percent) had brain abnormalities than the placebo group (44 percent).

Two infants died in each group. Two patients in the treatment group experienced breathing problems after receiving the second dose of magnesium sulfate and require the use of a respirator.

Although these early findings are promising and supported by limited animal research, additional research is warranted in this area.

Magnesium has been suggested as a potential treatment for many other conditions. Currently, strong evidence supports intravenous magnesium sulfate as a way to prevent seizures in pregnant women with preeclampsia, a condition that causes high blood pressure and protein in the urine. Additionally, good evidence suggests that use of magnesium for irregular heartbeat, chronic obstructive pulmonary disease (COPD), type 2 diabetes, hearing loss, leg cramps during pregnancy, mitral valve prolapse, succinylcholine-induced muscle twitching and thrombolysis after a heart attack.

For more information about magnesium, 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. Bhat MA, Charoo BA, Bhat JI, et al. Magnesium Sulfate in Severe Perinatal Asphyxia: A Randomized, Placebo-Controlled Trial. *Pediatrics*. 2009 Apr 6. [View Abstract](#).
2. McDonald JW, Silverstein FS, Johnston MV. Magnesium reduces N-methyl-D-aspartate (NMDA)-mediated brain injury in perinatal rats. *Neurosci Lett*. 1990 Feb 5;109(1-2):234-8. [View Abstract](#).
3. **Natural Standard**: The Authority on Integrative Medicine. www.naturalstandard.com. Copyright © 2009.

Digestive Disease Week



Physicians and researchers in the fields of gastroenterology, hepatology, endoscopy and gastrointestinal surgery are invited to attend the 39th annual [Digestive Disease Week \(DDW\)](#), which will take place May 30-June 4, 2009, at McCormick Place in Chicago.

Natural Standard will be exhibiting at booth #222. Attendees can enter to win a complimentary subscription to the *Journal of Dietary Supplements* or a copy of *Natural Standard Medical Condition Reference: An Integrative Approach*, *Natural Standard Herb & Supplement Reference Book: Evidence-based Clinical Reviews*, or *Natural Standard Herb & Supplement Handbook: The Clinical Bottom Line*.

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

Pomegranate for Prostate Cancer

Pomegranate juice may be beneficial in men who have undergone standard treatment for localized prostate cancer, according to a long-term study presented at the 104th Annual Scientific Meeting of the American Urological Association.



The study, which began in 2003, included 48 men older than age 60 who underwent surgery or radiation therapy to treat localized prostate cancer. All of the men had rising prostate specific antigen (PSA) levels after treatment. PSA is an enzyme that helps break down proteins in the seminal fluid and plays an important role in fertility. Prostate cancer patients often have increased PSA levels, although cancer may occur with any PSA level.

Participants drank eight ounces of pomegranate juice daily. During the six-year follow-up, men who continued drinking pomegranate juice had lower PSA levels than those who stopped drinking the juice and were no longer active in the trial. By the end of the study, it took about four times longer for active participants' PSA levels to double than it had at the beginning of the study.

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

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

References:

1. American Urological Association. www.auanet.org
2. **Natural Standard**: The Authority on Integrative Medicine. www.naturalstandard.com. Copyright © 2009.
3. Pantuck A, Zomorodian N, Rettig M, et al. Long term follow up of phase 2 study of pomegranate juice for men with prostate cancer shows durable prolongation of PSA doubling time. *J Urol, suppl*. 2009: 181, 4, abstract 826.



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.

Pain Management Naturally

Presented by: Ellen Kamhi PhD, RN, AHG, AHN-BC

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 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.

The [2009 Lifestyles of Health and Sustainability \(LOHAS\) Forum](#) will bring together hundreds of industry leaders, business executives, entrepreneurs, investors and students to share their ideas about health and fitness, the environment, personal development, sustainable living and social justice.



The 13th annual event will take place June 17-19th at the St. Julien Hotel & Spa in Boulder, Colorado, and will feature more than 30 guest speakers. Individuals will learn about the latest market trends and can share new ideas on how to expand the marketplace. Attendees will also have the opportunity to network and discuss market innovation, sustainable business growth and consumer targeting with their peers.

LOHAS serves as the central hub for education, business resources, late-breaking news and annual business-to-business meetings in the industry. LOHAS shares information and innovative business practices that further promote the LOHAS lifestyle, which is beneficial to the future of the planet.

To register for the event, please [click here](#). Sustainable companies can also sign up to be listed in the LOHAS business directory and subscribe to the *LOHAS Journal*, a business magazine that features the latest trends in the field.

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

Folic Acid may Improve Asthma, Allergies



Folic acid, or vitamin B9, may help treat allergic reactions and allergy symptoms, according to researchers from the Johns Hopkins Children's Center.

Folate occurs naturally in food while folic acid is the synthetic form of this vitamin. Sources include cereals, baked goods, leafy vegetables, asparagus, fruits, legumes, yeast, mushrooms and organ meat (such as beef liver or kidneys).

Previous studies have noted a potential link between folate and inflammatory conditions such as heart disease.

