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

Consultation in New Zealand on Rongoā Tikanga Standard

The Ministry of Health and Standards New Zealand have released a draft standard for the provision of traditional Māori healing services. The document should be of interest to other jurisdictions as it shows how the world-view of indigenous healing practices has been incorporated in the standards typical of the bio-medical health system.


A copy of the document is available from the Standards New Zealand website during the Public Comment phase from 1 July 2013. Closing date for comments is 23 August 2013.

http://shop.standards.co.nz/default.htm?action=viewDraft&mod=drafts&draftId=DZ%202013901

“Standards NZ are seeking feedback on a draft Rongoā Tikanga Standard that describes guidelines for the provision of safe and quality rongoā [Māori traditional healing] services. This standard provides clear requirements for service providers to attain, and guidance on how these can be achieved.”

“This discussion document encourages and supports consistency of quality rongoā care, and the ongoing development of the rongoā workforce. It also provides information which:

- sets out the rights and mana [authority, status, spiritual power], of tūroro [client, patient]
- highlights management systems to assist rongoā providers
- supports a traditional integrated rongoā Māori service
- promotes health and safety
- proposes a framework to validate, verify and endorse the integrity of the rongoā service.”

“Rongoā Māori is informed by a body of knowledge that has as its core the enhancement of Māori well-being including that of the pūtaiao [science]. In this way, Rongoā Māori is a healing orientated practice. It is a specialty based on a body of knowledge accumulated by tupuna Māori [ancestors] that is applied in totality to bring about wholeness or interconnectedness of body, mind, emotion, spirituality, energy, society, culture, relationships and environment. It is a way of being in the world and sharing the appropriate knowledge to help restore balance. “It is not a medical modality in which components can be selected or ignored as one chooses. It is a process that combines healing tradition, environment and matauranga [knowledge, wisdom, understanding, skill]. As such it differs significantly from a western medical paradigm which has at its heart the identification, management and/or elimination of disease.”
The draft document provides a way to think of the provider-patient relationship in Rongoā Māori by drawing on cultural symbols and understanding, for example (p18 and p24):

“This diagram illustrates that the tūroro [client, patient] is the centre of rongoā [Māori traditional healing] services. The rongoā service focuses on looking at treating the overall health of the tūroro in a holistic way in contrast to treating the disease or the illness that a tūroro may have.

The total well-being of the tūroro is paramount and that true healing puts the mind, body, and spirit in harmony. There are other dimensions of well-being to be considered when caring for a tūroro. These include te taha wairua [spirit, soul], waiora [health, soundness], hinengaro [mind, intellect, consciousness], tinana [physical], whenua [land], whakapapa [genealogy, lineage] and te reo [language].

The interactions between tūroro and practitioner are imperative in the process of achieving orangatanga [wholeness and wellness]. The tūroro needs to be involved in their orange [health] journey.”

“This diagram embraces the principles of service delivery and the mauri [life principle] of rongoā to ensure the tūroro [client, patient] is provided with a high quality and safe rongoā service.

Successful development and implementation of rongoā tikanga [patterns of appropriate behaviour including customs and rites] requires rohe [area authorities for Māori healing services] to take responsibility of the rongoā services. Specifically, the initial steps rohe need to take are to: (a) Collectively articulate and agree their rongoā tikanga; and (b) Plan and implement the tikanga. For example structures, strategy, systems, policies, and procedures should be developed to ensure the implementation of rongoā tikanga in each rohe.”
Australian Concerns with TGA reforms with direct detrimental impact for complementary medicine health professionals


“The Complementary Healthcare Council of Australia (the CHC), the [association] committed to a vital and sustainable complementary medicines industry, has been engaging with the Therapeutic Goods Administration (TGA) on appropriate regulatory reform for complementary medicines (CMs) as part of the Governments’ Blueprint Reforms.

The Australian Society of Bioregulatory Medicine (ASBRM) … have asked us to draw to your attention to a number of regulatory changes and proposals impacting the CM industry that, if approved, will have direct detrimental impact for complementary medicine health professionals.

