The purpose of this update on integrative medicine is to inform healthcare professionals, researchers, funders and policy-makers about developments in traditional medicine (TM), complementary medicine (CAM) and integrative medicine (IM). The update provides links to new material published or released as well as links to classic resources on these topics.

1. Policy and Legislation in New Zealand

Review of Health Practitioners Competence Assurance Act 2003

“The Ministry of Health has been undertaking a strategic review of the Health Practitioners Competence Assurance Act 2003. A discussion document was released in August 2012. A total of 145 submissions were received.” The summary of submissions received and individual submissions were released on 9 May 2013: http://healthworkforce.govt.nz/node/553

Several complementary medicine organisations made submissions as this is the act that could be used to extend registration to other CAM professions.

Natural Health and Supplementary Products Bill

“This bill establishes a system for the regulation of low-risk natural health products in New Zealand.” The bill had its second reading in parliament in March 2013: http://www.parliament.nz/en-NZ/PB/Legislation/Bills/b/c/8/00DBHOH_BILL11034_1-Natural-Health-and-Supplementary-Products-Bill.htm

The Ministry of Health has advertised for the post of an Establishment Manager to oversee the creation of the new regulator that would be established when this bill is enacted: https://jobs.health.govt.nz/Job/Establishment-Manager-New-Regulators/Wellington/138

2. The Placebo Effect and its Ramifications for Clinical Practice and Research

Complementary Therapies in Medicine
Volume 21, Number 2: April 2013
http://www.complementarytherapiesinmedicine.com/issues

From the Editorial: The placebo revisited: What we do, don’t and maybe won’t know

“This Special Issue reports on the outcomes of an expert workshop on the placebo effect and its ramifications. ...For a long time I have held the opinion that the negative association with the placebo phenomenon is not justified. This is because from a more holistic point of view, the placebo
effect is to be considered part of the ‘self-healing response’. This was confirmed by several of the experts who emphasised the importance of the ‘meaning response’ and that giving a medicine to patients cannot be dissociated from the meaning of the personal interaction and cultural context in which this takes place. The latter was also confirmed by the expert on the role of empathy in medicine who observed in an extensive research program that perceived empathy has a significant and real effect on outcomes in the treatment of chronic diseases.”

“… for me a number of clear messages transpired. One of these is that the placebo debate is not more, or less, of an issue in CAM as compared to conventional medicine. It is linked to any kind of medical intervention. … Another important message is the complexity as well as high relevance of the placebo issue. On the one hand, it can greatly complicate the evaluation of treatments in clinical trials; on the other hand, better understanding the placebo phenomenon can contribute to improvements in clinical practice.”

“To a certain extent, the placebo effect has become more an ‘issue’ since the dominance of the Randomised Controlled Trial (RCT) as a research method after World War II. This was accompanied by the emergence of a regulatory framework that strongly hinges on the placebo controlled RCT as a proof of efficacy for single molecules with highly specific effects on single molecular targets. This framework is still largely in place today and it represents a reductionist, mono-causal, ‘linear’ way of approaching disease and its treatment, in which the concept of separating and simply adding up the specific and the non-specific effects of pharmacological agents seems to make sense.”

“Whilst this approach has been very successful, particularly in the treatment of acute diseases, advances in medicine have increasingly demonstrated the limitations of this model, particularly in the treatment of chronic diseases. The genomic revolution in biology has demonstrated that single cause disease pathways are the exception rather than the rule, and in fact the majority of the major chronic diseases are multi-factorial diseases, in which a ‘multi-component, multi-target’ approach is likely to be more applicable. …. So the question could be asked if the dominance of a reductionist, mono-causal disease model has led to the creation of a ‘false dichotomy’ between ‘specific’ and ‘non-specific’ effects, and resulted in a regulatory model that is not optimally appropriate for most CAM treatments which have a ‘whole systems’ approach to the patient.” …

“I am of the opinion that we should keep questioning the appropriateness of the placebo-controlled research design and keep looking for improved and/or alternative research designs for the rigorous evaluation of treatments. Some initial and positive steps in this direction are also reflected in this Special Issue. Further efforts in this direction should not only explore what is ultimately ‘knowable’, but also what will remain ‘unknowable’ due to methodological, ethical and/or legal reasons. The latter will help to map limitations and remaining knowledge gaps associated with clinical trial designs.” …

