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. Ethics of Traditional Medicine

The International Bioethics Committee of UNESCO
Draft Report on Traditional Medicine and its Ethical Implications
Published August 2012

“The International Bioethics Committee [IBC] of UNESCO had included the issue of traditional medicine in its 2010-2011 work programme. A working group was established and entrusted with focusing on the ethical implications of these widespread and very different practices, avoiding duplication of the investigation carried out by other United Nations agencies and institutions. At the same time, internal as well as external sources were consulted and engaged. ... This Report is presented to the 19th session of the IBC (UNESCO Headquarters, Paris, 11-12 September 2012) for further consideration.”

“Traditional medicine is at the crossroads of two different clusters of competences, values and responsibilities.

As medicine, the activity of traditional practitioners has to comply with the requirements which are appropriate to this practice, starting in the first place with those of safety, efficacy and quality. This system of knowledge, skills and practices is supposed to contribute to improve health outcomes, which include physical as well as mental and social well-being.

As a practice embedded in theories, beliefs and experiences which belong to different peoples, traditional medicine has been used in some communities for hundreds or even thousands of years. It can be perceived as a fundamental feature of their own identity and is often closely intertwined with lifestyles, cultural frameworks and social regulations, as well as domestic legislation.”

“The consideration by IBC of the ethical implications of traditional medicine is directly linked to UNESCO’s mandate to promote cultural diversity. The Universal Declaration on Cultural Diversity (2001), the Convention for the Safeguarding of the Intangible Cultural Heritage (2003) and the Convention on Biological Diversity (2003), as well as the United Nations Declaration on the Rights of Indigenous peoples (2007) establish the parameters within which traditional medicine should be understood and dealt with.”
“Governments are called upon to adopt appropriate legislations for assessing, licensing and accreditting traditional practices and drugs and to cooperate to strengthen internationally agreed regulations. Governments and the academia are also called upon to study, elaborate and adopt appropriate educational methods and tools for the teaching of traditional practices, and to strengthen communication, capacities and solidarity. International agencies, non-governmental organizations and research institutions on modern and traditional medicines are important pillars of this commitment, and collaboration should be encouraged and improved.”

2. Healthcare Research in Australia

The Strategic Review of Health and Medical Research - The McKeon Review

www.mckeonreview.org.au

“The Strategic Review of Health and Medical Research in Australia was established by the Australian Government in late 2011. The Review is to report by the end of 2012 and recommend a 10-year strategic health and medical research plan for the nation.” The Panel is chaired by Mr Simon McKeon. The Consultation Paper is now available on the website and is open for public comment until 31 October.

“The Panel’s vision for health and medical research (HMR) is ‘Better Health Through Research’. Better health encompasses population health outcomes, such as increased life expectancy, as well as social goals such as equity, affordability and quality of life. HMR is the R&D arm of Australia’s $130bn health sector, so investment in research is vital to support innovation, performance improvement, and curtail escalating healthcare costs. The vision is for a high quality and efficient health system, where a defined proportion of the health budget is invested in research in the health system and where all research activity is well managed to deliver health impact. Initially, the focus should be on spending current investment more effectively. Within the next ten years, an additional $2–3bn p.a. should be invested in research to deliver a better health system ....”

While the report does not mention complementary medicine research, the direction taken will influence future CAM and integrative medicine research. The Health Services Research Association Australia and New Zealand (HSRAANZ) produced a summary reproduced below. http://www.hsraanz.org/news/news/12-10-03/McKeon_Review_Consultation_Paper.aspx

“The Panel has developed a draft ten-year strategy that has 21 recommendations, including:

- Investing at least 3% of Australian and state and territory government health expenditure (an additional A$2bn to A$3bn per year by mid 2023) to drive research activity within the health system as an embedded component of the Australian government’s health reforms
- Establishing “Integrated Health Research Centres” combining hospital networks, universities and medical research institutes to create globally relevant centres of excellence and drive translation of research into clinical practice
- Creating up to 1,000 competitive practitioner fellowships for leading clinicians that protects 50% of their time to further embed research within patient care
- Providing increased sector leadership by a rejuvenated NHMRC
- Supporting focused research based on priorities of immediate clinical relevance to Australians, and in key areas such as Indigenous health, rural and remote health, and application of genomics to personalised medicine
• Maintaining research excellence by making research a more attractive career path with improvements in people support, career flexibility and granting processes, and by strategic investment in infrastructure such as biobanks and data linkage networks
• Advancing clinical trials, public health research and health services research
• Providing clear pathways to translate research evidence into clinical practice, including a matching Translational Development Fund for early stage development and commercialisation
• Incentivising high end philanthropy to invest in identified health priorities.”