Of particular importance are the regulatory changes that will mean as of July 2014, practitioners will have reduced access to tools of the trade such as In-Vitro Diagnostic devices for example, bio-impedance analysis, live blood analysis, urine analysis and other in-clinic testing and monitoring devices or tools.

Additionally, the proposed changes to advertising of therapeutic goods means that practitioners will not be able to access advertising and educational material from Practitioner-Only complementary medicine companies. In effect, the proposed changes mean that all healthcare professionals would be treated as if they were consumers.”

Practitioners were asked to engage in a campaign against the proposed changes.

2. Integration of Spirituality into the Medical Curriculum

The Whanganui Chronicle reported on Associate Professor Kellie Bennett’s presentation at the Compassion, Spirituality and Health Conference held in Adelaide, Australia.


“Dr Bennett works in the School of Psychiatry and Clinical Neurosciences at the University of Western Australia [UWA].” “She’s the recipient of a Templeton Foundation research grant awarded to her to survey spirituality content in medical education in Australian universities nationally, as she also gauges the attitudes of Deans, teachers, students, and practitioners to the use of spirituality in patient care.

“UWA has made some progress, offering elective units that include a spiritual approach to healthcare. But Dr Bennett is looking towards an integrated model where spirituality would be embedded into the curriculum.”

“With the Association of American Colleges, Joint Commission on Accreditation of Health Organisations and the World Health Organisation all on board as to the importance of the recognition of spirituality in healthcare, and the majority of US and UK medical schools already providing it in the curriculum, the Australian / New Zealand medical scene is poised to start considering the complexities of how, what, who, how much, when: that is, how to move to a biopsychosocial-spiritual model of treatment.”
“Coming from a genetics background, Dr Bennett now does some research in mindfulness-based cognitive therapy and is dedicated to evidence-based medicine. ... She feels that the fact that meditation is found to be beneficial, has very low harm associated with it, and that there’s a significant body of corroborating literature, needs to be communicated to people.”

“Dr Bennett was as ready to talk about the benefits of prayer as she was meditation. She’d done some work with it through the Cancer Council. Research focusing on the power of prayer and meditation in healing nearly doubled in the 1990s and continues today, providing documented MRI brain scans of the physical changes that take place in the body when someone meditates.”...

“Spirituality, emphasising the healing of the whole person … not just the disease, promotes trust in a higher power and often results in a more buoyant disposition, self-forgiveness, self-forgetfulness, a sense of peace and certainty, hope, optimism, increased kindness and compassion, along with a decrease in pain and depression.”


Journal of Subtle Energies and Energy Medicine archive available free on-line

http://journals.sfu.ca/seemj/index.php/seemj/index

The International Society for the Study of Subtle Energies & Energy Medicine [ISSSEEM] was established in 1989:

- “To explore the application of subtle energies to the experience of consciousness, healing, and human potential. It is designed as a bridging organization for scientist, clinicians, therapists, healers, and lay people.
- To study systems and energies that interact with the human psyche and physiology, either enhancing or perturbing health.
- To interconnect persons who work with or conduct research about subtle energies.
- To encourage an exchange of information through conferences, seminars, and workshops.
- To cooperate with other organizations that have common interests and goals, enhancing the use of available resources.
- To interface with the broader scientific community through Bridges, a quarterly magazine, and Subtle Energies and Energy Medicine, a peer-reviewed, scientific journal.”

ISSSEEM has, from June 2013, become a division of Holos University Graduate Seminary.

http://www.issseem.org/about.cfm

ISSSEEM announced in May 2013 that the full archive of the peer-reviewed Journal of Subtle Energies and Energy Medicine (SEEMJ) would be made available freely on-line. SEEMJ is a “scholarly journal concerning consciousness, healing, and human potential addressing the study of subtle energies and informational systems interacting with the human psyche and physiology.”

