The purpose of this update on traditional medicine and complementary medicine (TM/CAM) is to inform healthcare professionals, researchers, funders and policy-makers about developments. The update provides links to new material published or released as well as links to classic resources on traditional, complementary and integrative medicine (IM) as we gather them for the web-site.

1. WHO Policy and Strategy

The World Health Organization (WHO) has embarked on planning meetings for the new WHO 2014-2023 Strategic Plan for Traditional Medicines (TM/CAM).

John Weeks wrote about the planning meeting held in Hong Kong in May 2012, saying:
“The work will update WHO 2002-2005 Traditional Medicine Strategy. A major shift in the current work is that TM/CAM has a new home inside WHO. During the first plan process, TM/CAM was in a division related only to medicines. Now it resides in a division with a charge related to health systems, delivery and primary care. ... “The 2014-2023 version of the plan is expected to focus more on the role of TM/CAM providers. ... The WHO TM/CAM strategic plan has a number of steps prior to going before the General Assembly for approval in 2014.”

The full article by John Weeks is at:
http://theintegratorblog.com/index.php?option=com_content&task=view&id=822&Itemid=189

2. Registration of Traditional Chinese Medicine Practitioners in Australia

With effect from 1 July 2012, Chinese Medicine practitioners will join the national practitioner registration system in Australia.

The Australian Health Practitioner Regulation Agency (AHPRA)

AHPRA “is the organisation responsible for the implementation of the National Registration and Accreditation Scheme across Australia. ... AHPRA’s operations are governed by the Health Practitioner Regulation National Law Act 2009, as in force in each state and territory, which came into effect on 1 July 2010. This law means that for the first time in Australia, 10 health professions are regulated by nationally consistent legislation.” The first ten professions were chiropractic, dental, medical, nursing and midwifery, optometry, osteopathy, pharmacy, physiotherapy, podiatry and psychology.

“From 1 July 2012, four new professions will join the National Registration and Accreditation Scheme.” These are Aboriginal and Torres Strait Islander health practice, Chinese medicine, Medical radiation practice and Occupational therapy.
“This means that practitioners must meet nationally consistent registration standards and be adequately qualified to be able to practise. In some states and territories, this will be the first time that these professions are regulated.”

Under the National Scheme, there is a National Board for each profession, which is supported by the Australian Health Practitioner Regulation Agency (AHPRA). These boards set the professional standards that each practitioner must meet to be registered.”

“The purpose of health practitioner regulation is to protect the public by ensuring that only health practitioners who have the skills, qualifications and knowledge to provide safe care are registered. Under the National Scheme, practitioners register once, renew yearly, and can practice anywhere in Australia (within the scope of their registration).”

**The Chinese Medicine Board of Australia**


The four protected titles under Chinese Medicine become: Chinese medicine practitioner; acupuncturist; Chinese herbal medicine practitioner; Chinese herbal dispenser; and Oriental medicine practitioner.

**Australian Acupuncture & Chinese Medicine Association Ltd (AACMA)**


AACMA “is the leading national professional association of acupuncture and Traditional Chinese Medicine (TCM) practitioners. ... AACMA members are bound to a high standard of ethical and professional conduct through adherence to our national practitioner accreditation standards, Code of Ethics and Standards of Practice.”

AACMA played a leading role in developing TCM in Australia and preparing the profession to transition to formal regulation. As formal licencing by AHPRA takes over, so AACMA will remain a professional body for TCM practitioners.