Articles in the Special Issue:
- The placebo revisited: What we do, don’t and maybe won’t know
- The placebo effect and its ramifications for clinical practice and research. Villa La Collina at Lake Como, Italy, 4–6 May 2012
- The early history of the placebo
- The placebo response in clinical trials—the current state of play
- The placebo effect revisited: Lessons learned to date
3. Public Health and Health Services Research in Integrative Medicine

European Journal of Integrative Medicine
Volume 5, Number 1: February 2013
http://www.europeanintegrativemedicinejrnl.com/issues

“This special issue brings together a flavour of some of the international research currently undertaken as part of this expanding interest in PH/HSR questions relating to IM/CM. There is an international recognition of the timeliness as evidenced by the submissions EUJIM has received from North America, Europe, and Australia. The manuscripts included here in this special issue similarly reflect international research activity and scholarship as well as a suite of perspectives and approaches.”

“Authors address a variety of topics related to models of integration. Kadetz discusses the World Health Organization’s approach and related challenges in China, Cuba, and the Philippines. Particular stake-holders were questioned in order to assess their impressions concerning optimal clinical and organisational practice and patterns. It also provides a critical review of the literature and explores the meaning of health care integration and how it is being practised in different contexts. Singer and Adams carried out semi structured interviews with health service managers to identify their recommendations and key requirements for those wishing to design and maintain effective integrative health services. Willis and Rayner interviewed physicians who practice integrative medicine and conceptualise this work very differently from a biomedical approach. Stake-holders including patients, clinicians and providers of IM/CM informed the work by Welch et al. and offered perspectives relevant to both clinical and organisational issues.”

“Health concerns of specific populations are also described by several authors. Midwives’ perspectives on IM/CM approaches for pregnant women are discussed by Hall et al. Of specific interest is the context of their professional work and how this affects their beliefs and knowledge, and how this is balanced with the demands and expectations of woman in the midwifery setting. Kirby et al. use survey data to assess the use of IM/CM by mid-age women with back pain and suggest that the longer pain persists the more likely the women were to consult CAM practitioners and that there were different perceived differences in approach between CAM and conventional biomedical practitioners. Roles for providers of IM/CM in rural Canada are qualitatively assessed in Hollenberg et al.’s paper however inter-professional education appears to be a major barrier.

Other salient public health issues include use of polypharmacy by ageing populations and how CAM interventions could provide opportunities. Defining public health ethics for IM/CM is highlighted as a result of work carried out by CAMBRELLA, a EU funded project. Spinks et al. address the topics of cost and inter-professional communication in the context of diabetes and cardiovascular care and
that concurrent chronic conditions appear to be strong independent predictors and key motivators of CAM use. This is likely influenced or associated with lower quality of life.

“We are pleased that in this special issue of the EUJIM our goals of promoting international and multi-disciplinary dialogue and advancing the understanding of the intersections between public health and IM/CM have been addressed with such rich and diverse scholarship.”

Articles:
- Public health and health services research in integrative medicine: An emerging, essential focus
- Polypharmacy, multimorbidity and the value of integrative medicine in public health
- Integrative medical doctors—Public health practitioner or lifestyle coach?
- Addressing provider shortage in underserviced areas: The role of traditional, complementary and alternative medicine (TCAM) providers in Canadian rural healthcare
- An exploratory study of the health service managers role in providing effective integrative health care
- A national cross-sectional survey of back pain care amongst Australian women aged 60–65
- Costs and drivers of complementary and alternative medicine (CAM) use in people with type 2 diabetes or cardiovascular disease
- Challenging a universal approach to health care integration: China, Cuba, and the Philippines
- Public health ethics for complementary and alternative medicine
- Contextual factors that mediate midwives’ behaviour towards pregnant women’s use of complementary and alternative medicine
- Working at the coalface: Using action research to study ‘integrative medicine’ in the NHS

4. Conferences

Conference Papers

London, 11-13 April, 2013

The abstracts and indices of papers and posters presented are published as a special 142 page supplement to “Forschende Komplementärmedizin / Research in Complementary Medicine”.

