



# Natural Standard

The Authority on Integrative Medicine

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Natural Standard provides high quality, evidence-based information about complementary and alternative therapies. For more information, please visit [www.naturalstandard.com](http://www.naturalstandard.com).

## Government Issues New Food Pyramid



The U.S. government issued a revised food pyramid, known as "MyPyramid," on April 18, 2005 in an effort to help Americans live healthier. The government updated the 13-year-old food pyramid to

include a dozen different models, including a staircase for exercise.

The new graphic displays the different food groups in rainbow colored strips running vertically down the pyramid. The colors are organized so that orange is for grains, green is for vegetables, red is for fruits, a yellow sliver is for oils, blue is for milk products and purple is for meats and beans. Preferred foods such as vegetables, grains, and milk products have wider bands. The side of the pyramid features a staircase, which symbolizes exercise.

The old pyramid was arranged with grains on the bottom, fats and sweets at the tip and vegetables, fruits and dairy products in the middle.

MyPyramid encourages people to determine their calorie and exercise needs by offering a new government Web site: [www.mypyramid.gov](http://www.mypyramid.gov). At the site, people can find 12 different models based on daily calorie needs, ranging from the 1,000 calorie diets for toddlers to 3,200 for teenage boys.

The new pyramid recommends 30 minutes of daily physical activity in order to maintain a healthy lifestyle. In addition, the pyramid plan states that 60 minutes of exercise is needed to prevent weight gain and 90 minutes may be needed to lose weight.

There is a growing need for a change in Americans' eating habits as about 60 percent of people are considered overweight or obese in the country. However, the new pyramid is not meant to be a weight-loss plan. MyPyramid is meant to help individuals live a healthy and nutritional lifestyle.

For more information on the new food pyramid, please visit [www.mypyramid.gov](http://www.mypyramid.gov).

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## Ginger for Morning Sickness



Ginger may help pregnant women who suffer from morning sickness without side effects to the unborn child, according to a recent review of medical studies.

The review, which was published in the April 1, 2005, issue of [Obstetrics & Gynecology](#), found six studies that analyzed the effects of ginger in reducing nausea and vomiting in pregnant women. Researchers concluded that ginger worked better than a placebo and as well as vitamin B6, which has been shown to improve nausea in some pregnant women. In addition, none of the women who took the herb experienced problems with their pregnancy. Some studies reported adverse effects such as headache, drowsiness, and diarrhea, but there were no differences in pregnancy results between women taking placebo, vitamin B6 or ginger.

The results of the studies are preliminary, and more research is needed before recommendations for treatment can be made.

About 80 percent of pregnant women experience morning sickness during the first trimester of pregnancy. Many medications may help reduce nausea, but the authors found that many women choose not to take drugs out of fear for the safety of their unborn children. Instead, many women seek alternative treatment such as vitamins, herbal products, homeopathy and acupuncture. For more information on alternative treatments for morning sickness, please visit Natural Standard's Condition Center.

**Reference:** Francesca Borrelli, PhD, Raffaele Capasso, PharmD, Gabriella Aviello, PharmD, Max H. Pittler, MD, PhD and Angelo A. Izzo, PhD. Effectiveness and Safety of Ginger in the Treatment of Pregnancy-Induced Nausea and Vomiting. *Obstetrics & Gynecology* 2005;105:849-856. [View Abstract](#).

For more information on alternative treatments for morning sickness, please visit [Natural Standard's](#) Condition Center.

## Ephedra Ban Struck Down in Utah



On April 14, 2005, a Federal District Court in Utah, under Judge Tena Campbell, struck down a U.S. Food and Drug Administration (FDA) ban on ephedra. The ruling is specific only to Utah, although it calls into question the FDA ban in general. The suit in question was brought by the dietary supplement manufacturing company, Nutraceutical Corporation. The decision specifically questioned the ability of the FDA to ban ephedra completely without conclusively demonstrating danger at low doses.

