



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.

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New Natural Standard Features

Natural Standard has developed a demo program as a helpful tool to teach users about the functionality of the database. The demo takes the user through each of **Natural Standard's** six databases pointing out the importance and main features of each. The program also explains the three different levels of monograph and the functions of each. To view the demo, visit www.naturalstandard.com and choose the "Demo" button in the left hand navigation bar.



Another recent addition to the **Natural Standard** database is the [Interactions Checker](#). Often clinicians need to be able to quickly access information on drug interactions. Does echinacea interact with antibiotics? Can patients on hypoglycemic drugs take omega 3 fatty acids? Does St John's wort really alter the effectiveness of oral contraceptives? Pharmacists and doctors need to be responsible for this information to keep their patients safe and healthy. **Natural Standard** now offers a quick handy solution to the lack of readily available information on these topics with the new Interactions Checker. With just one click herb and supplement interactions with drugs, other herbs, vitamins, labs and foods are easily displayed.

Natural Standard has also launched a [Practitioners Database](#). Here users are able to find acupuncturists, chiropractors, naturopaths, herbalists and other alternative medicine practitioners in their area. International listings will include information on location, specialty practices, certification and contact information. To access the database, visit **Natural Standard** and choose the "Practitioners" button in the left hand navigation menu. To have your practice listed on the database, please contact news@naturalstandard.com.

Star Anise for Bird Flu



Star anise (*Illicium verum*), a fruit native to China and Vietnam, is known thought to be a promising defense against the bird flu. The fruit's seeds contain shikimic acid, which is used as the key ingredient in pharmaceutical drug, Tamiflu®. Tamiflu® is the only known drug to fight off the avian flu that has recently become a threat to Asia (62 people have died) and could spread to much of the world. Roche, a Swiss drug company, manufactures Tamiflu® which is thought to stop the spread of the flu virus within the body if taken within 48 hours of first symptoms. Although not a cure, Tamiflu® helps decrease mortality rates and slow the spread of a pandemic. A packet of ten capsules of Tamiflu® runs

around \$55 in the US. It is not known whether simply consuming star anise in its natural form can have the same preventative effects, further studies will need to be done. In order to obtain the amount of shikimic acid needed to prevent bird flu such a large quantity of star anise fruits would need to be consumed that a person would be sick. Star anise teas have been associated with seizures and other illnesses in 40 people according to a report by the US government.

Star anise is today grown almost exclusively in southern China, Indo-China, and Japan and an extract from the plant is substituted for European aniseed in commercial drinks. The fruit itself is around an inch in size, star shaped with between five and ten pointed sections and is a bright purple when fresh, although the product is mainly used when the fruit is dried and powdered. The plant gives off a strong licorice-like scent and has a taste similar to bitter aniseed. The fruit is used frequently in Chinese cooking and medicinally is thought to treat colic and have carminative, stomachic, stimulant and diuretic properties.

For more information on star anise, please visit [Natural Standard's Herbs and Supplements Database](#).

3rd Annual Natural Supplements Conference

The 3rd Annual Natural Supplements Conference: An Evidence-Based Update will be held in the Hilton La Jolla Torrey Pines from January 20-22. The accredited course will focus on natural supplements and their effects on disease states and the importance of educating patients. Deepak Chopra will serve as the keynote speaker and will be joined by Jeffery S. Bland, PhD, FACN CNS; Mark Blumenthal; Mitchell Gaynor, MD; Mary Hardy, MD; Tieraona Low Dog, MD; Marc Micozzi, MD, PhD; and Jay Udani, MD.



Up to 14.75 Category 1 continuing medical education credits are available. Accreditation provided by ACCME.

For more information, please visit <http://www.scrippsintegrativemedicine.org> or call 1-858-587-4404.

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

Wine Compound may be Effective for Alzheimer's



Researchers at the Litwin-Zucker Research Center for the Study of Alzheimer's Disease and Memory Disorders in Manhasset, NY have found that a compound in wine, resveratrol, may break down amyloid-beta peptides which have been linked to Alzheimer's disease. Amyloid-beta (Abeta) peptides contribute to the lesions found in the brains of Alzheimer's patients, and in this recent study 40 micromoles of resveratrol cut levels by more than half. Resveratrol does not inhibit Abeta production, researchers found that it has no effect on the Abeta-producing enzymes beta- and gamma-secretases. Instead the antioxidant promotes the intracellular degradation of Abeta, this action was proteasome-inhibitors indicating that Abeta may boost proteasome effectiveness. This discovery may lead to a natural therapy for Alzheimer's

sufferers to reduce symptoms and the progression of the disease. It is unknown whether normal dietary intake will be enough to produce these results.

Resveratrol (trans-3,4',5-trihydroxystilbene) is a natural polyphenol that occurs not only in wine, but in grapes, berries and peanuts. The pinot noir grape is reported to contain the most dietary

resveratrol, making red wine the most potent potential Alzheimer's combatant.

For more information on resveratrol, please visit [Natural Standard's Herbs & Supplements Database](#).

References: 1) Marambaud P, Zhao H, Davies P. Resveratrol Promotes Clearance of Alzheimer's Disease Amyloid- β Peptides. J Biol Chem. 2005 Nov 11;280(45):37377-82. Epub 2005 Sep 14. [View Abstract](#).