**Australian Journal of Acupuncture and Chinese Medicine (AJACM)**


“The AJACM is the official journal of the Australian Acupuncture and Chinese Medicine Association Ltd. It is Australia's paramount peer-reviewed journal for the acupuncture and Chinese medicine profession. ... Its primary focus is the publication of peer-reviewed articles that enhance quality and diversity in acupuncture and Chinese medicine clinical practice and research, and stimulate the exchange of ideas about clinical practice and the role of acupuncture and Chinese medicine in contemporary health care. AJACM publishes original research articles, general papers, reviews, case reports and case series and also includes general articles that are relevant to the Journal's objectives. The first issue of AJACM was published in 2006 and it has been published biannually since 2007.”
3. CAM in Denmark

The summer edition of the CAMbrella newsletter has material on the status of complementary medicine in Denmark. An extract from the article is provided below.
http://www.cambrella.eu/home.php?il=185&l=deu

“In general, CAM is provided outside the public health system, and CAM practitioners and physicians are two separated categories. There are some overlaps, but they are exceptions to the rule. Within Danish mainstream medicine CAM methods are regarded as non-scientific, not being recognised by medical doctors, researchers or public health authorities. The debate about CAM has been characterized by extreme and biased views, but over the last decade, the tone has become more rational and constructive. Acupuncture is the CAM method most often practised by medical doctors, as an increasing number of medical doctors since the 1970s have adopted it into their daily practice”

“One out of four Danes have been using CAM within the last year, and more than half of them have had a CAM treatment at least once in their lifetime. The most frequently used CAM methods within the last year are: massage, osteopathy or other manual techniques (19%); Acupuncture (7%); and Reflexology (5%).”

“In 2004, The National Board of Health launched a registration system for CAM practitioners. The registration system is administered by the associations of CAM practitioners, and the objective is to enhance the safety of CAM users. Associations for CAM practitioners can apply the Danish National Board of Health for an approval to become responsible for registration. Once an association has been appointed, its members can apply for permission to use the protected title “Registered Alternative Practitioner” (RAB). This does not imply any form of validation from the Danish National Board of Health neither of the alternative therapies nor of the practitioners.”

4. CAMbrella Research Project in Europe draws to an end

CAMbrella Final Conference
Brussels, November 29, 2012
http://www.cambrella.eu/home.php

“The conference will bring together all the CAMbrella researchers, policy makers on a European, national and regional level, members of the European Parliament as well as CAM and non-CAM stakeholders. The focus of the event will be the presentation of the project’s results including a proposal for a roadmap for future CAM research.”

CAMbrella has been a pan-European research network for complementary and alternative medicine (CAM). “The goal of this collaboration is to develop a roadmap for future European research in CAM that is appropriate for the health care needs of EU citizens, and acceptable to the EU Parliament as well as national research funders and healthcare providers. We will enable meaningful, reliable comparative research and communication within Europe and create a sustainable structure and policy. CAMbrella is focused on academic research groups which do not advocate specific treatments.” The project was established in January 2010 and was intended to run for three years.

5. Research Organisations

The Society for Medicinal Plant and Natural Product Research

http://www.ga-online.org/about_en.html

“The Society for Medicinal Plant and Natural Product Research is an international, neutral and independent association of scientists from research institutions of universities and companies as well as other interested people engaged in the advancement of research and science in the field of medicinal plants, natural bioactive compounds and phytotherapy.

Specifically, this purpose is achieved by:

- the organization of scientific meetings
- support of the scientific journal "Planta Medica: Natural Products and Medicinal Plant Research" as organ of the society
- cooperation with organizations pursuing similar aims
- the scientific counselling of public institutions
- the financial support of research work”

See the extensive list of conferences worldwide on this research area:

http://www.ga-online.org/events_en.php

Planta Medica: Journal of Medicinal Plant and Natural Product Research

http://www.ga-online.org/planta_medica.html
http://www.thieme.de/SID-34D752DD-8091FB29/fz/plantamedica.html

“Planta Medica is one of the leading international journals in the field of medicinal plants and natural products with original research papers, letters, rapid communications, reviews, mini reviews and perspectives from researchers worldwide. Planta Medica publishes 18 issues per year. - The following areas of medicinal plants and natural products research are covered:

- Biological and Pharmacological Activity
- Pharmacokinetic and Clinical Studies
- Natural Product Chemistry
- Analytical Studies”