Although most evidence around the risks associated with ephedra use is based on higher doses or combination use with caffeine, a universal ban was implemented by the FDA, as it would be unethical to conduct human studies of lower doses in order to establish safety. This places the FDA in a bind under current dietary supplement regulatory law - it suspects dangers at low doses, but cannot seek to prove these dangers.

It remains unclear whether ephedra will find its way back onto shelves, despite widespread acknowledgement of significant safety risks, including serious potential cardiovascular events or death.

For a full evidence-based systematic review of ephedra including efficacy, safety, interactions and dosing, please log in to [www.naturalstandard.com](http://www.naturalstandard.com).

## Medical Library Association Conference



The annual meeting of this year's Medical Library Association (MLA) will be held in San Antonio, Tex., May 14-15, 2005.

Member contributions, guest speakers and exhibitors will showcase the

many different ways diversity will impact medical libraries in the future. For more information or to register, please visit <http://www.mlanet.org/am/am2005/index.html>.

**Natural Standard** will be an exhibitor at the event. Please visit booth #446 to learn more about the research collaboration.

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

## Anti-Aging Conference



Dr. Hunter "Patch" Adams

This month the Integrative Medicine for Anti-Aging Conference & Exposition will aim to help physicians and practitioners enhance their practice capabilities and better serve the needs of their patients.

"With recent reports on the harmful effects of certain pharmaceutical drugs, we, as healthcare providers, must re-evaluate our approach to the disease of aging. We have planned the conference to provide practical treatment solutions that address the causes of chronic diseases," said Dr. Joseph McWherter, Peer Review Planning Committee Chairman.

The event, which will take place on May 12-15, 2005, at the Las Vegas Convention Center, is built on a series of breakout tracks including the in-demand Aesthetic Medicine and Hormone Replacement & Modulation categories as well as the new track, Integrative Medicine-Protocols and Best Practices for Anti-Aging and Age Management.

Dr. Hunter "Patch" Adams, Founder of the Gesundheit! Institute, will present the keynote address at the Conference on May 13, 2005 at 8:45 a.m. Adams' talk, "Managing Age by Living the Life of Joy," will encourage attendees to focus on the joys of life rather than the pitfalls of aging. Adams proposes that being too serious may be the only concern that individuals should have about aging. Other presenters will discuss such topics as cholesterol management, cardiac health and treatment for osteoporosis.

The Hormone Replacement and Modulation track will begin May 12, 2005 with a full-day session by Dr. McWherter. He will examine "The Endocrinology of Inflammation and Detox for Successful Hormone Modulation." There will also be segments on the role of iodine and hormone receptors as well as an analysis of parathyroid hormone dysfunction.

Integrative Medicine-Protocols and Best Practices for Anti-Aging and Age Management, the new track, will focus on techniques such as pharmacognosy, native medicine and restorative sleep therapy

In addition, attendees will see the latest anti-aging products, services and treatment protocols as the exposition will feature hundreds of supplies. Exhibitors include manufacturers and distributors of pharmaceuticals and nutraceuticals, cosmeceuticals/skincare and beauty products, supplements and hormone products.

The conference is the first in a two-part series. The second conference, with the theme, "Gender Specific Medicine for Anti-Aging and Age Management," will be held in Palm Beach, Fla., on October 21-23, 2005. Dr. Catherine Ulbricht from **Natural Standard** will be presenting at the event.

Admission to the exhibit hall is free if you register before May 27. Conference packages range from \$350-895 Adams' keynote presentation is free to all attendees. For more information, please call 1.800.927.5007, 203.358.3710 or visit <http://images.antiagingconference.com/files/1103/aagateway/index.asp>.

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

## Natural Standard PDA Ranks High



Natural Standard's personal digital assistant (PDA) software program was voted as one of the most useful complementary and alternative medicine (CAM) products, according to the results of a new survey.

The Benchmark Survey consisted of 52 CAM clinical questions. A physician evaluator used each of the 11 PDACAM software programs to answer the questions and evaluated each program for accuracy, comprehensiveness and ease of use. Breadth of coverage ranged from 23-87 percent, and clinical reliability ranged from 58-97 percent.