Vol. 20, Suppl. 1, 2013, Issue release date: March 2013
Complementary Medicine Research, ICCMR 2013
http://www.karger.com/Journal/Issue/259791

Forthcoming conferences

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5. Books

An Integrated View of Health and Well-being. Bridging Indian and Western Knowledge
By Morandi, Antonio; Nambi, A.N.Narayanan (Eds.)
Publication Date: 2013
http://www.springer.com/psychology/book/978-94-007-6688-4

“Concepts like Health and Well-being are not exclusive products of the Western culture. Research has widely demonstrated that the representation of the body and of its pathologies, as well as treatment and healing practices vary across cultures in relation to social norms and beliefs. The culture of India is a melting pot of nine main Darshanas, or philosophical systems, that share the common core of a realization of the self in society. India’s traditional health system, Ayurveda, is a result of the practical application of the Darshanas to the observation of human nature and behavior. Ayurveda conceptualizes health, disease and well-being as multidimensional aspects of life, and it seeks to preserve a balance in individuals among their biological features, their psychological features and their environmental demands.”

“The Ayurveda approach to health is remarkably similar to the eudaimonic conceptualization of well-being proposed by positive psychology, and the basic tenets of Ayurveda are deeply consistent with the latest developments of modern physics, which stresses the substantial interconnectedness among natural phenomena and their substrates. This text shows how the approach to health developed in Ayurveda can be fruitfully integrated in a general view of health and well-being that encompasses cultural and ideological boundaries. Specifically, it details the conceptualization of health as an optimal and mindful interaction between individuals and their environment.”

Chapters:
- Introduction.-
- Part I. Health and Well-Being in the Western Tradition.-
- Chapter 1. Well-Being in the West: Hygeia Before and After the Demographic Transition; Corey L.M. Keyes.-
- Chapter 2. The Psychosomatic View; Giovannni Fava.-
- Part II. Health and Well-Being in Indian Traditions.-
- Chapter 3. The Perspectives on Reality in Indian Traditions and their Implications for Health and Well-Being; Kiran Kumar K. Salagame.-
- Chapter 4. Concepts of Health and the Paradigm of Ayurveda; P. Ram Manohar.-
- Chapter 5. The Determinants of Health and Well-Being; A.N. Narayanan Nambi.-
- Chapter 6. The Role of Social Rituals in Well-Being; P.R. Krishnakumar.-
6. Call for Papers

Evidence-Based Complementary and Alternative Medicine
Special Issue on Research Methodology: Choices, Logistics, and Challenges

“The role, benefits, challenges and appropriate use of research methods in the basic and applied social and clinical sciences have been debated extensively in recent years. The fields of clinical research and health services research in particular, have benefited from insightful, comprehensive debates and discussions of research methods and their appropriate use. We invite empirical, methodological, and theoretical articles discussing complementary and alternative medicine (CAM) methods research across the social, behavioral, health, technological, and human sciences. We encourage contributors to focus on the pragmatic aspects of research methodology in addition to conceptual and validity issues, and to foster dialogue and comparisons among different approaches as applied in CAM research in comparison to conventional therapies research.”

“We invite investigators to contribute original research and methods articles as well as review articles that will stimulate continuing efforts to identify the advantages and disadvantages of various research methods. We are especially interested in articles offering guidance in selecting and applying appropriate methods, avoiding potential pitfalls, and suggestions for diagnosing and correcting methods-related problems. The aim of this special issue is to increase synergies between CAM and conventional therapy approaches around research methodology.”

“Potential topics include, but not limited to:

- Meta-analysis / systematic review methods
- Methods for rapid review and related assessments and syntheses of the literature
- Qualitative research methodology, quantitative research methodology and mixed methods
- Systems approaches
- Validity methodology
- Methods of modeling and simulation
- Optimal study design and design tradeoffs (e.g., internal vs. external validity)
- Health services research methods
- Efficacy vs. Effectiveness
- Comparative effectiveness research, patient-centered outcomes research methodology for practice-based and pragmatic studies
- Methods for partnered research, engaged research and practice-based research
Prior to submission authors should carefully review the journal’s Author Guidelines, which are located at [http://www.hindawi.com/journals/ecam/guidelines/](http://www.hindawi.com/journals/ecam/guidelines/). Prospective authors should submit an electronic copy of their complete manuscript through the journal Manuscript Tracking System at [http://mts.hindawi.com/](http://mts.hindawi.com/) according to the following timetable:

**Manuscript Due** July 26, 2013  
**First Round of Reviews** October 18, 2013  
**Publication Date** December 13, 2013

**Guest Editors:** Raheleh Khorsan, Ian D. Coulter, Brian Mittman, Cheryl Hawk, George Lewith, Evan Willis and Ray Kirk.

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

**African Journal of Traditional, Complementary and Alternative medicines (AJTCAM)**  
[First listed in ENZCAM Newsletter October 2011]  
**Volume 10, Number 2: January 2013**  
[http://journals.sfu.ca/africanem/index.php/ajtcam/issue/view/77](http://journals.sfu.ca/africanem/index.php/ajtcam/issue/view/77)

