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Salad for Health

A diet rich in the consumption of salads, raw vegetables and salad dressing may improve health by assuring dietary guidelines are met, a new study reports.

Researchers at the Louisiana State University Health Sciences Center in New Orleans examined the relationship between reported salad consumption and serum nutrient levels as well as dietary adequacy as defined by nutrient intakes in relation to the National Academy of Science Food and Nutrition Board Guidelines in pre- and postmenopausal women and in men of comparable ages.

Analyses of 24-hour recalls were conducted to determine dietary intake using the Third National Health and Nutrition Examination Survey data. Salad consumption was assessed based on intakes of salad, raw vegetables and salad dressing.

The study reviewed the information collected from 9,406 women and 8,282 men between the ages of 18 and 45 years old and older than 55 years between 1988 and 1994.

Regressions were used to model associations between salad and raw vegetable consumption and selected serum nutrient outcomes. Usual nutrient intake distributions were estimated using the Iowa State University method for adjustment of the distribution. The Estimated Average Requirement method was used to determine the proportion of subjects with inadequate intake for each nutrient.

The study found that the consumption of salads, raw vegetables and salad dressing was positively associated with above-median serum micronutrient levels of folic acid, vitamins C and E, lycopene and alpha- and beta-carotene. Each serving of salad consumed was associated with a 165 percent higher likelihood to meet the recommended Dietary Allowance for vitamin C in women and 119 percent greater likelihood in men.

The study concluded that salad consumers may have more favorable intakes

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of vitamins C and E, folic acid and carotenoids, after adjustment for other differences. The significant and consistently higher serum values of these vitamins among salad consumers suggest that they are being well absorbed from salad. The study suggested that salad, salad dressing and raw vegetable consumption can be an effective strategy for enhancing nutritional adequacy and increasing vegetable consumption in the population.

For more information on vitamins and other nutritional supplements, please visit [Natural Standard's Herbs & Supplements Database](#).

Reference: 1) Su LJ, Arab L. Salad and raw vegetable consumption and nutritional status in the adult US population: results from the Third National Health and Nutrition Examination Survey. J Am Diet Assoc. 2006 Sep;106(9):1394-404. [View Abstract](#).



Osteopathy for Headaches

Osteopathic treatments may help reduce the frequency, but not the intensity, of tension-type headache, a new study suggests.

According to researchers at the Toronto Rehabilitation Institute and Canadian College of Osteopathy, both in Toronto, Canada, people who received osteopathic treatments and performed relaxation exercises had more headache-free days than those who only did the relaxation exercises.

Today, osteopathy in the United States combines conventional medical practices with osteopathic manipulation, physical therapy and education about healthful posture and body positioning. With osteopathic manipulation, osteopaths, or doctors of osteopathy (D.O.s), use their hands to diagnose injury and illness and to administer manual treatments.

Osteopaths traditionally believe that the primary role of the health care provider is to facilitate the body's inherent ability to heal itself, that the structure and function of the body are closely related and that problems in one organ affect other parts of the body.

To investigate the effectiveness of osteopathy for tension headache, researchers conducted a randomized study of 29 tension headache sufferers who were given three osteopathic treatments along with relaxation exercises performed every day at home, or the relaxation exercises only.

The study found that participants who received the osteopathic treatments had significantly more headache-free days than those in the control group in the weeks following treatment.

Based on headache diary ratings, patients in the osteopathic treatment group showed a 57.5 percent improvement, compared to an improvement of 15.6 percent for the control group.

However, the intensity of headaches did not improve in the osteopathic treatment group.

The researchers concluded that osteopathy with relaxation is better than relaxation alone in reducing headache frequency among tension headache sufferers.

For more information on osteopathy, please visit [Natural Standard's Complementary Practices Database](#).

Reference: 1) Anderson RE and Seniscal C, September 2006. Headache: The Journal of Head and Face Pain Volume 46 Issue 8 Page: 1273-1280. [View Abstract](#).



CAMEXPO West



CAMEXPO West the International Complementary and Natural Healthcare Conference and Expo will take place in Los Angeles at the Hyatt Regency Century Plaza, November 10-12, 2006. Improve patient care with cutting edge complementary, alternative and integrative approaches and products.

CAMEXPO West will focus on four key areas – Functional Medicine, Food-as-Medicine, Pediatric Health and Women's Health – and will feature the 9th World Congress on Qigong and Traditional Chinese Medicine, through an in-depth conference program lead by experts in the industry, including Woodson C. Merrell, MD, Sc.D. (hc) as conference chair; Jeffrey Bland, PhD, FACN, CNS; Christiane Northrup, MD; Lawrence Rosen, MD; James Gordon, MD; Tieraona Low Dog, MD; Frank Lipman, MD; Diana Schwarzbein, MD and Joseph Pizzorno.

Take advantage of this opportunity to share best practices, network and learn about the latest trends, research, clinical trials, protocols and products in the industry with other CAM practitioners at CAMEXPO West.

For more information and to register, please visit www.camexpowest.com.

