



# 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).

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## New Interactive Tools



This month, **Natural Standard** launched two new interactive tools to help clinicians and consumers make safer therapeutic decisions.

The nutrient depletion database allows users to quickly identify nutrients that are depleted by certain drugs, herbs or supplements. This decision-support tool is divided into two categories: drugs and herbs/supplements.

**Natural Standard** evidence-based systematic reviews have always featured nutrient depletion interactions, but now this information is conveniently compiled in one location.

Additionally, **Natural Standard** has developed a patient education portal that provides easy-to-understand information about herbs and supplements. The information is presented as "flashcards," which are concise versions of **Natural Standard's** professional monographs. The flashcards contain all of the pertinent information, including evidence of effectiveness, safety, side effects, interactions and dosing.

To try out these new innovative tools, please visit **Natural Standard's** [Interactive Tools](#) database.

## Americans Spend Billions on CAM

In 2007, Americans spent nearly \$34 billion out of pocket on complementary and alternative medicine (CAM), according to the National Health Interview Survey, (NHIS). CAM includes many different types of healthcare practices and products that are not generally considered to be conventional or allopathic medicine.

The CAM component of this survey was developed by the National Center for Complementary and Alternative Medicine (NCCAM) and the Centers for Disease Control and Prevention's National Center for Health Statistics (NCHS).



Of the 23,393 American adults surveyed, about 38 percent used some form of CAM over the previous 12 months. Although the amount of money spent on CAM accounted for only 1.5 percent of *total* healthcare expenditures, it represented 11.2 percent of total *out-of-pocket* healthcare expenditures. These estimates do not include vitamin and mineral supplements, which account for almost \$5 billion in annual sales.

The greatest amount of money (about \$22 billion), was spent on self-care therapies that do not require a healthcare practitioner, such as nonvitamin, nonmineral, natural products; homeopathic remedies and yoga. More than half of this money (about \$14.8 billion) was spent on nonvitamin, nonmineral, natural products, which is almost one-third of the amount spent on prescription drugs.

Additionally, about \$11.9 billion was spent on an estimated 354 million visits to CAM practitioners, such as chiropractors and acupuncturists. This is about equal to 25 percent of the total out-of-pocket expenses for conventional physician visits.

As CAM therapies continue to gain popularity in the United States, information about safety and effectiveness becomes increasingly important. Many people turn to herbs, supplements and modalities to help treat and prevent various medical conditions. However, "natural" does not always mean "safe." Like conventional drugs, herbs and supplements may cause side effects and interact with other therapies. **Natural Standard** Research Collaboration rigorously reviews scientific data to provide objective information about the safety and effectiveness of therapies, thereby helping people make more informed and safer therapeutic decisions.

For more information about CAM therapies, please visit **Natural Standard's** [Health & Wellness](#) and [Foods, Herbs & Supplements](#) databases.

#### References:

1. Barnes PM, Bloom B, Nahin RL. Complementary and Alternative Medicine Use Among Adults and Children: United States, 2007. National health statistics reports; no 12. Hyattsville, MD: National Center for Health Statistics. 2008.
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3. National Center for Complementary and Alternative Medicine (NCCAM). <http://nccam.nih.gov>
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## Visit Natural Standard



**Natural Standard** is attending two local events at the Boston Convention Center this summer: the National Association of Chain Drug Stores (NACDS) Pharmacy & Technology Conference and the Natural Products Expo East.

Attendees are invited to visit **Natural Standard's** booth to learn more about evidence-based integrative medicine. Participants can also enter to win a complimentary subscription to the *Journal of Dietary Supplements* or a copy of one of three books: *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*.

*The Clinical Bottom Line.*

On August 8-11, **Natural Standard** will be featured at booth #1593 at this year's National Association of Chain Drug Stores (NACDS) Pharmacy & Technology Conference. The event is open to leading retailers and suppliers of healthcare products, pharmacy technology, software and innovative goods and services. More than 130 retail companies who collectively represent more than 80,000 retail outlets and \$200 billion in annual sales for drugs and home healthcare products are expected to attend.