Selected articles:

- Quercetin: a potential natural drug for adjuvant treatment of rheumatoid arthritis
- Comparison of efficacy of neural therapy and physical therapy in chronic low back pain
- Evaluation of anti-bacterial and wound healing activity of the fruits of *Amorpha Fruticosa* L.
- Analysis on 85 case reports of adverse drug reactions

**Alternative and Complementary Therapies**  
[First listed in ENZCAM Newsletter Q1 2011]  
**Volume 19, Number 2: April 2013**  
[http://online.liebertpub.com/toc/act/19/2](http://online.liebertpub.com/toc/act/19/2)

Selected articles:

- Roundoc Rx: Natural Interventions to Prevent Hypertension: Part 1—Six Things to Avoid
- Integrative Urology and Prevention of Prostate Cancer
- Nutrition in Pain Modulation
- Antifibrotic Herbs: Indications, Mechanisms of Action, Doses, and Safety Information
- Fecal Microbiotic Transplantation: A Novel Way to Treat Gastrointestinal Disorders
- Yoga as an Adjunctive Therapy in the Clinical Setting
- Ginger as an Adjunctive Treatment for Cyclic Vomiting Syndrome
• Raspberry Ketone: An Evidence-Based Systematic Review by the Natural Standard Research Collaboration
• Clinical Roundup: Selected Treatment Options for Polycystic Ovary Syndrome

BMC Complementary and Alternative Medicine
[First listed in ENZCAM Newsletter September 2011]
February, March and April 2013
http://www.biomedcentral.com/bmccomplementalternmed/content

Selected articles:
• The eCALM Trial-eTherapy for cancer applying mindfulness: online mindfulness-based cancer recovery program for underserved individuals living with cancer in Alberta: protocol development for a randomized wait-list controlled clinical trial
• The effectiveness of fermented turmeric powder in subjects with elevated alanine transaminase levels: a randomised controlled study
• Capsaicin induces cell cycle arrest and apoptosis in human KB cancer cells
• Physicochemical and antioxidant properties of Malaysian honeys produced by Apis cerana, Apis dorsata and Apis mellifera
• The prevalence of traditional herbal medicine use among hypertensives living in South African communities
• Moxibustion for treating knee osteoarthritis: study protocol of a multicentre randomised controlled trial
• Is acupuncture “stimulation” a misnomer? A case for using the term “blockade”
• Nutrient- and non-nutrient-based natural health product (NHP) use in adults with mood disorders: prevalence, characteristics and potential for exposure to adverse events
• Anti-hyperglycemic effects of three medicinal plants in diabetic pregnancy: modulation of T cell proliferation
• Consultations with complementary and alternative medicine practitioners by older Australians: results from a national survey
• Thai traditional massage increases biochemical markers of bone formation in postmenopausal women: a randomized crossover trial
• Potential effectiveness of traditional Chinese medicine for cardiac syndrome X (CSX): a systematic review and meta-analysis

Chinese Medicine
[First listed in ENZCAM Newsletter June 2012]
http://www.cmjournal.org/content

Selected articles:
• Key considerations for conducting Chinese medicine clinical trials in hospitals
• Referral to Chinese medicine practitioners in Australian primary care: a survey of New South Wales rural and regional general practitioners

Complementary Therapies in Medicine
See section 2 in this newsletter
The EPMA Journal
[First listed in ENZCAM Newsletter December 2011]
March and April 2013
http://www.epmajournal.com/

Selected articles:
• The EPMA Journal introduces a new type of research article dedicated to predictive, preventive and personalised medicine

European Journal of Integrative Medicine

Volume 5, Number 1: February 2013
See section 3 in this newsletter

Volume 5, Number 2: April 2013
http://www.europeanintegrativemedicinejrnl.com/current

