



# 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).

## New EU Herbal Medicine Regulations



The European Union (EU) recently passed the European Traditional Herbal Medicinal Products Directive (THMPD), which requires all herbal medicines in the EU to undergo a regulatory approval process before entering the market.

In the United States, herbs and supplements are classified as a subcategory of food under the Dietary Supplement Health and Education Act (DSHEA). Unlike pharmaceutical drugs, herbs and supplements are not required to undergo a formal approval process.

Under the new EU directive, each EU Member State is required to create an herbal medicine registration system. Before selling their herbal products, manufacturers in the United Kingdom (UK) must obtain either a marketing authorization (MA) or a traditional herbal registration (THR). As with conventional medicines, an MA requires herbal medicines to meet specified safety, quality and efficacy standards. In the event that an herbal product does not meet the standards for the MA, the manufacturer must then apply for a THR, which requires evidence of traditional use, safety and quality.

According to the Medicines and Healthcare Products Regulatory Agency (MHRA) in the UK, consumers were previously left to "guess whether unlicensed OTC medicines met any particular standards," and this new directive will allow consumers to make informed choices about herbal medicines.

There is increasing controversy over this new legislation throughout Europe as many products may ultimately be banned from the market.

**Natural Standard** is available to complete custom research reports for claim substantiation and other regulatory purposes. For more information, please visit [www.naturalstandard.com](http://www.naturalstandard.com).

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## References:

1. Medicines and Healthcare Products Regulatory Agency. [www.mhra.gov.uk](http://www.mhra.gov.uk)
2. **Natural Standard:** The Authority on Integrative Medicine. [www.naturalstandard.com](http://www.naturalstandard.com)
3. U.S. Food and Drug Administration (FDA). [www.fda.gov](http://www.fda.gov)

## Green Tea May Lower Cholesterol

A recent study suggests that drinking green tea or consuming green tea extracts may reduce cholesterol.



Tea is made from leaves of *Camellia sinensis*, an evergreen shrub. Some kinds of tea, such as black tea, are made using oxidized leaves of *Camellia sinensis*. Green tea is made from leaves that are only slightly oxidized. Tea is a source of caffeine and is also used as an antioxidant for disease prevention. Both green tea and its extracts have been studied for the treatment and prevention of many conditions, including cancer, hypertension (high blood pressure), hypertriglyceridemia (high triglyceride levels) and hypercholesterolemia (high cholesterol); however, evidence of benefit is inconclusive.

In a new study, researchers conducted a comprehensive literature search to identify relevant studies evaluating the effects of green tea and green tea extract on total cholesterol, low-density lipoprotein (LDL, or "bad" cholesterol) and high-density lipoprotein (HDL, or "good" cholesterol). Fourteen well-designed trials evaluating 1,136 individuals were ultimately included in the study.

Through analyses of the data, the researchers found that drinking green tea or consuming green tea extracts significantly lowered total cholesterol by an average of 7.20 milligrams per deciliter of blood. Additionally, LDL cholesterol was significantly lowered by an average of 2.90 milligrams per deciliter of blood. No significant changes in HDL cholesterol were noted.

Although this recent study is promising, further research is necessary to confirm these findings.

Other integrative therapies that have been studied for high cholesterol include plant sterols, psyllium and soy, which all currently have a grade of A for strong scientific evidence of benefit in **Natural Standard's Comparative Effectiveness** database. Avocado and carob both have a grade of B for good scientific evidence of benefit, while arginine, pomegranate and turmeric are among the grade C's with unclear or conflicting evidence of benefit.

For more information about green tea, 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](http://www.naturalstandard.com)
2. Zheng XX, Xu YL, Li SH, et al. Green tea intake lowers fasting serum total and LDL cholesterol in adults: a meta-analysis of 14 randomized controlled trials. *Am J Clin Nutr.* 2011 Jun 29. [View Abstract](#)

## Integrative Medicine Conference



The International College of Integrative Medicine will host its fall 2011 meeting, "Treating the Impossible," on the grounds of the Henry Ford Museum in Dearborn, Michigan on September 22-25, 2011.

The International College of Integrative Medicine is a community of healthcare professionals dedicated to advancing innovative therapies in integrative medicine and preventative healthcare through educational sessions, research and

publications.