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



**Insomniacs Turning to Complementary and
Alternative Medicine**

More Americans are turning to complementary and alternative medicine (CAM) to treat their sleep problems, a new study reports.

According to researchers at the National Center for Complementary and Alternative Medicine (NCCAM), part of the National Institutes of Health, one in six Americans frequently have difficulty falling asleep and 4.5 percent of them use some type of CAM.

The study, which analyzed information from the 2002 National Health Interview Survey of over 31,000 U.S. adults to find out how common sleeping difficulties were and how often people used alternative techniques to treat them, reported that more than 35 million U.S. adults regularly had insomnia in 2002 and 1.6 million of them tried CAM therapies to get some sleep.

CAM was defined as including vitamins, herbs, massage and mind-body practices such as meditation, yoga, biofeedback and hypnosis. According to the study, almost two-thirds of survey participants who tried CAM used biologically based therapies (including herbs and vitamins). Nearly 40 percent said they tried mind-body therapies.

The study reported that nearly half of those who used herbal therapies or relaxation therapy said they felt that their therapy had helped their insomnia "a great deal." Additionally, more than half said that their complementary or alternative therapy was "very important to maintaining their health and well-being."

The study found that alternative medicine use was more common among younger people and among more educated individuals. Sleeping troubles peaked among people between the ages of 45 and 54 years old, declined somewhat for older people and then increased again among those 85 and older. The researchers noted that this contradicts past research that has suggested insomnia is most common among the elderly.

Researchers also found that people with anxiety or depression were more than five times more likely to suffer from insomnia. Congestive heart failure doubled the risk of sleeping problems. Hypertension and obesity also boosted the risk of insomnia, but to a lesser degree.

The study concluded that the findings deserve further investigation.

For more information on CAM therapies for insomnia, please visit [Natural Standard's Condition Center Database](#).

Reference: 1) Pearson, N. Archives of Internal Medicine, Sept. 18, 2006; Vol. 166: pp 1775-1782. News release, JAMA/Archives. [View Abstract](#).



There is little difference between touch and no touch Qi gong (also spelled Qigong) or Qi therapy, a new study reports.

Qi gong is a type of Traditional Chinese Medicine (TCM) that is thought to be at least 4,000 years old. There are two main types of Qi gong practice: internal and external. Internal Qi gong is a self-directed technique that involves the use of sounds, movements and meditation. External Qi gong, the therapy used in the study, is performed by a Master using his or her hands on a patient, with the aim to project Qi for the purpose of healing.

Researchers at Wonkwang University's Department of Oriental Rehabilitation Medicine at the College of Oriental Medicine in South Korea evaluated the differences in the effects of Qi therapy without touching or with touching on anxiety, mood, neurohormones and cellular immune function.

Twenty-four healthy male subjects were randomly assigned to either Qi therapy without touching (QTN) or with touching (QTT). Nonparametric statistical tests revealed no significant differences between the effects of QTN and QTT.

Separate Wilcoxon signed rank tests for each intervention revealed significant effects on anxiety, alertness, depression, fatigue, tension, cortisol levels and NK cell cytotoxicity for both QTN and QTT and on neutrophil function for QTN only. According to the study, these findings may suggest that there are few differences between the effects of QTN and QTT.

The study concluded recommending that the reproducibility of the findings should be tested with multiple sessions and long-term follow-up tests.

Qi gong is believed to be beneficial for three principal purposes: spiritual enlightenment, medical care and martial arts/self-defense. Qi gong is intended to be harmonious with the natural rhythms of the environment and has been described as 'a way of working with life energy.'

For more information on Qi gong and other types of Traditional Chinese Medicine, please visit [Natural Standard's Complementary Practices Database](#).

Reference: 1) Jung MJ, Shin BC, Kim YS et al. Is there any difference in the effects of Qi therapy (external Qigong) with and without touching? A pilot study. *Int J Neurosci*. 2006 Sep;116(9):1055-64. [View Abstract](#).



Women's Healthcare Forum

The Women's Healthcare Forum is an educational venue for Primary Care Physicians, NPs and PAs who provide principal and preventive care for women.

The WHF Web site, live meetings, online education, newsletter and journal are ancillary educational tools. Since its initiation in 2001, more than 30,000 clinicians have participated in the Forums' activities and the community continues to grow. Please see below for upcoming forums in your area.

Boston, MA: There will be a forum on Friday, October 6, at the Sheraton Braintree Hotel, 37 Forbes Road, Braintree, MA. For more information or to register, please call 781.848.0600 or visit www.womenshealthcareforum.com.

Philadelphia, PA: There will be a forum on Friday, October 6 at the Hyatt Regency Philadelphia at Penn's Landing, 201 S. Christopher Columbus Boulevard, Philadelphia, PA. For more information or to register, please call 215.928.1234 or visit www.womenshealthcareforum.com.

Dallas, TX: There will be a forum on Friday, October 13 at the InterContinental Dallas, 15201 Dallas Parkway, Addison, TX. For more information or to register, please call 972.386.6000 or visit www.womenshealthcareforum.com.

