



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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Iron and Birth Weight



Consuming high amounts of iron during the first trimester of pregnancy may be linked to a higher birth weight, researchers report in the journal *Human Reproduction*.

The study was performed in the United Kingdom, where iron supplementation is not typically recommended to pregnant women. In the United States, it is recommended that pregnant women consume 27 milligrams of iron daily (compared to 18 milligrams for non-pregnant women).

The study included 1,274 pregnant women who were 18-45 years old. Their iron intake was estimated based on dietary recall and three questionnaires that the women completed during their first, second and third trimesters.

Most of the women (about 80 percent) reported consuming less than the UK Reference Nutrient Intake guidelines of 14.8 milligrams daily. About 24, 15 and 8 percent of women took iron-containing supplements during their first, second and third trimesters, respectively.

The researchers found that women who consumed more than 14.8 milligrams of iron daily were significantly more likely to give birth to heavier infants. This association was even stronger among women who also consumed higher levels of vitamin C, which helps the body absorb iron.

However, this study does not prove a cause-and-effect relationship. Additional research is needed to fully understand these findings.

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

To comment on this story, please visit [Natural Standard's blog](#).

References:

1. Alwan NA, Greenwood DC, Simpson NA, et al. Dietary iron intake during early pregnancy and birth outcomes in a cohort of British women. *Hum Reprod*. 2011 Feb 7. [View Abstract](#)
2. **Natural Standard:** The Authority on Integrative Medicine. www.naturalstandard.com

Olive Leaf for Hypertension

A recent study suggests that olive leaf extract may help lower blood pressure as effectively as the drug captopril (Capoten®).



Olive leaves come from the olive tree (*Olea europae*), which is native to the Mediterranean. While olives and olive oil are used as foods, olive leaf is primarily used medicinally or as a tea. In the Middle East, olive leaf tea has been used for centuries to treat high blood pressure, sore throat, coughs, fevers, cystitis and gout. Olive leaf poultices have also been applied to the skin to treat skin conditions, such as boils, rashes and warts.

In the recent trial, 232 patients with stage 1 high blood pressure were randomly divided into two groups of 116 subjects. Both groups were given dietary advice and instructed to follow a diet that was low in saturated, total fat, cholesterol and sodium (less than 2.4 grams per day) for four weeks. This single blind, placebo-only run-in period was conducted to screen out the patients who responded well to diet alone. Ninety patients in the olive group and 89 patients in the captopril group continued to the double blind, active-controlled portion of the study.

The first group received 500 milligrams of olive leaf extract (EFLA®943) twice daily

for eight weeks. The second group started treatment with 12.5 milligrams of captopril twice daily for two weeks. Depending on how the participants responded to treatment, the dose either remained the same or was gradually increased up to 25 milligrams twice daily for the remaining six weeks.

Blood pressure was measured in the subjects before treatment and again every week until treatment ended. The researchers also recorded lipid levels every four weeks.

After eight weeks of treatment, blood pressure levels were significantly reduced in both groups. The improvements were similar between the olive leaf and captopril groups.

Additionally, the olive leaf group experienced significant reductions in triglyceride levels by the end of the study. No such improvements were noted in the captopril group.

The trial was funded by the manufacturers of EFLA®943 (Frutarom) and captopril (Dexa Medica).

More research is needed to confirm these findings and to determine a potential mechanism of action.

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

To comment on this story, please visit [Natural Standard's blog](#).

References:

1. **Natural Standard:** The Authority on Integrative Medicine. www.naturalstandard.com
2. Susalit E, Agus N, Effendi I, et al. Olive (*Olea europaea*) leaf extract effective in patients with stage-1 hypertension: Comparison with Captopril. *Phytomedicine*. 2011 Feb 15;18(4):251-8. [View Abstract](#)

Arizona Naturopathic Conference



The annual Arizona Naturopathic Medical Association (AzNMA) Spring Conference will take place April 30-May 1, 2011 at the Southwest College of Naturopathic Medicine in Tempe, Arizona.