3. Conferences

Conference Presentations and Webcasts

**European Journal of Integrative Medicine**
*Volume 4, Supplement 1, September 2012*

The 5th European Congress for Integrative Medicine was held in Italy from September 21–22, 2012. There is a special supplement to the *European Journal of Integrative Medicine* that provides all the papers presented. The supplement of 216 pages has 491 papers on CAM and integrative medicine topics.

“The central topics of the Congress are the efficacy of complementary medicines and practices, their integration with orthodox medicine and the future development of integrative medicine.”

**Forthcoming conferences**

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<tr>
<th>Date</th>
<th>City</th>
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<tr>
<td>2-4 November 2012</td>
<td>Toronto, CANADA</td>
<td>7th IN-CAM Research Symposium <a href="http://www.incamresearch.ca/index.php?id=19,544,0,0,1,0">http://www.incamresearch.ca/index.php?id=19,544,0,0,1,0</a></td>
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<tr>
<td>18 – 24 March 2013</td>
<td>Baltimore, USA</td>
<td>ISCMR Research Methodology Training in cooperation with the Institute for Integrative Health. <a href="http://tiih.org/research-methods">http://tiih.org/research-methods</a></td>
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<tr>
<td>13-16 May 2014</td>
<td>Miami, Florida, USA</td>
<td>International Research Congress on Integrative Medicine and Health (IRCIMH)</td>
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4. Books

Textbook of Natural Medicine, 4th Edition
By Joseph E. Pizzorno Jr. ND and Michael T. Murray ND
Publication Date: September 2012

This is the fourth edition of the seminal work by Murray and Pizzorno. It is an expensive book but well worth-having on your shelves, whether you are a researcher, a clinician or a funder. This textbook is frequently described as “the gold standard in natural medicine”.

“Covering preventive, non-invasive, and natural treatments, Textbook of Natural Medicine, 4th Edition ... promotes an integrated practice that can utilize natural medicine, traditional Western medicine, or a combination of both .... Based on a combination of philosophy and clinical studies, [the book] helps you provide health care that identifies and controls the underlying causes of disease, is supportive of the body’s own healing processes, and is considerate of each patient’s unique biochemistry.”

“Internationally known authors Joseph Pizzorno and Michael Murray [and more than 90 expert contributors ] include detailed pharmacologic information on herbs and supplements, plus evidence-based coverage of diseases and conditions ...”

- “Coverage of pharmacology of natural medicines includes the uses and potential dangers of nearly 80 herbal medicines, special nutrients, and other natural agents, addressing topics such as general information, chemical composition, history, pharmacology, clinical applications dosage, and toxicology.

- In-depth, evidence-based coverage of 73 diseases and conditions includes key diagnostic criteria, pathophysiology of diseases, and therapeutic rationales.

- Coverage of potential interactions between drugs, herbs, and supplements ensures the safest possible use for each of 79 herbs and supplements.

- Diagnostic procedures include ... descriptions of evidence-based techniques plus discussions of clinical application of diet analysis, food allergy testing, immune function assessment, fatty acid profiling, hair mineral analysis, and other diagnostic approaches.

- Common therapeutic modalities are described and reviewed, including botanical medicine, nutritional therapy, therapeutic fasting, exercise therapy, hydrotherapy, counseling, acupuncture, homeopathy, and soft tissue manipulation.

- Coverage of syndromes and therapies helps in understanding the underlying causes of diseases by discussing topics such as food reactions, functional toxicology, sports nutrition, stress management, and breathing pattern disorders.

- Coverage of the philosophy of natural medicine includes its history and background, with discussions of toxicity, detoxification, and scientific documentation of the healing actions of nature and natural substances.

- More than 10,000 research literature citations ...

- 13 appendices offer quick lookup of frequently used charts, handouts, and information.

- New chapters are included on topics such as female infertility, medicinal mushrooms, natural products and quality control, pregnancy health and primary prevention, and Vitamin K; new appendices include a supplier certification questionnaire and cervical escharotics treatment.

- Tabs in Specific Health Problems section [cover some] 70 ... diseases/conditions.”