Featured speakers will include the following healthcare professionals:

- **Diana Christoff Quinn, ND** has served as President of the Michigan Association of Naturopathic Physicians since 2007. Dr. Quinn is a graduate of the College of Naturopathic Medicine (NCNM) in Portland, Oregon, and also a member of the American Association of Naturopathic Physicians.
- **Robin A. Bernhoft, MD, FACS** graduated *cum laude* from Harvard College and earned his MD at Washington University Medical School, St Louis. Dr. Bernhoft completed a surgery residency at the University of California, San Francisco, and then a liver/pancreatic surgery fellowship in London, England.
- **Malcolm Sickels MD** is a graduate of the University of Michigan Medical School and completed his residency in Family Medicine at Flower Hospital in Sylvania, Ohio. Dr. Sickels is board certified in Family Medicine and Holistic Medicine, certified in chelation therapy and trained in bioidentical hormone replacement.
- **Thomas O'Bryan, DC, CCN, DACBN** is an internationally recognized speaker and workshop leader specializing in Gluten Sensitivity and Celiac Disease. Dr. O'Bryan is a practicing graduate of the Institute for Functional Medicine's program Applying Functional Medicine in Clinical Practice. Dr. O'Bryan is a graduate of the University of Michigan and the National College of Chiropractic.
- **Simon Yu, MD** has been practicing Internal Medicine since 1984, and Complementary and Alternative Medicine (CAM) since 1994. Dr. Yu lectures around the world and has studied Biological Medicine extensively in Europe.
- **Mary T. Newport, MD** attended Xavier University for pre-medicine and graduated from the University of Cincinnati College of Medicine in 1978. Dr. Newport trained in Pediatrics at Children's Hospital Medical Center in Cincinnati, and completed her fellowship in neonatology, the care of sick and premature newborns, at the Medical University Hospital in Charleston, South Carolina.

For more information or to register, 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).

## Yoga for Schizophrenia

According to a new study, yoga therapy (in combination with conventional treatment) may benefit patients with schizophrenia.

Schizophrenia is a complex brain disorder often associated with patients



experiencing delusions and hallucinations. Common symptoms include intense anxiety, loss of appetite and hygiene, social withdrawal and depressed mood. It is believed that genetics and chemical abnormalities in the brain may both contribute to the development of the condition. Several human studies currently support the use of yoga for the treatment of schizophrenia; however, further research is necessary.

In a new study, researchers randomly assigned 18 stable schizophrenic patients to either a treatment group or a wait-list control group. In the treatment group, patients participated in various yoga exercises such as postures, breathing exercises and relaxation. Schizophrenia symptoms and quality of life were measured using the Positive and Negative Syndrome Scale and the World Health Organization Quality of Life questionnaire before treatment and again after eight weeks.

The patients who participated in yoga therapy presented significant improvements in schizophrenia symptoms, such as paranoia, depression and general psychopathology, when compared to the control group. Additionally, yoga therapy patients showed significant improvements in quality of life.

Larger-scale studies are necessary to further evaluate these findings.

Music therapy and psychotherapy have also been studied as potential treatments for schizophrenia and currently have good scientific evidence of benefit supporting their use. Ginkgo and hypnosis are among the therapies with unclear or conflicting scientific evidence of benefit.

For more information about integrative treatments for schizophrenia, 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](http://www.naturalstandard.com)
2. Visceglia E, Lewis S. Yoga therapy as an adjunctive treatment for schizophrenia: a randomized, controlled pilot study. *J Altern Complement Med.* 2011 Jul;17(7):601-7 [View Abstract](#)



## Health Psychology Conference



The annual Division of Health Psychology Conference will be held at the University of Southampton in the United Kingdom on September 14-16, 2011.

This year's conference will feature four keynote speakers, including Professor Marie Johnston of the University of Aberdeen, Professor Roger Ingham of the University of Southampton, Professor Rory O'Connor of the University of Stirling and Professor Michael H. Antoni of the University of Miami.

In addition to the speakers, the conference will highlight a broad range of academic papers, lectures, poster sessions and a gala dinner.