For more information about the event, please visit, [www.nacds.org](http://www.nacds.org).

On September 23-26, 2009 **Natural Standard** will exhibit its latest products at the Natural Products Expo East at booth #672. The expo is the largest natural products trade show on the east coast, with more than 20,000 attendees and 1,700 exhibitors. Here, manufacturers, industry leaders and interested community members have the opportunity to come together to learn about specialty foods and beverages, natural and organic ingredients, supplements, herbal medicine, beauty products and more.

For more information about the event, please visit [www.expoeast.com](http://www.expoeast.com).

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



## Probiotics may Prevent Colds

A new study suggests that probiotics, which are beneficial bacteria naturally found in the body and commonly added to cultured milk products, may help prevent cold and flu viruses in children.

There are many different types of probiotics that have various affects on the body. In general, probiotics have been found to help boost the immune system. They may also aid in several gastrointestinal illnesses, such as inflammatory bowel disease, antibiotic-related diarrhea, colitis, infectious diarrhea, hepatic encephalopathy, irritable bowel syndrome and allergies.



Probiotics are thought to work by competing with harmful organisms for nutrients. Some probiotics may also produce substances that inhibit their growth. As a result, probiotics are thought to restore balance to the microorganisms living in the digestive tract.

The latest study, published in the journal *Pediatrics*, included 326 children from China who were three to five years old. They were randomly assigned to receive milk with probiotics (either *Lactobacillus acidophilus* alone or in combination with *Bifidobacterium animalis*) or plain milk twice daily from November 2005 to May 2006.

The researchers report that children who received probiotics developed fewer colds, needed fewer antibiotics and missed fewer days of school than the children who drank plain milk.

Children in the *Lactobacillus* group developed 53 percent fewer fevers, 41 percent fewer cough episodes and 28 percent fewer runny noses than those in the placebo group. Among those who became sick, length of illness was 32 percent shorter in the *Lactobacillus* group than the placebo group. Additionally, the rate of antibiotic use was 68 percent lower and the number of days absent from school was 38 percent lower compared to the placebo group.

These beneficial effects were even more noticeable in those who received the combination of probiotics. These children developed 72 percent fewer fevers, 62 percent fewer cough episodes and 59 percent fewer runny noses. The average duration of illness was also shortened by 48 percent compared to the placebo group. These children were also 84 percent less likely to use antibiotics and 32 percent less likely to miss school than those in the placebo group.

Although these results are promising, the study was funded by Danisco, a Danish company that makes probiotics products. Additional research is needed to confirm these results.

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

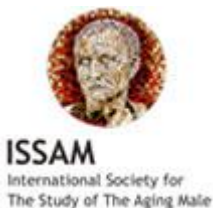
To comment on this story, please [click here](#) to enter **Natural Standard's** blog.

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1. Leyer GJ, Shuguang L, Mubasher ME, et al. Probiotic Effects on Cold and Influenza-Like Symptom Incidence and

- Duration in Children. Pediatrics 2009; 124: e172-e179. [View Abstract](#)
2. **Natural Standard:** The Authority on Integrative Medicine. [www.naturalstandard.com](http://www.naturalstandard.com). Copyright © 2009.

## Aging Male Congress



The 2nd European Congress on the Aging Male aims to promote public and medical awareness in order to improve the health of aging men.

Researchers and practitioners (especially those interested in urology, endocrinology, sexology, psychiatry, geriatrics, gynecology and dermatology) are invited to attend the event, which will take place September 3-4, 2009 in Budapest, Hungary.

Leading scientists will present the latest findings on the many physiological and psychological changes that occur as men age. Main topics will include hormonal disorders, sexual dysfunction and other age-related medical conditions. The Congress will have simultaneous English-Russian-English translations for select symposia.

All accepted abstracts will be published in the *Aging Male journal*.