Sourced from publisher at Amazon.com
The previous edition had additional summaries available that included a clinician’s handbook and naturopathic instructions for patients. At the time of release, the first additional product available is the general audience version of the book:

**The Encyclopedia of Natural Medicine Third Edition**  
By Michael T. Murray and Joseph E. Pizzorno  
Published July 2012  

### 5. 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/enzcam/](http://www.hsci.canterbury.ac.nz/enzcam/)

**BMC Complementary and Alternative Medicine**  
[First listed in ENZCAM Newsletter September 2011]  
September 2012  
[http://www.biomedcentral.com/bmccomplementalternmed/content](http://www.biomedcentral.com/bmccomplementalternmed/content)

Selected articles:
- Efficacy of acupuncture for chronic knee pain: protocol for a randomised controlled trial using a Zelen design
- Dosing study of massage for chronic neck pain: protocol for the dose response evaluation and analysis of massage [DREAM] trial
- Effectiveness guidance document (EGD) for acupuncture research - a consensus document for conducting trials
- Quality of life, immunomodulation and safety of adjuvant mistletoe treatment in patients with gastric carcinoma -- a randomized, controlled pilot study
- Homeopathy for mental fatigue: lessons from a randomized, triple blind, placebo-controlled cross-over clinical trial
- Prevalence and patterns of prenatal use of traditional medicine among women at selected Harare clinics: a cross-sectional study
- Mindfulness-based stress reduction for low back pain. A systematic review
- Evaluation of a multi-herb supplement for erectile dysfunction: a randomized double-blind, placebo-controlled study
- The Red flag! risk assessment among medical homeopaths in Norway: a qualitative study
- Lessons learned from a double-blind randomised placebo-controlled study with a iota-carrageenan nasal spray as medical device in children with acute symptoms of common cold
- Utilization pattern of traditional chinese medicine for liver cancer patients in Taiwan

**Chinese Journal of Integrative Medicine.**  
[First listed in ENZCAM Newsletter September 2011]  
Volume 18 Number 9, September 2012  
[http://link.springer.com/journal/11655/18/9/page/1](http://link.springer.com/journal/11655/18/9/page/1)
Selected articles:
- The Western model of integrative oncology — the contribution of Chinese medicine
- Integrative oncology meets immunotherapy: New prospects for combination therapy grounded in Eastern medical knowledge
- The treatment of non-small cell lung cancer by interstitial I-125 seeds implantation combined with chemotherapy and Chinese medicine

**European Journal of Integrative Medicine**
[First listed in ENZCAM Newsletter May 2011]
**Volume 4, Number 3: September 2012**
[http://www.europeanintegrativemedicinejrnl.com/current](http://www.europeanintegrativemedicinejrnl.com/current)

Selected articles:
- Does acupuncture improve the outcome of in vitro fertilization? Guidance for future trials
- Incorporation of traditional Chinese medicine pattern diagnosis in the management of rheumatoid arthritis
- Bee venom acupuncture for chronic low back pain: A randomised, sham-controlled, triple-blind clinical trial
- Inpatient satisfaction with TCM medication counseling services provided by pharmacists
- The impact of eurythmy therapy on fatigue in healthy adults—A controlled trial
- Randomized controlled trial of Sajabalssuk (Artemisia princeps Pampanini) to treat pre-diabetes
- Modified Ling-Gui-Zhu-Gan decoction combined with short-term fasting improves therapeutic response in type 2 diabetic patients
- Clinical efficacy of a Unani formulation ‘Safoof Habis’ in menorrhagia: A randomized controlled trial
- The impact of Ephedra and green tea combination mesotherapy on localized fat: A randomized-controlled clinical trial
- Pounds, shillings and pence: Ways to Cost NHS complementary therapy services – The SEAT and BISCUIT studies
- Action research, critical realism and new knowledge for delivering integrative medicine: Sharing research results
- A pragmatic observational cohort study to evaluate treatments for musculoskeletal disorders provided by the Royal London Hospital for Integrated Medicine
- Prevalence of complementary and alternative medicine (CAM) use by UK patients/consumers: A systematic review of surveys

**Evidence-Based Complementary and Alternative Medicine (eCAM)**
[First listed in ENZCAM Newsletter July 2011]
**Published September 2012**