Selected articles:
• Integrative medicine, integrative acupuncture
• Scalp acupuncture for stroke recovery: A systematic review and meta-analysis of randomized controlled trials
• Acupuncture for neurogenic bladder after spinal cord injury: A systematic review and meta-analysis
• Sulphurous medicinal waters increase somatostatin release: It is a possible mechanism of anti-inflammatory effect of balneotherapy in psoriasis
• Effectiveness of MORA electronic homeopathic copies of remedies for allergic rhinitis: A short-term, randomized, placebo-controlled PILOT study
• Advances in integrative nanomedicine for improving infectious disease treatment in public health
• “Effects of Tactile Touch on pain, sleep and health related quality of life in Parkinson’s disease with chronic pain”: A randomized, controlled and prospective study
• Changes in chronically ill patients’ self-management skills and resources following 14 days of inpatient treatment in a Department for Integrative Medicine: An observational pilot study
• Introduction of the German case tariff fee system and its effects on patient satisfaction in inpatient naturopathy

Evidence-Based Complementary and Alternative Medicine (eCAM)
[First listed in ENZCAM Newsletter July 2011]
Published March and April 2013
http://www.hindawi.com/journals/ecam/2013/

Selected articles:
• Effects of Qigong on Depression: A Systemic Review
• Cardiovascular Protective Effects of Adjunctive Alternative Medicine (Salvia miltiorrhiza and Pueraria lobata) in High-Risk Hypertension
• Chinese Medicinal Herbs for Childhood Pneumonia: A Systematic Review of Effectiveness and Safety
• Noninvasive Characterisation of Foot Reflexology Areas by Swept Source-Optical Coherence Tomography in Patients with Low Back Pain
• Syndrome Differentiation in Chinese Herbal Medicine for Irritable Bowel Syndrome: A Literature Review of Randomized Trials
• Objectifying Acupuncture Effects by Lung Function and Numeric Rating Scale in Patients Undergoing Heart Surgery
• Active Student Participation May Enhance Patient Centeredness: Patients' Assessments of the Clinical Education Ward for Integrative Medicine
• Systematic Review and Meta-Analysis of 16 Randomized Clinical Trials of Radix Astragali and Its Prescriptions for Diabetic Retinopathy
• Complementary and Alternative Medicine Use among Physicians in Oriental Medicine Hospitals in Vietnam: A Hospital-Based Survey
• Pomegranate Extracts in the Management of Men's Urologic Health: Scientific Rationale and Preclinical and Clinical Data
• Effect of GutGard in the Management of Helicobacter pylori: A Randomized Double Blind Placebo Controlled Study
• Efficacy of Myofascial Trigger Point Dry Needling in the Prevention of Pain after Total Knee Arthroplasty: A Randomized, Double-Blinded, Placebo-Controlled Trial
• Complementary and Alternative Medicine Use among Norwegian Cancer Survivors: Gender-Specific Prevalence and Associations for Use
• Research and Development for Botanical Products in Medicinals and Food Supplements Market
• Expert Consensus on the Treatment of Hypertension with Chinese Patent Medicines
• Validity of a Diagnostic Scale for Acupuncture: Application of the Item Response Theory to the Five Viscera Score
• Control Group Design: Enhancing Rigor in Research of Mind-Body Therapies for Depression
• Why Urban Citizens in Developing Countries Use Traditional Medicines: The Case of Suriname
• Emerging Roles of Propolis: Antioxidant, Cardioprotective, and Antiangiogenic Actions
• The European Heritage of Folk Medicines and Medicinal Foods: Its Contribution to the CAMs of Tomorrow
• Astragalus in the Prevention of Upper Respiratory Tract Infection in Children with Nephrotic Syndrome: Evidence-Based Clinical Practice
• Effects of Flower and Fruit Extracts of Melastoma malabathricum Linn. on Growth of Pathogenic Bacteria: Listeria monocytogenes, Staphylococcus aureus, Escherichia coli, and Salmonella typhimurium
• Tibetan Medicine: A Systematic Review of the Clinical Research Available in the West
• The Effect of Aromatherapy Abdominal Massage on Alleviating Menstrual Pain in Nursing Students: A Prospective Randomized Cross-Over Study
• Topical Treatment of Nonhealing Venous Leg Ulcer with Propolis Ointment
• Role of Garlic Usage in Cardiovascular Disease Prevention: An Evidence-Based Approach
• A Yoga and Compassion Meditation Program Reduces Stress in Familial Caregivers of Alzheimer’s Disease Patients
• Acupressure Improves the Weaning Indices of Tidal Volumes and Rapid Shallow Breathing Index in Stable Coma Patients Receiving Mechanical Ventilation: Randomized Controlled Trial
• Use of Complementary and Alternative Medicine among Patients with End-Stage Renal Disease
• Shoulder Mobility, Muscular Strength, and Quality of Life in Breast Cancer Survivors with and without Tai Chi Qigong Training
Forschende Komplementärmedizin / Research in Complementary Medicine
http://www.karger.com/Journal/Home/224242

International journal for clinical research and practice in complementary medicine, with articles published in German and English.