This year's conference will focus on cardiovascular medicine topics, such as hormones and the heart, arrhythmias, treatment for congestive heart failure and environmental links to heart disease.

Featured Presenters will include June Stevens, NMD; Decker Weiss, NMD; Jack

Wolfson, DO, FACC; Charles Katzenberg, MD; Zola N'danda, MD; Stephanie Gajus, NMD and Marianne Marchese, NMD, among several others.

More than 30 exhibitors and about 150 physicians and medical students are expected to attend. Participants can earn up to 13.5 CME hours.

The AzNMA is a professional association for licensed naturopathic physicians in Arizona. Members are graduates of accredited four-year, graduate-level, in-residence naturopathic medical programs. To maintain their licenses, each doctor must complete 30 hours of continuing education requirements annually.

For more information or to register for the event, please visit www.aznma.com.

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

■ ■ **Natural Standard Oscillococcinum® Review Published**

The recent edition of [*Alternative and Complementary Therapies*](#) features a **Natural Standard** evidence-based review of Oscillococcinum®.



Oscillococcinum® (*Anas barbariae hepatis et cordis extractum* 200CK HPUS) is a patented homeopathic preparation manufactured by a French-based company (Boiron Laboratories), marketed and widely used for the treatment and prevention of flu symptoms. It is a preparation of wild duck offal (heart and liver) that has undergone multiple dilutions, after which there are no actual molecules of the original duck tissues in the final product.

The review article provides systematic analyses of scientific literature, expert opinion, folkloric precedent, history, pharmacology, kinetics/dynamics, interactions, adverse effects, toxicology and dosing information.

In available clinical trials, Oscillococcinum® has been shown to reduce the severity and shorten the duration of flu symptoms within a few days. However, despite its modest effects for the treatment of flu, Oscillococcinum® is still lacking a plausible mechanism of action. Additional studies are warranted to evaluate its potential preventative effects.

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

To comment on this story, please visit **Natural Standard's** [blog](#).

References:

1. **Natural Standard:** The Authority on Integrative Medicine.
www.naturalstandard.com
2. Ulbricht C, Chao W, Clark A, et al. Oscillocochinum: An Evidence-Based Systematic Review by the Natural Standard Research Collaboration. *Alternative and Complementary Therapies*. 2011;17(1):41-9. [View Abstract](#)

Integrative Medicine Conference



The 2011 American Association of Integrative Medicine (AAIM) National Conference is a unique multi-disciplinary event that brings together healthcare professionals with the common goal of learning.

This year's conference will take place at the Branson Convention Center in Branson, Missouri, October 12-14, 2011. Lectures, interactive sessions and experiential workshops will be presented by renowned professionals in the integrative medicine field. Featured speakers will include Dr. Tieraona Low Dog, Dr. Howard Schubiner and many more.

Attendees will have the opportunity to obtain continuing education credits and earn the credentials of either Board Certified in Integrative Medicine or Board Certified in Integrative Health.

Register before April 30, 2011 to receive the advanced early bird rate at www.aaimedicine.com/conference, or by faxing the registration form to 417.823.9959. For more information or to register by phone, please call the AAIM at 877.718.3053.

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Obesity and Breast Cancer

Research has shown that obesity may increase the risk of estrogen-dependent breast cancer in postmenopausal women. Now, a recent study suggests that obesity may also increase the risk of triple-negative breast cancer, an aggressive form of the disease that is *not* fueled by estrogen and usually has a poor prognosis.



The researchers analyzed data from 155,723 postmenopausal women who participated in a large-scale study called the Women's Health Initiative. The women answered questions about their physical activity, height and weight. The women were categorized into four groups, depending on their body mass index (BMI) scores. Women in the highest quartile had BMIs of at least 30, indicating that they were obese.

After an average follow-up period of 7.9 years, 2,610 women were diagnosed with estrogen receptor-positive breast cancer, and 307 were diagnosed with triple-negative breast cancer.