6. Conferences and Research Abstracts

Scientific Abstracts Presented at the International Research Congress on Integrative Medicine and Health 2012

BMC Complementary and Alternative Medicine has published a supplement containing abstracts of the meeting held in Portland, Oregon, in the USA in May 2012. Volume 12 Supplement 1 contains some 139 pages of abstracts of posters and papers presented. Edited by Robert Saper, Ama Boah and David Eisenberg.

http://www.biomedcentral.com/bmccomplementalternmed/supplements/12/S1
5th European Congress for Integrative Medicine (ECIM)

Florence, Italy on September 21-22, 2012.
http://www.cambrella.eu/home.php?il=182&l=deu

“The event titled “The Future of Comprehensive Patient Care. Promoting health and developing an integrated and sustainable treatment in acute and chronic diseases” is organized by the Local Health Authority of Florence in cooperation with the Local Health Authority of Lucca.”

“ECIM 2012 represents the premier international event for physicians, healthcare and wellness practitioners, researchers, and sponsors, seeking to evaluate and integrate Complementary/Alternative Medicine with mainstream practice.”

7. Journals

The first time a journal is listed, the contents of that edition will be given in full to give readers a sense of the scope of the publication. For subsequent editions, only some articles may be highlighted. Earlier editions of this newsletter are available from http://www.hsci.canterbury.ac.nz/engcam/

Alternative and Complementary Therapies
[First listed in ENZCAM Newsletter Q1 2011]
Volume 18, Number 3: June 2012
http://online.liebertpub.com/toc/act/18/3

Selected articles:
- Insomnia: The Impact on Health and Interventions to Improve Sleep
- The Integrative Approach to Psychiatry: A Comprehensive View
- Current Controversies in Nutrition: Homocysteine Reduction and the B-Vitamin Controversy
- New Perspectives on the Placebo Effect: Implications for Research and Clinical Practice
- Sleep...Naturally: A Review of the Efficacy of Herbal Remedies for Managing Insomnia
- Herbal Sunscreens and Ultraviolet Protectants
- Moving Through Loss: Addressing Grief in Our Patients
- Primary Biliary Cirrhosis
- Liver Toxicity: An Integrative Approach: A Natural Standard Monograph
- Clinical Roundup: Selected Treatment Options for Chemotherapy-Induced Nausea and Vomiting

BMC Complementary and Alternative Medicine
[First listed in ENZCAM Newsletter September 2011]
May and June 2012
http://www.biomedcentral.com/bmccomplementalternmed/

Selected articles:
- The effect of yoga on women with secondary arm lymphoedema from breast cancer treatment.
- Rhodiola rosea for physical and mental fatigue: a systematic review
- Randomized Pilot Trial of a Synbiotic Dietary Supplement in Chronic HIV-1 Infection
- Chemical Composition of 8 Eucalyptus species' Essential Oils and the Evaluation of Their Antibacterial, Antifungal and Antiviral activities
- Enzyme inhibitory and antioxidant activities of traditional medicinal plants: potential application in the management of hyperglycemia
- Health economic evaluation of acupuncture along meridians for treating migraine in China: results from a randomized controlled trial
- Construction of a Traditional Chinese Medicine syndrome-specific outcome measure: The Kidney Deficiency Syndrome questionnaire (KDSQ)
- Inhibition of melanogenesis and antioxidant properties of Magnolia grandiflora L. flower extract

**Chinese Journal of Integrative Medicine**

"Chinese Journal of Integrative Medicine, originally entitled "Chinese Journal of Integrated Traditional and Western Medicine" (English Edition), was founded in 1995, and changed formally its name in 2003. This journal is supervised by State Administration of Traditional Chinese Medicine, sponsored by Chinese Association of Integrative Medicine and China Academy of Chinese Medical Sciences. It is the first international peer-reviewed monthly journal on integrative medicine included in Science Citation Index Expanded (SCI-E).”