For more information or to register for the event, please visit [www.kenes.com/aging-congress](http://www.kenes.com/aging-congress).

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

## Complimentary Webinars

**Natural Standard** is offering a series of upcoming complimentary webinars on integrative medicine. **Natural Standard** offers these impartial webinars as an informational public service. All webinars are recorded and archived at [www.naturalstandard.com](http://www.naturalstandard.com).

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

**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.

- Complimentary Access August 1-31, 2009
- 1 CE credit for pharmacists, pharmacy technicians and nurses
- To log in, please visit [www.naturalstandard.com/webinars](http://www.naturalstandard.com/webinars).

**Plant Adaptogens in Modern Medicine**  
**Presented by Mahtab Jafari, PharmD**



Dr. Mahtab Jafari is Assistant Professor of Pharmaceutical Sciences and Director of the Pharmaceutical Sciences Undergraduate Program at the University of California, Irvine. Dr. Jafari will discuss her current research, which focuses on the anti-aging properties of botanical extracts and their impact on the health and lifespan of fruit flies. She is also studying the mechanisms of action of these botanical extracts and evaluating their effects on various aging pathways, such as mitochondrial bioenergetics and related oxidative stress, as well as nutrient signaling pathways. Ultimately, her research goals are to slow the process of aging and improve human health while extending lifespan.

- Complimentary Access: August 1-31, 2009
- To log in, please visit [www.naturalstandard.com/webinars](http://www.naturalstandard.com/webinars).

**Guiding Patients on the Safe & Effective Use of Science-Based Nutraceuticals**  
**Presented by: Aaron E. Katz, MD**

Dr. Aaron Katz, of Columbia University's Center for Holistic Urology, originally presented the material for this webinar at the 2009 Heal Thy Practice: Transforming Primary Care conference. The meeting, produced by Holistic Primary Care-News for Health and Healing, focuses on practice development strategies and business models for physicians.

- Complimentary Access September 1-30, 2009
- To log in, please visit [www.naturalstandard.com/webinars](http://www.naturalstandard.com/webinars).

## Acupuncture Conference



The British Acupuncture Council (BAcC) is hosting the second international conference on acupuncture and Oriental medicine on September 12-13, 2009.

Attendees will learn about the latest acupuncture research from leading experts and will have the opportunity to participate in hands-on sessions, innovative workshops, discussions and debates.

The conference will take place at the Royal Holloway, University of London, just 20 minutes away from Heathrow Airport and 45 minutes from central London.

The event is one of Europe's largest traditional Chinese medicine (TCM) conferences and will feature diverse presentations from more than 40 international speakers, including:

- **Debra Betts:** Acupuncture for supportive care in early pregnancy
- **Ann Bradford:** Treating children: homework for parents and caregivers
- **Lillian Bridges:** Signs of pathology on the face
- **Joan Duveen:** Early childhood development and related pathology
- **Peter Firebrace:** The alchemy of the heart: the monkey, the horse and the pole star
- **Heiner Fruehauf:** Ancient cosmology in the clinical practice of Chinese medicine
- **Gerry Harris:** Honoring the subjective in chronic pulmonary disease (CPD)
- **Zhi Hua Gao:** Timing it well: how much does good treatment depend on good timing?
- **Alan Hext:** Bronze men don't bleed: rediscovering the radical lost in tradition
- **John Hicks:** Emotion testing: knowing what to look for
- **Sandra Hill:** Wu xing: the five elements as the basis of TCM practice
- **Dan Jiang:** Management of myalgic encephalomyelitis (ME) with TCM
- **Nick Johnson:** The treatment of musculoskeletal conditions with acupuncture
- **George Lewith:** Therapeutic intent: does it matter what you and the patient think and believe when you treat him/her?
- **Jennie Longbottom:** The treatment of pelvic pain with acupuncture and trigger-point release
- **Thomas Lundberg:** Acupuncture and the emotional brain; Acupuncture and stress
- **David Mayor and Tim Newman:** Qi: the experience of flow and the origins of acupuncture