Consumerlab.com Reviews Weight Loss Supplements

Consumerlab.com has released a review of popular weight loss supplements including ingredients such as bitter orange, green tea, DHEA, calcium, caffeine, chitosan, chromium, ephedra, hoodia, L-carnitine, conjugated linoleic acid and vitamin C. Consumerlab tested the products for accuracy of key ingredient amounts on the label, contamination (lead, chromium VI), ability to break apart in the body, excess caffeine, and other stimulants. 7-Keto-DHEA is thought to increase metabolism, but few studies in humans have been done, results of tests on three products (PhytoPharmica 7-Keto, PatentLEAN, Lean System7) found that all met their labels. Four bitter orange products (Solaray Bitter Orange Extract, Thermosculpt, Ripped Fuel, Lean System7) were tested and all met their labels as far as ingredients were concerned some products were found to contain large amounts of caffeine. Recent trials have discovered that concomitant use of caffeine and bitter orange may put users at risk for adverse cardiovascular effects. Green tea is thought to aid weight loss due to its constituents EGCG and caffeine, the two green tea products (Nature's Bounty Green Tea Extract and Puritan's Pride Green Tea Extract) tested met standards. Hydroxycitric Acid (HCA) is thought to interfere with fat metabolism and may suppress appetite; the one product tested (Rainbow Light Food Based Garcinia-Max Diet System) provided the labeled amount of HCA but also contained 2.6mcg of lead. Pyruvate, an agent that may help with fat loss, high cholesterol and high blood pressure, was tested in two products one (Pinnacle Pyruvate 1000 Bioactive Fat Modulator) claimed 1,000mg of a pyruvate complex but only contained 600mg and did not fully break apart in disintegration testing. Two caffeine products were also tested, Xenadrine®-EFX was found to contain much more caffeine than labeled and also contained bitter orange which was not specified as an ingredient, the other product Zantrex-3 had 1,223mg of caffeine per day (equivalent to 30 cans of cola). Hoodia thought to suppress appetite has not been tested in clinical trials and was tested in a [recent review by Consumerlab](#). Overall out of 13 products two were not approved to Consumerlab's standards and a few others should include warnings about high caffeine levels. The efficacy of these products as weight loss supplements was not tested. To read the report, [click here](#).



For more information on weight loss supplements, please visit [Natural Standard's Natural Standard's Herbs & Supplements Database](#).

Homeopathy for the Individual Terrain



This is a four-session course to teach the basic principles of homeopathy including: disease evaluation, underlying pathologies, interpreting symptoms and understanding the four miasms. Dr. Gérard Guéniot will lead the seminars based on his understanding of homeopathy, Traditional Chinese Medicine and acupuncture.

For more information, please visit <http://www.seroyalseminars.com/course.htm>.

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

Glyconutrients as Food Supplements

Glyconutrients are specialized types of nutraceuticals, natural nutritional substances that have pharmacological effects on the human body, which provide the monosaccharides essential for good health. Glyconutrients have been hailed as "healing sugars" by Dr. Emil Mondo, author of "Sugars That Heal." Dr. Mondo claims that for the body to function properly, small amounts of eight essential sugars are needed, only two of which: glucose and galactose are readily found in a normal diet. When the body has a balanced intake of the eight saccharides the ability to fight disease and reactivate the immune systems is stronger. Saccharides have been shown to lower cholesterol, increase lean muscle mass, decrease body fat, accelerate wound healing, ease allergy symptoms, and allay autoimmune diseases such as arthritis, psoriasis, and diabetes. Incorporating glyconutrients, proprietary blends of plant-derived sugars, into the diet may be able to bring about these effects and many others. It is thought that because glyconutrients are natural food products that incorporating them into the diet carries no side effects.



For more information on glyconutrients, please visit [Natural Standard's Herbs and Supplement Database](#).

Exercise can Add Three Years to Life

In a study published in Archives of Internal Medicine, researchers found that adults over 50 who exercised frequently had added almost 3.5 years to their life expectancy. Results from 4,121 people in the Framingham Heart Study were split into three groups according to levels of physical activity (low, medium and high). Life expectancies at age 50 compared to the low activity group were 1.5 years longer for the moderate exercise group 3.5 years longer for the high activity group. Researchers found that brisk walking half an hour a day could produce these benefits. The subjects who added years to their life tended to also have less cardiovascular problems and a lower incidence of heart disease.



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

References: 1) Franco OH, de Laet C, Peeters A, Jonker J, Mackenbach J, Nusselder W. Effects of Physical Activity on Life Expectancy With Cardiovascular Disease. Arch Intern Med. 2005 Nov 14;165(20):2355-2360. [View Abstract](#).

Inside Natural Standard



Natural Standard has partnered with Skyscape to provide a new and improved PDA/Handheld program. Regular updates will be available. The yearly subscription will be \$79.95

"Guggul for Hyperlipidemia: A review by the Natural Standard Research Collaboration" has been included in Complimentary Therapies in Medicine Vol. 13, No. 4, pp. 279-290. Publication is expected mid-December.

Don't forget to visit **Natural Standard** in booth #519 at American Society of Health-System Pharmacy (ASHP) Conference in Las Vegas, NV from December 9th-12th, 2005.

Quick Links:

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

E-mail: news@naturalstandard.com

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