**Volume 18, Number 5: May 2012**
- Fighting against cancer by integrative medicine
- Cancer complementary and alternative medicine research at the US national cancer institute
- Diagnosis and treatment of malignant tumors using integrated traditional and western medicine: Progress, challenges and reflections
- Clinical study on Tongyan Spray (通咽喷雾剂) for post-stroke dysphagia patients: A randomized controlled trial
- Tumor interstitial fluid and gastric cancer metastasis: An experimental study to verify the hypothesis of “tumor-phlegm microenvironment”
- Lateral epicondylitis successfully treated with fire needle therapy: A case report
- Fuzheng Huayu Capsule (扶正化瘀胶囊) in the treatment of liver fibrosis: Clinical evidence and mechanism of action

**Chinese Medicine**

"Chinese Medicine is an open access, online journal publishing evidence-based, scientifically justified, and ethical research into all aspects of Chinese medicine.”

“Areas of interest include recent advances in herbal medicine, clinical nutrition, clinical diagnosis, acupuncture, pharmaceutics, biomedical sciences, epidemiology, education, informatics, sociology, and psychology that are relevant and significant to Chinese medicine. Examples of research approaches include biomedical experimentation, high-throughput technology, clinical trials, systematic reviews, meta-analysis, sampled surveys, simulation, data curation, statistics, omics, translational medicine, and integrative methodologies”.

**Chinese Medicine** is the official journal of The International Society for Chinese Medicine (ISCM).
Sample of articles:
- Evaluation of the anticancer potential of six herbs against a hepatoma cell line
- Effects of transcutaneous electric acupoint stimulation on drug use and responses to cue-induced craving: a pilot study
- A combination extract of ginseng, epimedium, polygala, and tuber curcumae increases synaptophysin expression in APPV717I transgenic mice
- Inquiry diagnosis of coronary heart disease in Chinese medicine based on symptom-syndrome interactions
- NMR evaluation of total statin content and HMG-CoA reductase inhibition in red yeast rice (Monascus spp.) food supplements

Complementary Therapies in Medicine
[First listed in ENZCAM Newsletter May 2011]
Volume 20, Number 3: June 2012
http://www.complementarytherapiesinmedicine.com/issues

- A comprehensive yoga programs improves pain, anxiety and depression in chronic low back pain patients more than exercise: An RCT
- Dietary selenium and major depression: a nested case-control study
- Effect of collagen hydrolysate in articular pain: A 6-month randomized, double-blind, placebo controlled study
- Acupuncture for symptoms of Gaucher disease
- Health services use among young Australian women with allergies, hay fever and sinusitis: A longitudinal analysis
- Clinical efficacy and safety of Chinese herbal medicine for Wilson's disease: A systematic review of 9 randomized controlled trials
- Could ginseng-based medicines be better than nitrates in treating ischemic heart disease? A systematic review and meta-analysis of randomized controlled trials

European Journal of Integrative Medicine
[First listed in ENZCAM Newsletter May 2011]
Volume 4, Number 2: June 2012
http://www.europeanintegrativemedicinejrnl.com/issues

Selected articles:
- The Fundamental Study for the Standardization and Objectification of Pattern Identification in Traditional Korean Medicine for Stroke (SOPI-Stroke): An overview of phase I
- Acupuncture for dysphagia following stroke: A systematic review
- Acupuncture for Whiplash-associated disorder: A randomized, waiting-list controlled, pilot trial
- Relation between body mass index and resting metabolic rate, cardiorespiratory fitness and insulin sensitivity in Sasang typology for young male persons: An observational study
- Effects of Stachys tibetica essential oil in anxiety
- Why do cancer patients use Chinese Medicine?—A qualitative interview study in China
- Comparing two questionnaires for eliciting CAM use in a multi-ethnic US population of older adults
- Quality of life and assessment after local application of sulphurous water in the home environment in patients with psoriasis vulgaris: A randomised placebo-controlled pilot study
Evidence-Based Complementary and Alternative Medicine (eCAM)