For general information, please contact: Women's Healthcare Forums, 33 East 33rd Street, 8th Floor, New York, NY 10016 or e-mail info@womenshealthforum.com.

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Mediterranean Diet for Stroke Prevention

The Mediterranean diet may be the most effective nutritional adjustment in preventing stroke, a new study suggests.

Researchers at the Stroke Prevention and Atherosclerosis Research Center, part of the Robarts Research Institute in Ontario, Canada, explained that nutrition is much more important in prevention of stroke than is appreciated by most physicians. The powerful effects of statin drugs in lowering the levels of fasting cholesterol, combined with an unbalanced focus on fasting lipids (as opposed to postprandial fat and oxidative stress), have led many physicians and patients to believe that diet is relatively unimportant. Because the statins can lower fasting lipids by 50 to 60 percent and a low-fat diet only lowers fasting cholesterol by 5 to 10 percent, this error is perhaps understandable.

However, according to the study, a Cretan Mediterranean diet, which is high in beneficial oils, whole grains, fruits, and vegetables and low in cholesterol and animal fat, has been shown to reduce stroke and myocardial infarction by 60 percent in four years compared with the American Heart Association diet. This effect is twice that of simvastatin in the Scandinavian Simvastatin Survival Study: a reduction of myocardial infarction by 40 percent in six years.

The study concluded that a Cretan Mediterranean diet may be more effective because it provides a wide range of antioxidants from fruits and vegetables of all colors.

The Mediterranean diet is rich in heart-healthy fiber and nutrients including omega-3 fatty acids and antioxidants. The diet generally includes: fruits, vegetables and unsaturated "good" fats, particularly olive oil. Olive oil has been associated with benefits such as lower blood pressure and a lower risk for heart disease.

The Mediterranean diet is based on the healthy eating and lifestyle habits of the people living in southern Italy, the Greek island of Crete and other areas of Greece in the early 1960s. The diet has become a popular area of study due to observations made in the 1960s of low incidences of chronic diseases, such as heart disease and high cholesterol. Additionally, high life-expectancy rates exist among populations who consumed a traditional Mediterranean diet.

For more information on the Mediterranean diet, please visit [Natural Standard's Complementary Practices Database](#).

Reference: 1) Spence JD. Nutrition and stroke prevention. Stroke. 2006 Sep;37(9):2430-5. Epub 2006 Jul 27. [View Abstract](#).



Complementary Treatments for Low Back Pain

Adding certain spinal stabilization exercises as a complementary treatment to conventional physical therapy may help patients with recurrent low back pain, a new study suggests.

Researchers at the School of Health & Emergency Professions at the University of Hertfordshire in the United Kingdom conducted a pragmatic, multi-centered randomized controlled trial with a 12-month follow-up evaluating the effect of adding specific spinal stabilization exercises to conventional physiotherapy for patients with recurrent low back pain (LBP).

According to the study, spinal stabilization exercises are a popular form of physiotherapy management for LBP and previous small-scale studies on specific LBP subgroups have identified improvement in outcomes as a result.

A total of 97 patients between 18 and 60 years old with recurrent LBP were recruited. Stratified randomization was undertaken into two groups: "conventional" physiotherapy consisting of general active exercise and manual therapy; and conventional physiotherapy plus specific spinal stabilization exercises.

Stratifying variables used were laterality of symptoms, duration of symptoms and Roland Morris Disability Questionnaire score at baseline. Both groups received The Back Book, by Roland et al. Back-specific functional disability

(Roland Morris Disability Questionnaire) at 12 months was the primary outcome. Pain, quality of life and psychological measures were also collected at six and 12 months. Analysis was by intention to treat.

The study found that a total of 68 patients or 70 percent of the participants provided 12-month follow-up data. Both groups showed improved physical functioning, reduced pain intensity and an improvement in the physical component of quality of life. Mean change in physical functioning, measured by the Roland Morris Disability Questionnaire, was -5.1 for the specific spinal stabilization exercises group and -5.4 for the conventional physiotherapy group. The study reported that no statistically significant differences between the two groups were shown for any of the outcomes measured, at any time.

The study concluded that patients with LBP had improvement with both treatment packages to a similar degree. There was no additional benefit of adding specific spinal stabilization exercises to a conventional physiotherapy package for patients with recurrent LBP.

For more information on complementary and alternative therapies for low back pain, please visit [Natural Standard's Condition Center Database](#).

Reference: 1) Cairns MC, Foster NE, Wright C. Randomized controlled trial of specific spinal stabilization exercises and conventional physiotherapy for recurrent low back pain. Spine. 2006 Sep 1;31(19):E670-81. [View Abstract](#).



Inside Natural Standard

New book: "Natural Standard's Herbal Pharmacotherapy- An Evidence-based Approach" will be published by Elsevier/Mosby in 2007!

Please join Natural Standard in welcoming James Ceurvals, PharmD: Northeastern University; Kenneth Triptow, PharmD: Drake University; Son Le, PharmD: Massachusetts College of Pharmacy and Health Sciences; and William Nguyen, PharmD: Massachusetts College of Pharmacy and Health Sciences.

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