The early booking deadline is July 27, 2011. For more information and to register, please visit [www.bps.org.uk/dhp2011](http://www.bps.org.uk/dhp2011).

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

## Folate Intake Linked to Academic Achievement

According to a new study, adolescents who consume high quantities of folate in their diets may have increased academic success.

Folate and folic acid are forms of a water-soluble B vitamin. Folic acid is the synthetic form of this vitamin, while folate occurs naturally in some foods. Sources include leafy vegetables such as broccoli, spinach and lettuce, and fruits such as bananas and melons.



Research has shown that folic acid supplementation reduces levels of homocysteine in the blood. High homocysteine blood levels are considered a cardiovascular risk factor. Supplementation may also be effective in reducing symptoms of folate deficiency. Additionally, research suggests that folate supplementation during pregnancy may prevent anemia in pregnant women and reduce the risk of complications such as birth defects.

In a new study, researchers analyzed data for 386 15 year-old Swedish individuals. Homocysteine blood levels and dietary folate intake were measured for each participant. Academic achievement was measured through course grades from ten academic subjects. Other potential factors such as socioeconomic status were also assessed.

The researchers found that academic achievement was significantly associated with high dietary folate intake and low homocysteine blood levels. When controlled for, only folate intake presented a significant association to academic achievement.

The authors concluded that additional research evaluating folate intake throughout childhood and adolescence is warranted to further understand these findings.

For more information about folate, 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](http://www.naturalstandard.com)
2. Nilsson TK, Yngve A, Böttiger AK, et al. High Folate Intake Is Related to Better Academic Achievement in Swedish Adolescents. PEDIATRICS 2011. doi: 10.1542/peds.2010-1481. [View Abstract](#)

## Juice, Nectars & Soft Drinks Summit



The 2nd Juice, Nectars and Soft Drinks Summit will be held September 7-8, 2011 at the Point Hotel Barbaros in Istanbul, Turkey.

The two-days Summit will examine the latest technical guidelines in the European

Union as well as health claims and sustainability in the industry. Leading juice, nectar and soft drinks producers will share market strategies. Forecasts on juice raw materials, including citrus, mango, apple, coconut and pineapple will also be discussed.

Summit organizers welcome juice exporters, traders, brokers, government representatives, regional fruit associations, food authorities, drink distribution companies, processors, packaging and testing suppliers, ingredients manufacturers, commodity finance institutions and all others interested in the juice market industry.

For more information, please visit [www.magenta-global.com.sg/2ndjnsds11](http://www.magenta-global.com.sg/2ndjnsds11).

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## 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™**. All monographs undergo blinded peer review prior to inclusion in **Natural Standard** databases.

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

- [Tue, Aug 2, 2011 2:00 PM - 2:45 PM EST](#)
- [Thu, Aug 4, 2011 2:00 PM - 2:45 PM EST](#)
- [Tue, Aug 9, 2011 2:00 PM - 2:45 PM EST](#)
- [Thu, Aug 11, 2011 2:00 PM - 2:45 PM EST](#)
- [Tue, Aug 16, 2011 2:00 PM - 2:45 PM EST](#)
- [Thu, Aug 18, 2011 2:00 PM - 2:45 PM EST](#)
- [Tue, Aug 23, 2011 2:00 PM - 2:45 PM EST](#)
- [Thu, Aug 25, 2011 2:00 PM - 2:45 PM EST](#)
- [Tue, Aug 30, 2011 2:00 PM - 2:45 PM EST](#)

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](#).

## Smoking During Pregnancy May Cause Birth Defects



A new study has linked serious birth defects to smoking during pregnancy.

Previous research has found that women who smoke during pregnancy may account for an estimated 20-30 percent of babies with low birth weight, and up to 14 percent of preterm deliveries. Decreased lung function has also been reported in full-term babies of smokers.

In a new study, researchers conducted a literature search to identify studies that reported the risk of birth defects for both non-smoking and smoking pregnant women between 1959 and 2010. One hundred and seventy-two studies were identified, including 173,687 babies with birth defects and 11,674,332 normal controls.

Smoking during pregnancy was found to be significantly associated with several serious birth defects, including heart defects, clubfeet, eye defects, gastrointestinal defects, musculoskeletal defects, missing or extra digits, facial defects and hernias.