None of the software programs covered combination substances. Natural Standard's was the only database that provided information on therapeutic modalities other than herbs or supplements.

[Click here](http://www.pdacortex.com/Natural_Standard_PDA.htm) to read the abstract. For more information on Natural Standard's PDA, please visit [http://www.pdacortex.com/Natural\\_Standard\\_PDA.htm](http://www.pdacortex.com/Natural_Standard_PDA.htm).

## 12th Annual Symposium on Complementary Health Care



**PENINSULA**  
MEDICAL SCHOOL  
UNIVERSITIES OF EXETER & PLYMOUTH

The annual symposium, organized by Professor Edzard Ernst's Complementary Medicine Unit in Exeter, is now in its 12th year. The symposium aims to provide a forum for all individuals with a research interest in CAM. With an emphasis on original research, the event will offer an

opportunity to discuss issues such as effectiveness, safety and costs in a debate.

The main program of the symposium consists of two days of platform and poster presentations, complemented by pre-symposium workshops. Abstract submissions for platform and poster presentations are invited for the deadline of June 1, 2005.

For more information, please contact Barbara Wider, Complementary Medicine Peninsula Medical School, Universities of Exeter & Plymouth, UK Tel: +44 (0) 1392.424872, e-mail: [B.Wider@exeter.ac.uk](mailto:B.Wider@exeter.ac.uk) or visit [www.pms.ac.uk/compmed/symposium](http://www.pms.ac.uk/compmed/symposium).

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## ASHP Conference



The summer meeting of the American Society of Health-Systems Pharmacy (ASHP) will take place this June 11-15 at the Boston Convention & Exhibition Center.

Pre-registration for the meeting closes on June 1, 2005. Those that pre-register for the event will avoid lines at registration because badges will be available at the self-serve registration kiosk.

Pharmacy directors, managers or supervisors can bring a staff member for 50 percent off the regular registration price. This offer is only available for those that

pre-register, and it is not available through online registration. [Click here](#) to find out more. For those interested in bringing their spouse or a guest to the conference, special tour packages are available. [Click here](#) for more information.

For more information on the meeting, please call 866.279.0681 or visit <http://www.ashp.org/meetings/summer/register.cfm>.

**Natural Standard** will be an exhibitor at the event. Please visit booth #432 to learn more about the research collaboration.

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

## Natural Standard on Live Talk Show



On May 2, 2005, Deborah A. Ray of Healthy Talk Radio interviewed Dr. Catherine Ulbricht, PharmD, about the services **Natural Standard** provides. Ulbricht explained that **Natural Standard** provides science-based information to healthcare professionals and consumers about alternative modalities, herbs and supplements. **Natural Standard**, according to Ulbricht, can be used as a tool to make informed decisions about healthcare treatment options.

The live interview was also broadcast over the Internet at [www.healthytalkradio.com](http://www.healthytalkradio.com).

For more information about **Natural Standard**, please visit [www.naturalstandard.com](http://www.naturalstandard.com).

## Inside Natural Standard



**Educational Materials:** **Natural Standard** recently expanded the educational materials available to subscribers. A wide range of evidence-based training materials and presentations supplement accredited CE courses. To access, please click the "Continuing Education" icon on the left hand side of the homepage.

**NS Books Selling Fast:** **Natural Standard's** recently published books, "Natural Standard Herb and Supplement Reference: Evidence-Based Clinical Reviews," and "Natural Standard Herb and Supplement Handbook: The Clinical Bottom Line," are already in their second reprint. The publisher, Elsevier, plans to translate both books into German and will sell them overseas.

**New Team Members:** Please join **Natural Standard** in welcoming two new colleagues to our Cambridge, Mass. location. Monica Serrano will be in Public Relations/Outreach and Dana Hackman will be an editorial assistant.

## Quick Links:

- [Natural Standard Homepage](#)
- [Natural Standard PDA](#)
- [Alternative Medicine Research Report](#)
- [Journal of Herbal Pharmacotherapy](#)
- [Natural Standard Handbook](#)
- [Natural Standard Reference Book](#)

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