“Aims and Scope: 'Forschende Komplementärmedizin / Research in Complementary Medicine' is an international journal that aims to bridge the gap between traditional and complementary/alternative medicine (CAM) on a sound scientific basis, promoting their mutual integration. Accordingly, experts of both traditional and CAM medicine cooperate on the journal’s editorial board, which accepts papers only after a rigorous peer-review process in order to maintain a high standard of scientific quality.”

Volume 20, Number 1: March 2013

Selected articles in English:
• Anti-Hyperglycemic Effect of Vaccinium arctostaphylos in Type 2 Diabetic Patients: A Randomized Controlled Trial
• The Evolution of Complementary and Alternative Medicine (CAM) in the USA over the Last 20 Years

Volume 20, Number 2: April 2013

Selected articles in English:
• Role of Reflexology and Antiepileptic Drugs in Managing Intractable Epilepsy - a Randomized Controlled Trial
• Stress Management and Mind-Body Medicine: A Randomized Controlled Longitudinal Evaluation of Students' Health and Effects of a Behavioral Group Intervention at a Middle-Size German University (SM-MESH)
• Ayurvedic Management of Ulcerative Colitis - a Non-Randomized Observational Clinical Study
• Italy and the Dialogue on Human Health between Traditional Chinese Medicine Culture and Western Medicine

Integrative Cancer Therapies
[First listed in ENZCAM Newsletter April 2011]
Volume 12, Number 2: March 2013
http://ict.sagepub.com/content/12/2?etoc

Selected articles:
• Quercetin in Cancer Prevention and Therapy
• Investigating the Perceived Feasibility of Integrative Medicine in a Conventional Oncology Setting: Yoga Therapy as a Treatment for Breast Cancer Survivors
• Examining a Therapeutic Yoga Program for Prostate Cancer Survivors
• Can We Demonstrate That Breast Cancer "Integrative Oncology" Is Effective? A Methodology to Evaluate the Effectiveness of Integrative Oncology Offered in Community Clinics
• Effectiveness of 3-Week Intervention of Shi Quan Da Bu Tang for Alleviating Hematotoxicity Among Patients With Breast Carcinoma Receiving Chemotherapy
Journal of Evidence-Based Complementary & Alternative Medicine  
[First listed in ENZCAM Newsletter April 2011]  
**Volume 18, Number 2: April 2013**  
[http://chp.sagepub.com/](http://chp.sagepub.com/)  

Selected articles:  
- Patterns of Complementary Therapy Use for Symptom Management for Older Rural Adults With Diabetes  
- A Sociobehavioral Model of Use of Complementary and Alternative Medicine Providers, Products, and Practices: Findings From the 2007 National Health Interview Survey  
- Comparison of Vitamin D Label Dosing Recommendations to North American National Guidelines  
- Preventative and Therapeutic Role of Probiotics in Various Allergic and Autoimmune Disorders: An Up-to-Date Literature Review of Essential Experimental and Clinical Data  
- Clinical Significance of Leech Therapy in Indian Medicine  
- Book/Media Review: Connecting With Socially Isolated Seniors—A Service Provider’s Guide  
- Book/Media Review: The Validation Breakthrough—Simple Techniques for Communicating With People With Alzheimer’s and Other Dementias  
- Book/Media Review: Seeking Sickness: Medical Screening and the Misguided Hunt for Disease

Journal of Holistic Nursing  
[First listed in ENZCAM Newsletter April 2011]  
**Volume 31, Number 1: March 2012**  
[http://jhn.sagepub.com/content/30/3.toc?etoc](http://jhn.sagepub.com/content/30/3.toc?etoc)  

Selected articles:  
- Creative Power of Metaphorical Expression  
- Translation and Focus Group Testing of the WHOQOL Spirituality, Religiousness, and Personal Beliefs Module in Norway  
- Nursing’s Role in Courage Development in Patients Facing Complications of Diabetes  
- Comparative Analysis of Two Musical Genres Within a Multisensory Environmental Intervention