The authors noted that in light of these findings, women should be strongly encouraged to quit smoking before pregnancy.

There is currently unclear or conflicting scientific evidence that suggests acupuncture, melatonin and eucalyptus oil may be beneficial for smoking cessation. For more information about integrative therapies for smoking cessation, please visit [Natural Standard's Comparative Effectiveness](#) database.

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

### References:

1. Hackshaw A, Rodeck C, Boniface S. Maternal smoking in pregnancy and birth defects: a systematic review based on 173 687 malformed cases and 11.7 million controls. Hum. Reprod. Update 2011. doi: 10.1093/humupd/dmr022. [View Abstract](#)
2. **Natural Standard:** The Authority on Integrative Medicine. [www.naturalstandard.com](http://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](http://www.naturalstandard.com/webinars).

To comment on a recent webinar or to suggest future webinar topics, please visit



**Natural Standard's** [blog](#).

#### Q & A with Dr. Norman Rosenthal

- Dr. Catherine Ulbricht, Founder and CEO of **Natural Standard**, interviews world-renowned psychiatrist and author Dr. Norman Rosenthal. Dr. Rosenthal's research has pioneered the use of light therapy for seasonal affected disorder (SAD). His latest book *Transcendence: Healing and Transformation Through Transcendental Meditation* discusses the value of this technique for healing and transformation.
- Complimentary access: [August 1-31, 2011](#)

#### Benign Prostatic Hyperplasia (BPH)/Prostatitis: Integrative Care Cases

- David Barr, PharmDc, will present several patient cases detailing the safety and effectiveness of integrative therapies for benign prostatic hyperplasia (BPH). He will discuss the scientific evidence, dosing, safety, and interactions related to various therapies.
- Complimentary access: [August 1-31, 2011](#)

## **AIMA International Integrative Medicine Conference**



The Australasian Integrative Medicine Association (AIMA) will be hosting its 17th International Integrative Medicine Conference, titled "Emerging Mainstream - New Directions in Medicine," at the Novotel Sydney Manly Pacific in New South Wales, Australia on October 14-16, 2011.

The conference will highlight integrative medicine approaches to chronic pediatric diseases, including attention deficit hyperactivity disorder (ADHD), autism, obesity and metabolic syndromes, as well as practitioner self-care experiential sessions.

Conference organizers urge general practitioners, specialists, nurses, dietitians, psychologists, dentists, policy makers, students, academics and all others interested in a holistic approach to healthcare to attend.

For more information and to register, please visit [www.aima.net.au](http://www.aima.net.au).

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## **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](mailto:practitioners@naturalstandard.com).

### **Academic Rotations and Internships:**

**Natural Standard** would like to welcome the following PharmD candidates: Patricia Templeton, Lauren Rader-Myers and Katherine Zammit from East Tennessee State University; Eric Hand from the University of Cincinnati; Tiffany Su from Massachusetts College of Pharmacy and Health Sciences (MCPHS); Enkhtuul Natsagdorj from Chicago State University; Robert Collins, Jonathan Lewis, Christopher Pham and Lauren Reilly from the University of Florida; and Diego Gomez from Nova Southeastern University.

Students from all disciplines are invited to train with **Natural Standard** Research Collaboration. Rotations are available either locally in our office in Somerville, Massachusetts, or through virtual distance-learning modules. Healthcare trainees learn how to analyze clinical trials on complementary and alternative therapies. Students also attend herbal classes and travel to numerous sites to shadow clinical practitioners and participate in various healing modalities. For more information, please [click here](#) or e-mail [info@naturalstandard.com](mailto:info@naturalstandard.com).



### **Join Natural Standard's Social Networks:**

Join **Natural Standard's** social networks on [Facebook](#), [Twitter](#) and [LinkedIn](#). Members receive live updates on product launches, new publications, job openings, upcoming events, news feeds and more. These social media channels foster discussions about integrative medicine and present networking opportunities for students and professionals. **Natural Standard's** community encompasses health professionals, medical researchers and individuals who are interested in health and wellness topics. Members are also encouraged to offer feedback about students programs, webinars and new products.

### **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](http://www.skyscape.com/naturalstandard).

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