In the study, funded by the National Institutes of Health (NIH), researchers reviewed medical data from in 8,083 patients ages 2-85 who participated in the 2005-2006 National Health and Nutrition Examination Survey (NHANES). During the study, serum folate levels and total IgE levels were measured. IgE, or immunoglobulin E, is a class of antibodies that mediates allergic reactions. The authors also recorded asthma and respiratory symptoms.

Higher levels of folate were linked to lower IgE levels, fewer reported allergies, less wheezing and a lower likelihood of developing asthma. People with the lowest folate levels (less than eight nanograms per milliliter of blood) had a 40 percent increased risk of wheezing, 30 percent increased risk of having elevated IgE levels, 31 percent increased risk of allergic symptoms and a 16 percent higher risk of asthma compared to those with the highest levels of folate (above 18 nanograms per milliliter of blood).

However, additional research is needed to confirm these early findings and to determine exactly how folate may work. The researchers plan to compare the effects of folic acid to placebo in people with allergies and asthma.

For more information about asthma and allergies, 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. Matsui EC, Matsui W. Higher serum folate levels are associated with a lower risk of atopy and wheeze. *J Allergy Clin Immunol.* 2009 Apr 29. [View Abstract](#)



All Things Organic™

The [All Things Organic™ Conference and Trade Show](#) is the primary, annual gathering place for the Organic Trade Association (OTA) membership. This year's exhibit will feature more than 300 organic suppliers and thousands of business professionals, exhibitors and organic companies. Individuals have the opportunity to learn about new trends, markets, research, regulations and more. The event will take place at the Lakeside Center/McCormick Place in Chicago on June 16-18, 2009.



As part of the event, the [OTA's Annual Meeting and Member Days](#) will offer several social and networking events, including the Annual Meeting, Annual Awards Dinner and Dance Party, Task Force meetings, Member Forum gatherings and Member Hospitality Lounge. Other activities, such as Member Value Sessions, Members-Only Sessions and Member Networking opportunities, will bring the OTA membership together for information, education and fun.

The 2009 event is also co-located with [Expo Comida Latina/All Asian Food](#) and features a Health & Wellness Education Program and Pavilion and Specialty Pavilion. The Health & Wellness Education Program and Pavilion will provide three days packed with exclusive research presentations, best practices, merchandising tactics, new products and new ideas on how and what to incorporate in-store to make the health and wellness category profitable for businesses.

To register for the conference and trade show, please [click here](#).

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Journal of Dietary Supplements



Natural Standard Research Collaboration invites researchers to submit articles to [Journal of Dietary Supplements \(JDS\)](#) – an international peer-reviewed forum for original research and review articles that focus on vitamins, minerals, herbs and other substances that make up the multi-billion dollar dietary supplement industry. The journal addresses important issues that meet a broad range of interests – not only in integrative healthcare, but also in academic, regulatory and industrial sectors.

The [Journal of Dietary Supplements](#) (formerly the *Journal of Nutraceuticals, Functional & Medical Foods*) was recently retitled to reflect the growing field of dietary supplement research. The journal is published by [Informa Healthcare](#), a leading provider of academic and scientific information via nearly 200 peer-reviewed research journals that focus on

pharmaceuticals, medicine and the life sciences. Chief editor Catherine Ulbricht is the founder of **Natural Standard**, an international research collaboration that aggregates and synthesizes data on complementary and alternative therapies. Dr. Wendy Chao is Associate Editor of the publication. The distinguished [editorial board](#) includes the following internationally known scientists:

Brent A Bauer, MD, FACP
Director, Complementary and Integrative Medicine Program
Mayo Clinic, Rochester, MN

Mark Blumenthal
Founder & Executive Director
American Botanical Council, Austin, TX

William Benda, MD
University of California, San Francisco
Board of Trustees, American Holistic Medical Association

Edzard Ernst, MD, PhD, FRCP, FRCP (Edin.)
Professor of Complementary Medicine
Peninsula Medical School, Exeter, UK

Bradly Jacobs, MD, MPH
Founder and Director
Institute of Healthy Living, Sausalito, CA

Karta Purkh S. Khalsa, CD-N, RH
Botanical Medicine
Bastyr University, Eugene, OR

Submissions and pre-submission inquiries can be sent via e-mail to jds@naturalstandard.com.



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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Magnets for Migraines



New animal research suggests that a noninvasive therapy called transcranial magnetic stimulation (TMS) may help treat chronic migraines.

During TMS, the electrical activity in the brain is influenced by a pulsed magnetic field generated through coils of wire. The wires are wrapped in plastic and held close to the scalp. The location of the device allows for stimulation of specific areas of the brain.

In earlier human research, TMS relieved pain more effectively than placebo in patients who had migraines with auras, which are visual sensations (such as flashes of light) that occur before or during the pain of a migraine.

In this latest study, presented at the annual American Academy of Neurology scientific meeting in Seattle, researchers aimed to learn exactly how TMS may affect the brain to improve pain symptoms.

The authors found that the magnetic pulses of TMS may disrupt abnormal brain waves that have been linked to migraines. However, the authors state that more research in humans is needed to fully understand how TMS affects chronic migraines.