The authors found that women with the highest BMIs were 35 percent more likely to develop triple-negative breast cancer and 39 percent more likely to develop other types of breast cancer than those with the lowest BMIs.

Additionally, women who exercised the most had a lower risk of developing both estrogen receptor-positive breast cancer and triple-negative breast cancer compared to those who did not exercise.

More research is needed to confirm these findings and to determine how obesity may affect the risk of breast cancer.

For more information about integrative therapies for breast cancer, please visit **Natural Standard's** [Comparative Effectiveness](#) database.

To comment on this story, please visit **Natural Standard's** [blog](#).

References:

1. **Natural Standard:** The Authority on Integrative Medicine. www.naturalstandard.com
2. Phipps AI, Chlebowski RT, Prentice R, et al. Body size, physical activity, and risk of triple-negative and estrogen receptor-positive breast cancer. *Cancer Epidemiol Biomarkers Prev.* 2011 Mar;20(3):454-63. [View Abstract](#)

Natural Standard Exhibits



Individuals interested in learning more about evidence-based integrative medicine are invited to visit **Natural Standard** at one of several upcoming college career fairs. **Natural Standard** will be recruiting for all departments, including marketing and outreach.

Salem State University Job Fair

- The event will take place March 28, 2011 at the O'Keefe Center/ Rockett Arena in Salem, Massachusetts.
- For more information, please visit www.salemstate.edu.

Merrimack College Career Fair

- The event will take place March 31, 2011 at the Sakowich Campus Multipurpose Room in North Andover, Massachusetts.
- For more information, please visit www.merrimack.edu/career_center.

UMass Dartmouth Career Expo

- The event will take place April 6, 2011 at Woodland Commons in North Dartmouth, Massachusetts.
- For more information, please visit www.umassd.edu/cdc.

Springfield College Career Fair

- The event will take place April 6, 2011 at the Blake Arena in Springfield, Massachusetts.
- For more information, please visit www.spfldcol.edu/career.

Newbury College Career Fair

- The event will take place April 7, 2011 at the Student Center Auditorium in Brookline, Massachusetts.
- For more information, please visit www.newbury.edu/careerservices.

Bridgewater State University Annual Job Fair

- The event will take place April 13, 2011 at the RCC Ballroom in Bridgewater, Massachusetts.
- For more information, please visit www.bridgew.edu/CareerServices.

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Breast Cancer Options is hosting the *10th Annual Complementary Medicine Conference: A Holistic Approach to Breast Health* on Sunday, April 3, 2011, at SUNY New Paltz Lecture Center in New Paltz, New York.



The one-day educational conference will focus on treating the whole person, addressing the value of mind-body and spirit, food as medicine, herbal and nutritional supplements, exercise, environmental links to breast cancer and making informed medical decisions.

Attendees will hear from nationally recognized experts in the fields of women's health, environmental health, nutrition, supplements, hormones and functional medicine.

Featured speakers will include:

- **Georgia Decker APRN, ANP-BC, CN, AOCN**, an oncology nursing specialist on the faculty of Center for Mind-Body Medicine.
- **Aminah A. Keats ND, FABNO**, the Director of Naturopathic Medicine at Cancer Treatment Centers of America.
- **Dixie Mills, MD, FACS**, the co-founder of the Women to Women Personal Program and a contributor to their website. Dr. Mills also served as Medical Director for Dr. Susan Love's Research Foundation.
- **Elizabeth Boham, MD, RD**, online expert for *SELF* magazine and nutrition advisory board member for the Institute of Functional Medicine.
- **Jeffrey Moss, DDS, CCN, DACBN**, editor of the *Moss Nutrition Report*, a review on controversial and cutting-edge issues in nutritional medicine, and co-author of the *Textbook of Nutritional Medicine*.

Tickets are \$35 for students and \$25 for seniors (including lunch). CE credits will be available for an additional \$40. For more information and to register, please call 845.339.4673 or visit www.breastcanceroptions.org.