Selected articles:
- Role of Medicinal Plants and Natural Products on Osteoporotic Fracture Healing
- Nigella sativa: A Potential Antiosteoporotic Agent
- Effects of Yoga Interventions on Fatigue: A Meta-Analysis
- Herbal Products: Benefits, Limits, and Applications in Chronic Liver Disease
• The Evolution of Mindfulness-Based Physical Interventions in Breast Cancer Survivors
• Effects of Yoga on Mental and Physical Health: A Short Summary of Reviews
• Chinese Herbal Medicine Paratherapy for Parkinson's Disease: A Meta-Analysis of 19 Randomized Controlled Trials
• Safety and Efficacy Profile of Echinacea purpurea to Prevent Common Cold Episodes: A Randomized, Double-Blind, Placebo-Controlled Trial
• The Molecular Basis of Wound Healing Processes Induced by Lithospermi Radix: A Proteomics and Biochemical Analysis
• Medicinal Plants in the Prevention and Treatment of Chronic Diseases
• Clinical Studies on Treatment of Earthquake-Caused Posttraumatic Stress Disorder Using Electroacupuncture

Explore: The Journal of Science and Healing
[First listed in ENZCAM Newsletter May 2011]
Volume 8, Number 5: September 2012
http://www.explorejournal.com/current

Selected articles:
• Evidence and Potential Mechanisms for Mindfulness Practices and Energy Psychology for Obesity and Binge-Eating Disorder
• Retrolective Studies on the Survival of Cancer Patients Treated With Mistletoe Extracts: A Meta-analysis
• Altars and Icons: The Surgical Suite as a Sacred Ritual

Integrative Cancer Therapies
[First listed in ENZCAM Newsletter April 2011]
Volume 11, Number 3: September 2012
http://ict.sagepub.com/content/11/3?etoc

Selected articles:
• How Many Cancer Patients Use Complementary and Alternative Medicine: A Systematic Review and Metaanalysis
• Effect of Ginger on Acute and Delayed Chemotherapy-Induced Nausea and Vomiting: A Pilot, Randomized, Open-Label Clinical Trial
• The Role of Religion and Spirituality in Psychological Distress Prior to Surgery for Urologic Cancer
• Use of Chinese Medicine Among Survivors of Nasopharyngeal Carcinoma in Taiwan: A Population-Based Study
• Practices, Attitudes, and Beliefs Associated With Complementary and Alternative Medicine (CAM) Use Among Cancer Patients

Journal of Ayurveda and Integrative Medicine

“The Journal of Ayurveda and Integrative Medicine (J-AIM) is a peer reviewed, open access international circulating professional journal led by the Institute of Ayurveda and Integrative Medicine (www.iaim-frht.org). As a trans-disciplinary platform for integrative health sciences, J-AIM aims to explore the relationships between Ayurveda, biomedicine and other contemporary health
sciences, encouraging meaningful collaboration to promote effective, safe and affordable global health.”

**Volume 3, Number 3: July-September 2012**

http://www.jaim.in/currentissue.asp?sabs=n

Selected articles:

- Exploratory study to evaluate tolerability, safety, and activity of Ashwagandha (Withania somnifera) in healthy volunteers
- The ontological status of western science and medicine
- Adjunct therapy of Ayurvedic medicine with anti-tubercular drugs on the therapeutic management of pulmonary tuberculosis
- Association of constitutional type of Ayurveda with cardiovascular risk factors, inflammatory markers and insulin resistance

**Journal of Holistic Nursing**

[First listed in ENZCAM Newsletter April 2011]

**Volume 30, Number 3: September 2012**

http://jhn.sagepub.com/content/30/3.toc?etoc

Selected articles:

- The Self-Transcendence Scale: An Investigation of the Factor Structure Among Nursing Home Patients
- Singapore Nursing Students’ Perceptions and Attitudes About Spirituality and Spiritual Care in Practice: A Qualitative Study
- A Pilot Study Evaluating the Effect of Mindfulness-Based Stress Reduction on Psychological Status, Physical Status, Salivary Cortisol, and Interleukin-6 Among Advanced-Stage Cancer Patients and Their Caregivers
- The Six Dimensions of Wellness and Cognition in Aging Adults
- Using a Healing Touch Intervention in Older Adults With Persistent Pain: A Feasibility Study

**Journal of Medicinal Food**

[First listed in ENZCAM Newsletter Q1 2011]

**Volume 15, Number 9: September 2012**

http://online.liebertpub.com/toc/jmf/15/9

Selected articles:

- Resveratrol in Cholesterol Metabolism and Atherosclerosis
- Ginkgo biloba Extract and Bilberry Anthocyanins Improve Visual Function in Patients with Normal Tension Glaucoma
- Evaluation of the Efficacy of Flaxseed Meal and Flaxseed Extract in Reducing Menopausal Symptoms
Medical Acupuncture

http://www.liebertpub.com/acu

“Medical Acupuncture is an essential, peer-reviewed journal written for physicians, by physicians. The Journal delivers authoritative, evidence-based clinical papers, case reports, and research findings that integrate concepts from traditional and modern forms of acupuncture with conventional medical training.” Medical Acupuncture coverage includes: pain relief; stroke; neurological disorders; digestive disorders; respiratory disorders; urinary, menstrual, and reproductive problems; nausea and vomiting from oncological therapies; and dermatological conditions.