The Journal of Alternative and Complementary Medicine  
[First listed in ENZCAM Newsletter Q1 2011]  
**Volume 19, Number 3: March 2013**  
[http://online.liebertpub.com/toc/acm/19/3](http://online.liebertpub.com/toc/acm/19/3)  

Selected articles:  
- The Effects of Regular Yoga Practice on Pulmonary Function in Healthy Individuals: A Literature Review  
- Effect of Naturopathic and Nutritional Supplement Treatment on Tumor Response, Control, and Recurrence in Patients with Prostate Cancer Treated with Radiation Therapy  
- Adding Integrative Meditation with Ear Acupressure to Outpatient Treatment of Cocaine Addiction: A Randomized Controlled Pilot Study  
- Effects of Spiritual Healing for Women Undergoing Long-Term Hormone Therapy for Breast Cancer: A Qualitative Investigation
• Has the Use of Complementary and Alternative Medicine Therapies by U.S. Adults with Chronic Disease-Related Functional Limitations Changed from 2002 to 2007?
• Spectrum of Antimicrobial Activity Associated with Ionic Colloidal Silver
• A Proposed Reductionist Solution to Address the Methodological Challenges of Inconsistent Reflexology Maps and Poor Experimental Controls in Reflexology Research: A Discussion Paper
• Effect of Aromatherapy Massage on Elderly Patients Under Long-Term Hospitalization in Japan
• Effect of Risk Adjustment Method on Comparisons of Health Care Utilization Between Complementary and Alternative Medicine Users and Nonusers

Volume 19, Number 4: April 2013
http://online.liebertpub.com/toc/acm/19/4

Selected articles:
• Factors Associated with Conflicting Findings on Acupuncture for Tension-Type Headache: Qualitative and Quantitative Analyses
• Music’s Use for Anesthesia and Analgesia
• Tapping-in Method (Skin Penetration Technique) with a Placebo Needle for Double-Blind Acupuncture Trials
• Auricular Acupressure for Pain Relief in Adolescents with Dysmenorrhea: A Placebo-Controlled Study
• Is There a Specific Hemodynamic Effect in Reflexology? A Systematic Review of Randomized Controlled Trials
• Open-Label, Randomized, Parallel-Group Controlled Clinical Trial of Massage for Treatment of Depression in HIV-Infected Subjects
• Nutmeg Extracts for Painful Diabetic Neuropathy: A Randomized, Double-Blind, Controlled Study
• Medical Students’ Knowledge, Perceptions, and Interest in Complementary and Alternative Medicine
• Blinding in Clinical Trials: A Practical Approach
• Insights on Personalized Medicine from Ayurveda

8. Clinical Integration of TM/CAM

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

March 2013: Irritable Bowel Syndrome and Complementary Health Practices
http://nccam.nih.gov/health/providers/digest/IBS

“Irritable bowel syndrome (IBS) is a chronic disorder that interferes with the normal functions of the colon. IBS is characterized by symptoms such as abdominal pain, cramping, bloating, constipation, and diarrhea. IBS is challenging to study because its symptoms vary, are non-specific, can be episodic, may resolve for long periods, and there are no definitive diagnostic tests.

This issue summarizes research on some of the most popular complementary and health practices people try to treat symptoms of IBS. Overall, although there is some emerging evidence suggesting that some complementary health practices may be helpful for IBS, there have been few large well-designed studies, and most of the studies have had methodological flaws. Systematic reviews generally conclude that more well-designed studies are needed to firmly establish whether complementary health practices are helpful treatments for IBS.”
April 2013: Seasonal Allergies and Complementary Health Practices
http://nccam.nih.gov/health/providers/digest/allergies

“Seasonal allergies, also called ‘hay fever’, are a common chronic medical problem. At least 17.7 million American adults (7.8 percent of the adult population) and 7 million children (about 9 percent of children) have seasonal allergies.

People manage seasonal allergies by taking medication, avoiding exposure to the substances that trigger their allergic reactions, having a series of ‘allergy shots’ (a form of immunotherapy) or using various complementary approaches. According to the 2007 National Health Interview Survey, ‘respiratory allergy’ is among the 15 conditions for which children in the United States use complementary approaches most frequently. This issue of the Digest provides information on what the science says about several complementary health approaches for seasonal allergies, such as saline nasal irrigation, butterbur, honey, acupuncture, and other practices.”

Produced for ENZCAM by
Heather McLeod and Ray Kirk

10 May 2013

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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