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



Natural Standard Training



Sign up for a free online training session to learn more about **Natural Standard's** decision-support tools.

Natural Standard provides high-quality, evidence-based information about integrative therapies to help healthcare professionals and

consumers make safer, more educated decisions about health.

Natural Standard is an international multidisciplinary collaboration that includes contributors from more than 100 eminent academic institutions. Research teams systematically gather scientific data and expert opinions to develop comprehensive monographs that are designed to facilitate clinical decision making. For each therapy, the available scientific evidence of effectiveness is evaluated using the **Natural Standard** Evidence-Based Validated Grading Rationale™.

These guided tours will demonstrate how to navigate the various databases and cross reference medical conditions and therapies.

- [Thu, Mar 17, 2011 2:00 PM - 2:45 PM EDT](#)
- [Tue, Mar 22, 2011 2:00 PM - 2:45 PM EDT](#)
- [Thu, Mar 24, 2011 2:00 PM - 2:45 PM EDT](#)
- [Tue, Mar 29, 2011 2:00 PM - 2:45 PM EDT](#)
- [Thu, Mar 31, 2011 2:00 PM - 2:45 PM EDT](#)
- [Tue, Apr 5, 2011 2:00 PM - 2:40 PM EDT](#)
- [Thu, Apr 7, 2011 2:00 PM - 2:40 PM EDT](#)
- [Tue, Apr 12, 2011 2:00 PM - 2:40 PM EDT](#)
- [Tue, Apr 19, 2011 2:00 PM - 2:40 PM EDT](#)
- [Thu, Apr 21, 2011 2:00 PM - 2:40 PM EDT](#)
- [Tue, Apr 26, 2011 2:00 PM - 2:40 PM EDT](#)
- [Thu, Apr 28, 2011 2:00 PM - 2:40 PM EDT](#)

After registration, attendees will receive e-mail confirmation with information on how to join the webinar.

System Requirements:

- PC-based attendees: Windows® 7, Vista, XP or 2003 Server
- Macintosh®-based attendees: Mac OS® X 10.4.11 (Tiger®) or newer

To comment on this story, please visit **Natural Standard's** [blog](#).



UK Reviews Fish Pedicures

The British Health Protection Agency (BPA) and Health Protection Scotland recently launched an investigation to determine if fish spa pedicures are safe.

During fish spa therapy, *Garra rufa* fish are used to help soften



clients' feet and improve their looks. These toothless fish, commonly called doctor fish, feed on dead skin cells. Proponents of fish therapy claim that the fish also provide a micro-massage as they nibble, which may improve blood circulation.

The agencies stated that they are "currently unaware of any cases of infection associated with the use of fish spas pedicures in the UK." Although the risk of transmitting infections is believed to be small, the agencies are evaluating the safety of spa pedicures after receiving enquiries from local environmental health officers.

In the United States, spas that offer fish pedicures are required to use individual containers of fish and water for hygienic reasons. At least two U.S. states (Texas and Washington) have banned fish pedicures due to a potential risk of transmitting infections. Even if the tank water is cleaned, authorities are concerned that fish may theoretically carry pathogens from one client to another. However, reports of transmitted infections are lacking.

For more information about fish therapy, please visit **Natural Standard's** [Health & Wellness](#) database.

To comment on this story, please visit **Natural Standard's** [blog](#).

References:

1. British Health Protection Agency (BPA). [View Statement](#)
2. **Natural Standard**: The Authority on Integrative Medicine. www.naturalstandard.com

Complimentary Webinars



Natural Standard is offering a series of 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/webinars. Webinar attendees will receive complimentary access to **Natural Standard** for two weeks.