TMS has also been studied as a potential therapy for chronic or treatment-resistant depression. Some research suggests that therapy may down regulate beta-adrenergic receptors and subsequently increase the levels of dopamine and serotonin in the brain.

For more information about TMS and other types of magnet therapy, please visit **Natural Standard's** [Health & Wellness](#) database.

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

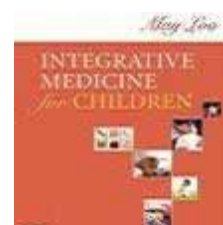
References:

1. American Academy of Neurology. www.aan.com
2. **Natural Standard**: The Authority on Integrative Medicine. www.naturalstandard.com. Copyright © 2009.
3. University of California, San Francisco. www.ucsf.edu

Book Review

According to a new review published in *The Ulster Medical Journal*, the *Integrative Medicine for Children* is “a useful reference for a medical library.”

The book aims to help caregivers safely and effectively prescribe complementary and alternative (CAM) therapies along with standard treatment.



It is divided into two main parts. The first section covers a wide range of CAM therapies that are most commonly used among children, including hypnosis, massage, nutrition and Qi gong. **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 more than 50 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.

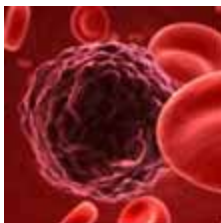
In the review article, Nuala M Flanagan states that the reference book “certainly offers an encyclopedic base to broaden knowledge of CAM and would be a useful starting point for further research into CAM options available for a specific patient.”

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

References:

1. Flanagan, NM. Book Reviews. *Ulster Med J* 2009;78(2):140.
2. **Natural Standard:** The Authority on Integrative Medicine. www.naturalstandard.com. Copyright © 2009.

Oncology Conference



Individuals interested in cancer research and disease management are invited to attend the 26th International Conference entitled, “[Advances in the Applications of Monoclonal Antibodies in Clinical Oncology and Symposium on Cancer Stem Cells.](#)”

This interdisciplinary conference is considered a keynote event in the biomedical research and biopharmaceutical industry. The event will take place June 22-24, 2009 at the Corfu Holiday Palace in Corfu, Greece, and will feature interactive presentations, unique open air workshops and expert discussions led by key opinion leaders in the field. Attendees will learn about the latest research developments and emerging cancer therapies.

For more information, please visit www.cancerconferences.org or contact Irina Radu at irina.radu@epenetos.com.

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

State of the Air Report

The American Lung Association released its *State of the Air: 2009 Report* this month. The 10th annual report states that air pollution has significantly improved in some areas of the country, but major cities still have significant problems with pollutants.



In urban areas, ozone gas is one of the biggest causes of air pollution. While the ozone layer in the Earth's upper atmosphere helps defend against the sun's harmful ultraviolet rays, ground-level ozone (called ozone pollution) can have harmful effects on human health and the environment. Ozone pollution occurs when sunlight combines with nitrogen oxide and hydrocarbons, which are produced by vehicles and factories.

In March 2008, the U.S. Environmental Protection Agency (EPA) adopted stricter standards for ozone pollution. Based on these new standards, about 58 percent of Americans, or 175.4 million people, live in counties with unhealthy

levels of ozone pollution.

Some major cities, such as Los Angeles and Houston, reported improvements in ozone pollution. However, 16 of the 25 most polluted cities (including Charlotte, Phoenix, Las Vegas and Cincinnati) experienced a worsening in pollution over the last year.

Particle pollution is also a health threat to many Americans. Particulate matter air pollutants are a mixture of very small particles and liquid droplets that occur in many shapes and sizes. Although nine of the most polluted cities reported decreases in their average annual particle pollution, 12 cities reported increases. About 47 million U.S. residents live in areas with unhealthy levels of particle pollution. Over time, exposure to these particles may increase the risk of asthma, lung damage and premature death.

The American Lung Association also provided suggestions for reducing indoor and outdoor air pollution. The organization encourages individuals to drive less, use less electricity, burn less wood or trash and support state and local efforts to reduce air pollution.

For more information about air 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. American Lung Association: Fighting for Air. www.stateoftheair.org
2. **Natural Standard**: The Authority on Integrative Medicine. www.naturalstandard.com.
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Inside **Natural Standard**



Natural Standard Presents Herbal Award:

The **Natural Standard** Herbal Pharmacotherapy Award is given to a graduating PharmD student from Massachusetts College of Pharmacy and Health Sciences (MCPHS) who has exhibited an interest in natural medicines. This year's recipient, Rita Mubashir, received a copy of the award-winning [Natural Standard Herb & Supplement Reference Book](#) plus a mobile/handheld version of the **Natural Standard** database and a subscription to www.naturalstandard.com.

Welcome:

Natural Standard would like to welcome William Mclaughlin, Brian Di Geronimo and Richard Lewis to the team. We would also like to welcome the following PharmD candidates: Eric Szewcyk from St. John Fisher College and DeWayne Doyle, Whitney Curtiss and Joan Dubinsky from Northeastern University.

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.

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