- **Tim Newman:** An introduction to zero balancing for acupuncturists
- **Martin Powell:** Neuromuscular taping for acupuncturists
- **Julian Scott:** Treatments that change lives: teenage depression and acupuncture
- **Toni Tucker** and Esther Holford: Acupuncture for the bladder: interstitial cystitis and urinary tract infections
- **Jasmine Uddin:** The career progression of an acupuncturist: identifying possibilities
- **Adrian White:** Researching acupuncture for knee pain in primary care
- **Kevin Young:** Treating tendonitis and repetitive strain injury (RSI) with acupuncture
- **Zita West:** Fertility, acupuncture and *in vitro* fertilization (IVF)

Online booking is available, allowing participants greater flexibility when choosing workshops.

Early arrival accommodation and evening dinner is available Friday September 11, 2009. All-inclusive costs with discounts are available to other associations.

For more information, please visit [www.acupuncture.org.uk/conference](http://www.acupuncture.org.uk/conference) or contact Nigel Kay by calling 00 44 (0)20 8735 1216 or e-mailing [nigel@acupuncture.org.uk](mailto:nigel@acupuncture.org.uk).

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## Caregiver Closeness and Alzheimer's

According to a new study, Alzheimer's patients who have close relationships with their caregivers may experience slower mental and physical decline. These beneficial effects were similar to common Alzheimer's drugs, including galantamine (Razadyne®), donepezil (Aricept®) and rivastigmine (Exelon®).



In the Cache County Memory study, researchers have been studying more than 5,000 older adults since 1994 to identify potential risk factors for age-related dementia.

The authors evaluated a subset of 167 people who developed Alzheimer's disease and were being cared for by either a spouse or adult child. Patient evaluations, which included physical, behavioral, functional, and cognitive health tests, were conducted every six months for four years. The participants and caregivers were also asked about their relationships with the patients.

The researchers found that physical and mental decline was slowest among those who had the closest patient-caregiver relationships. In general, these beneficial effects were most apparent among patients who were cared for by their spouses.

It is unclear exactly why close relationships were linked to delayed disease progression. Growing evidence suggests that maintaining mental fitness and participating in social activities may help delay the onset of dementia. Some researchers suspect that lifelong mental exercise and learning may promote the growth of additional synapses, the connections between neurons, and delay mental decline. Other researchers argue that advanced education gives a person more experience with the types of memory and thinking tests used to measure dementia. Doing crossword puzzles, reading books and increasing social activities are recommended by healthcare providers.

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

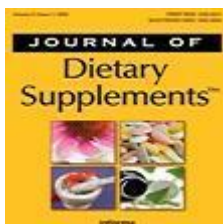
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### References:

1. **Natural Standard:** The Authority on Integrative Medicine. [www.naturalstandard.com](http://www.naturalstandard.com). Copyright © 2009.
2. Norton MC, Piercy KW, Rabins PV et al. Caregiver-Recipient Closeness and Symptom Progression in Alzheimer

Disease. The Cache County Dementia Progression Study. J Gerontol B Psychol Sci Soc Sci. 2009 Jun 29. [View Abstract](#)

## Journal of Dietary Supplements



**Natural Standard** Research Collaboration invites researchers to submit articles to the [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. 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, M.D.**

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Founder and Director  
Institute of Healthy Living, Sausalito, CA

**Karta Purkh S. Khalsa, CD-N, RH**

Botanical Medicine  
Bastyr University, Eugene, OR

A recent report from the current *JDS* issue will be presented at the 137th American Public Health Association's Annual Meeting on November 7-11, 2009. The case study evaluates how industry influences research on popular weight-loss supplements in the United States. The article also examines the quality of post-market surveillance for adverse events. (Lobb, A.L. Enhancing FDA's post-market surveillance of dietary supplements: Two simple steps to build capacity. *Journal of Dietary Supplements*, Vol. 6(3), 2009 (in press) doi: [10.1080/19390210903149501](https://doi.org/10.1080/19390210903149501).)