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

***LIVE* Herbs and Supplements: An Evidence-based Approach**

Presented by: Elizabeth R.B. Higdon, PharmD

- **Natural Standard** Associate Clinical Editor Elizabeth R.B. Higdon, PharmD, explains evidence-based medicine (EBM) principles for complementary and alternative medicine (CAM). Using **Natural Standard's** databases, Dr. Higdon offers strategies for locating reliable CAM information. The presentation also includes several patient cases, which provide examples of how to counsel patients who are interested in integrative therapies.
- Register for one of two upcoming lectures: [April 14, 2011 \(12:00pm - 1:00pm EDT\)](#) and [April 27, 2011 \(3:00pm - 4:00pm EDT\)](#).

Ten Complementary and Alternative Medicine (CAM) Questions for the Cold and Flu Season

Presented by: Ed Bauman, M.Ed., PhD

- Rachel Laster, PharmDc, will discuss 10 questions about CAM that patients may ask during the cold and flu season. She will answer the questions using various databases and interactive checkers on **Natural Standard's** website.
- Complimentary access: [March 1-31, 2011](#). (Also available as a [PDF](#).)

Hospital Pharmacist Meeting

More than 3,000 hospital pharmacists are expected to attend the 16th Congress of the European Association of Hospital Pharmacists (EAHP) on March 30-April 1, 2011. The EAHP represents more than 21,000 hospital pharmacists from 31 European countries.



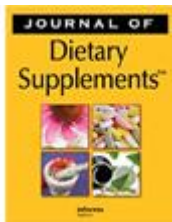
The meeting will take place at the Austria Centre in Vienna, Austria. The theme of this year's congress will be "Hospital Pharmacists in a changing world - opportunities and challenges."

A scientific program, including three keynote presentations, 13 interactive seminars and two interactive workshops, will offer participants the unique opportunity to meet, network and share expertise. EAHP's industry partners will also conduct satellite symposia, highlighting important new developments in the hospital pharmacy.

For more information, please visit www.eahp.eu.

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

Journal of Dietary Supplements: Call for Papers



Researchers are invited to submit original research articles, reviews and commentaries 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.

To submit a manuscript online, please visit <http://mc.manuscriptcentral.com/wjds>.

For more information, please e-mail jds@naturalstandard.com.

Inside Natural Standard

Practitioner Referral Network:

Natural Standard invites all healthcare professionals to submit a complimentary listing for inclusion in our international [Practitioner Referral](#) network. This valuable tool helps users locate integrative medicine practitioners with specific areas of expertise in all locations around the world.



To be included in our database, please e-mail your full name, discipline, organization name, contact information (phone number, fax, e-mail, website, address), specialty area, services and certification information to practitioners@naturalstandard.com.

Academic Rotations and Internships:

Natural Standard would like to welcome the following PharmD candidates: Patrick Arnold and Tom Jarvi from the University of Michigan, Crystal Barrett from Northeastern University and Matt Woloszyn from St. John Fisher College.

During rotations, students learn how to analyze clinical trials on complementary and alternative therapies. They also have the opportunity to attend herbal classes and travel to numerous sites to shadow clinical practitioners and participate in various healing modalities. Students from all disciplines are invited to apply for rotations and internships

at **Natural Standard's** Somerville, Massachusetts, office or through virtual distance-learning modules.

Visit **Natural Standard's** [Facebook](#) page to read testimonials from former students. For more information, please [click here](#) or e-mail info@naturalstandard.com.

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Natural Standard Partners with Skyscape:

Natural Standard and Skyscape are proud to announce their partnership to deliver high-quality handheld references to healthcare providers and researchers. Skyscape is offering a 20 percent discount on the **Natural Standard** mobile version, which is available on Android™, BlackBerry®, iPhone™, iPod® Touch, iPad®, Palm OS®, Palm® Pre Classic, Windows® Mobile, Symbian, Windows® powered desktop and Tablet PCs. Plus, with Skyscape's powerful SmartLink™ cross-linking capability, individuals can quickly and easily access any related disease and diagnostic topics across their entire mobile reference libraries.



To benefit from this collaboration, please visit www.skyscape.com/naturalstandard.

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