Volume 24, Number 3: September 2012
http://online.liebertpub.com/toc/acu/24/3

Selected articles:
- Combining Acupuncture with Western and Chinese Nutritional Treatment in Obesity
- Electroacupuncture Effects on the Disintegration of Beta Amyloid Sheets: Its Application to Alzheimer's Disease
- The Brain Effects of Laser Acupuncture in Depressed Individuals: An fMRI Investigation
- Electroacupuncture Treatment in Osteoarthritis Pain of the Knee for Geriatric Patients
- Holistic Acupuncture
- How Do You Treat Bell's Palsy in Your Practice?

The Journal of Alternative and Complementary Medicine
[First listed in ENZCAM Newsletter Q1 2011]

Volume 18, Number 9: September 2012
http://online.liebertpub.com/toc/acm/18/9

Selected articles:
- Epidemiology, Quality, and Reporting Characteristics of Systematic Reviews of Acupuncture Interventions Published in Chinese Journals
- Acupuncture for Shoulder Pain After Stroke: A Systematic Review
- Integrating Complementary Medicine and Supportive Care: Patients’ Perspectives Toward Complementary Medicine and Spirituality
- The Benefits of Yoga for Women Veterans with Chronic Low Back Pain
- The ADDOPT Study (Acupuncture to Decrease Disparities in Outcomes of Pain Treatment): Feasibility of Offering Acupuncture in the Community Health Center Setting
- Prevalence and Correlates of Complementary and Alternative Medicine Services Use in Low-Income African Americans and Whites: A Report from the Southern Community Cohort Study
- Preliminary Trial of Aloe Vera Gruel on HIV Infection
- S-Adenosyl-l-Methionine (SAMe) for Smoking Abstinence: A Randomized Clinical Trial
- Complementary and Alternative Medicine in the Undergraduate Medical Curriculum: A Survey of Korean Medical Schools
- Qi, Acupuncture, and the Fascia: A Reconsideration of the Fundamental Principles of Acupuncture
6. Clinical Integration of TM/CAM

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

September 2012: Children and Dietary Supplements
http://nccam.nih.gov/health/providers/digest/children

“Research has shown that many children use herbs and other dietary supplements. However, there are little data available on their safety and effectiveness in children. The 2007 National Health Interview Survey (NHIS) gathered information on use of complementary health practices among more than 9,000 children younger than 18. Nearly 12 percent of the children had used some form of a complementary health practice during the past 12 months. In addition to herbs and dietary supplements, children use a wide range of complementary health approaches, including spinal manipulation and yoga.

Further, a 2001 survey of 745 members of the American Academy of Pediatrics found that 87 percent of pediatricians had been asked about complementary health practices by a patient or a parent in the 3 months prior to the survey. The pediatricians in the survey were asked most often about herbs and dietary supplements.

This issue provides information about scope of use of complementary health practices by children, safety, and how to discuss complementary health approaches with your patients.”

Produced for ENZCAM by Heather McLeod and Ray Kirk

8 October 2012

New Zealand Centre for Evidence-based Research into Complementary and Alternative Medicine (ENZCAM)

ENZCAM is based within the Health Sciences Centre, University of Canterbury, Christchurch, New Zealand. The Centre was established in 2005 with the aim to research the efficacy and safety of Complementary and Alternative Medicine (CAM), with a particular focus on CAM in the New Zealand setting. The centre acts as a focal point to develop novel research ideas in the field of CAM and foster partnerships with researchers both within New Zealand and overseas.

http://www.hsci.canterbury.ac.nz/enzcam/

As the purpose of this series is to put in the public domain material and evidence that will progress the integration of complementary medicine into health systems, we would be delighted if you make use of it in other research and publications. All material produced for ENZCAM and made available on the web-site may be freely used, provided the source is acknowledged. The material is produced under a Creative Commons Attribution-Noncommercial-Share Alike licence.

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