**Natural Standard** also invites *JDS* authors to present their findings in webinars, which will be posted on the **Natural Standard** Web site ([www.naturalstandard.com/webinars](http://www.naturalstandard.com/webinars)).

For more information, please e-mail [jds@naturalstandard.com](mailto:jds@naturalstandard.com).

## ICIM Presents: "Detoxification"

The International College of Integrative Medicine (ICIM) is hosting a meeting, titled "Detoxification," in Grand Rapids, Mich, on October 2-4, 2009.

The conference is open to health professionals and individuals who are interested in public health and safety. Attendees will have access to the latest information about toxicity, including treatment and prevention options. CMEs will be available.



The lead-in workshop, "Advanced Course in Metal Toxicity: The Impact on Human Health," will feature presentations from several experts in the field.

As part of this full-day workshop on Friday, Solomon Chiou, MD (Director of Cancer Center & Radiation Oncology and Assistant Professor at Taipei Medical University in Taiwan) will discuss the health impact of "dirty bombs" and deadly war gasses.

Swaran Flora, MD (Head of the Division of Pharmacology & Toxicology Defense Research & Development Establishment in Gawlior, India) will talk about arsenic and how it is used by terrorists.

George Kontoghiorghes (Visiting Professor and Director of the Postgraduate Research Institute of Science, Technology, Environment and Medicine, in Limassol, Cyprus) will speak about the medical problems associated with iron-overload conditions, such as thalassemia and hemochromatosis. He will also compare the safety and effectiveness of several chelating drugs that are used to treat heavy metal toxicity.

Bob Waters, MD will discuss ferritin (the storage form of iron) and its implication on human health.

Bob Sonawane, PhD (U.S. Environmental Protection Agency) will discuss how environmental toxins affect human health and will present data from the NHANES and other research programs.

David Quig, PhD (Vice President of Scientific Support for Doctor's Data, Inc.) will discuss ways to properly diagnose patients with heavy metal toxicity.

Saturday and Sunday will feature several presentations about different types of detoxification strategies, including chelation, functional foods and vitamin C.

The ICIM is a community of healthcare professionals who are dedicated to advancing emergent innovative therapies in integrative and preventive healthcare by conducting educational sessions, supporting research and publications and cooperating with other professional and scientific organizations. All meetings are scientific and research based.

For more information about the meeting, please visit [www.integrativemedicineconference.com](http://www.integrativemedicineconference.com).

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



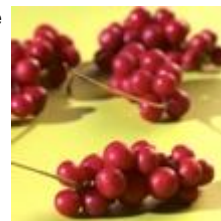
**Inside Natural Standard**

Welcome!

**Natural Standard** would like to welcome Daniel Carter and Dipali Mistri to the team. We would also like to welcome Whitney Hollands and Nicole Jordan from the University of Connecticut; Carmen Iannuzzi, Sanallah Khan and Jieun Kim from Northeastern University; Angela Astuccio, Thanh Dang, Thai Nguyen and Jeena Plammoottil from Massachusetts College of Pharmacy; Elizabeth Higdon from the University of Wyoming and Sam Kim and Yi Liu from the University of Michigan.

**Natural Standard Systematic Review Published:**

A **Natural Standard** systematic review on the herb schisandra is scheduled for publication in the *Journal of Alternative Medicine Research (JAMR)*. Schisandra is a vining shrub native to northern and northeast China. The 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** systematic reviews will be featured regularly in the journal.



**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. From this collaboration, all professional **Natural Standard** database subscribers receive a free one-year handheld version plus a 15 percent discount on 500+ clinical, drug and diagnostic references offered by Skyscape.

To benefit from this collaboration, simply e-mail [questions@naturalstandard.com](mailto:questions@naturalstandard.com) 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](http://www.skyscape.com/naturalstandard) and enter discount code: 93821.

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