[First listed in ENZCAM Newsletter July 2011]

June 2012

http://www.hindawi.com/journals/ecam/contents/

Selected Articles:

- Molecular Mechanisms of Same TCM Syndrome for Different Diseases and Different TCM Syndrome for Same Disease in Chronic Hepatitis B and Liver Cirrhosis
- Development and Validation of an Instrument for Measuring Attitudes and Beliefs about Complementary and Alternative Medicine (CAM) Use among Cancer Patients
- Plectranthus amboinicus and Centella asiatica Cream for the Treatment of Diabetic Foot Ulcers
- Relationship between Blood Stasis Syndrome Score and Cardioankle Vascular Index in Stroke Patients
- Mathematical Reflections on Acupoint Combinations in the Traditional Meridian Systems
- Traditional Chinese Medicine in Cancer Care: A Review of Case Series Published in the Chinese Literature
- Ficus deltoidea: A Potential Alternative Medicine for Diabetes Mellitus
- Epigenetic Changes in Response to Tai Chi Practice: A Pilot Investigation of DNA Methylation Marks
- Traditional Chinese Medicine Zheng in the Era of Evidence-Based Medicine: A Literature Analysis
- Clinical Data Mining of Phenotypic Network in Angina Pectoris of Coronary Heart Disease
- Temperature and Safety Profiles of Needle-Warming Techniques in Acupuncture and Moxibustion
- Application of Metabolomics in Traditional Chinese Medicine Differentiation of Deficiency and Excess Syndromes in Patients with Diabetes Mellitus
- The Potential Benefit of Complementary/Alternative Medicine in Cardiovascular Diseases
- Evaluation of the Effects of Acupuncture on Blood Flow in Humans with Ultrasound Color Doppler Imaging
- The Effects of Clinical Hypnosis versus Neurolinguistic Programming (NLP) before External Cephalic Version (ECV): A Prospective Off-Centre Randomised, Double-Blind, Controlled Trial
- Anti-Infective and Antiproliferative Potential of African Medicinal Plants

Integrative Cancer Therapies

[First listed in ENZCAM Newsletter April 2011]

Volume 11, Number 2: June 2012

http://ict.sagepub.com/content/11/2.toc?etoc

Selected articles:

- Prevalence and Correlates of Vitamin and Supplement Usage Among Men With a Family History of Prostate Cancer
- An Exploratory Study on the Quality of Life and Individual Coping of Cancer Patients During Mistletoe Therapy
- A Critical Review of the Effects of Medical Qigong on Quality of Life, Immune Function, and Survival in Cancer Patients
- Effects of Sweet Bee Venom Pharmacopuncture Treatment for Chemotherapy-Induced Peripheral Neuropathy: A Case Series
- Induction of Apoptosis of Tumor Cells by Some Potentiated Homeopathic Drugs: Implications on Mechanism of Action
Journal of Holistic Nursing
[First listed in ENZCAM Newsletter April 2011]
Volume 30, Number 2: June 2012
http://jhn.sagepub.com/content/30/2.toc?etoc

Selected articles:
- Sacred Healing Stories Told at the End of Life
- Self-Compassion: A Concept Analysis
- Examination of the Effectiveness of Peppermint Aromatherapy on Nausea in Women Post C-Section
- Spiritual Expressions of African Americans and Whites in Cancer Pain
- Call for Submissions: Nurse-Herbalism—Global Tradition: A Special Issue of Journal of Holistic Nursing

8. Clinical Integration of TM/CAM

NCCAM Clinical Digest
Produced by the National Center for Complementary and Alternative Medicine (NCCAM) in the USA.

There was no clinical digest published in June 2012.

Produced for ENZCAM by Heather McLeod and Ray Kirk

11 July 2012