The website features:

- free public access full-text to every item published in the 21 years of its publication;
- full-text search capabilities;
- full-text indexing and access via Google Scholar.
4. Conferences

Forthcoming conferences

A new conference added is the 19th International Integrative Medicine Conference, to be held in Australia in October 2013. It is being hosted by the Australasian Integrative Medicine Association (AIMA).

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<tr>
<td>9-13 September 2013</td>
<td>8th International Congress on Traditional Asian Medicine</td>
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<td>4-5 October 2013</td>
<td>19th International Integrative Medicine Conference</td>
<td><a href="https://www.aima.net.au/">https://www.aima.net.au/</a></td>
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<td>Berlin, GERMANY</td>
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<td>Surfer’s Paradise, Queensland, Australia</td>
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5. Books

Traditional healers of Central Australia: ngangkari.
Ngaanyatjarra Pitjantjatjara Yankunytjatjara Women’s Council Aboriginal Corporation, compilers.
Broome, Western Australia: Magabala Books
Publication Date: 2013


“Traditional healers of Central Australia celebrates the important work done by [ngangkari (traditional healers) Andy Tjilari and Rupert Langkatjukur Peter] and other ngangkari. It is a rich compilation of stories told by the ngangkari themselves along with artwork and photographs of Central Australia.
The tales told by a number of male and female ngangkari reflect their life and cultural experience with respect to their careers as traditional healers within their Aboriginal family and community. The book includes a general discussion of the work of the ngangkari as well as specifics on how they approach topics such as grief, death and dying, substance abuse, mental illness, and the way they work with conventional health services. The services the ngangkari offer to these communities are often conducted in coordination with formal clinical mental health service provision.

This beautiful and insightful work will give the interested reader a window into a cultural experience of healing that is a continuing vital element of the health of the Aboriginal communities in Central Australia. In the ongoing efforts to Closing the Gap, this book is a reminder that solutions to health may be assisted through the wisdom of local people and communities in coordination with the “evidence” that is so prominent in the discussions about health service delivery today.”

6. 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/

**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

Selected articles:
- The view of patients with chronic obstructive pulmonary disease (COPD) on complementary and alternative medicine (CAM) in Eastern Turkey
- African mistletoes (Loranthaceae); ethnopharmacology, chemistry and medicinal values: an update

**Alternative and Complementary Therapies**
[First listed in ENZCAM Newsletter Q1 2011]
*Volume 19, Number 3: June 2013*
http://online.liebertpub.com/toc/act/19/3

Selected articles:
- Treating Veterans’ Chronic Pain and Mental Health Disorders: An Integrative, Patient-Centered Approach
- Effects of Meditation on Symptoms of Knee Osteoarthritis: A Pilot Study
- Insect Bites: An Integrative Approach: A Natural Standard Monograph
- Clinical Roundup: Selected Treatment Options for Peripheral Neuropathy
Selected articles:

- CamMedNP: Building the Cameroonian 3D structural natural products database for virtual screening
- Simultaneous transcutaneous electrical nerve stimulation mitigates simulator sickness symptoms in healthy adults: a crossover study
- Prevalence and factors associated with the use of alternative (folk) medicine practitioners in 8 countries of the former Soviet Union
- How to locate and appraise qualitative research in complementary and alternative medicine
- A screening for antimicrobial activities of Caribbean herbal remedies
- Individualised medicine from the perspectives of patients using complementary therapies: a meta-ethnography approach
- Patients’ expectations of private osteopathic care in the UK: a national survey of patients
- In-vitro evaluation of selected Egyptian traditional herbal medicines for treatment of Alzheimer’s disease
- Histone modifications and traditional Chinese medicinal
- Effects of a Brief Qigong-based Stress Reduction Program (BQSRP) in a distressed Korean population: a randomized trial
- Opinions on Kampo and reasons for using it – results from a cross-sectional survey in three Japanese clinics
- Patients’ preconceptions of acupuncture: a qualitative study exploring the decisions patients make when seeking acupuncture
- Chinese herbal medicine for impaired glucose tolerance: a randomized placebo controlled trial
- Evaluation of pharmacological activities, cytotoxicity and phenolic composition of four Maytenus species used in southern African traditional medicine to treat intestinal infections and diarrhoeal diseases
- The quest for modernisation of traditional Chinese medicine
- Characteristics and quality of life of patients presenting to cancer support centres: Patient rated outcomes and use of complementary therapies
- A randomised controlled trial of the use of aromatherapy and hand massage to reduce disruptive behaviour in people with dementia
- Antibacterial activities of selected edible plants extracts against multidrug-resistant Gram-negative bacteria
- The role of natural health products (NHPs) in dietetic practice: results from a survey of Canadian dietitians
- Prevalence of herbal and dietary supplement usage in Thai outpatients with chronic kidney disease: a cross-sectional survey
- Complementary alternative medicine use among patients with type 2 diabetes mellitus in the primary care setting: a cross-sectional study in Malaysia
- Cameroonian medicinal plants: a bioactivity versus ethnobotanical survey and chemotaxonomic classification
- The BraveNet prospective observational study on integrative medicine treatment approaches for pain
- Acupuncture and physical exercise for affective symptoms and health-related quality of life in polycystic ovary syndrome: secondary analysis from a randomized controlled trial
Chinese Medicine
[First listed in ENZCAM Newsletter June 2012]
May and June 2013
http://www.cmjournal.org/content

Selected articles:
- Chemical changes of Angelicae Sinensis Radix and Chuanxiong Rhizoma by wine treatment: chemical profiling and marker selection by gas chromatography coupled with triple quadrupole mass spectrometry
- Developing a diagnostic checklist of traditional Chinese medicine symptoms and signs for psoriasis: a Delphi study

Complementary Therapies in Clinical Practice
[First listed in ENZCAM Newsletter June 2011]
Volume 19, Number 2: May 2013
http://www.ctcpjournal.com/issues

Selected articles:
- An exploration of Traditional Chinese Medicine practitioners’ perceptions of Evidence Based Medicine
- Working with the labyrinth. Paths for exploration
- Perception and attitude of Jordanian physicians towards complementary and alternative medicine (CAM) use in oncology
- The impact of Yoga upon young adult cancer survivors
- Effect of daily supplementation of fruits on oxidative stress indices and glycaemic status in type 2 diabetes mellitus
- Rheumatoid arthritis in upper limbs benefits from moderate pressure massage therapy
- Reconditioning the stress response with hypnosis CD reduces the inflammatory cytokine IL-6 and influences resilience: A pilot study
- A qualitative analysis of beginning mindfulness experiences for women with post-traumatic stress disorder and a history of intimate partner violence
- Mindful-Veteran: The implementation of a brief stress reduction course

Complementary Therapies in Medicine
[First listed in ENZCAM Newsletter May 2011]
Volume 21, Number 3: June 2013
http://www.complementarytherapiesinmedicine.com/issues

Selected articles:
- The effects of Panax notoginseng on delayed onset muscle soreness and muscle damage in well-trained males: A double blind randomised controlled trial
- Evaluation of the effect of omega-3 fatty acids in the treatment of premenstrual syndrome: “A pilot trial”
- Effect of Turkish classical music on blood pressure: A randomized controlled trial in hypertensive elderly patients
• Bee venom acupuncture point injection for central post stroke pain: A preliminary single-blind randomized controlled trial
• The effect of aromatherapy massage on the psychological symptoms of postmenopausal Iranian women
• The clinical efficacy of a bovine lactoferrin/whey protein Ig-rich fraction (Lf/IgF) for the common cold: A double blind randomized study
• A phase II randomised double-blind placebo-controlled clinical trial investigating the efficacy and safety of ProstateEZE Max: A herbal medicine preparation for the management of symptoms of benign prostatic hypertrophy
• A pilot study investigating the effect of Caralluma fimbriata extract on the risk factors of metabolic syndrome in overweight and obese subjects: a randomised controlled clinical trial
• A randomised double-blind comparability study of a placebo for Individualised Western Herbal Medicine
• Inpatient treatment for severe atopic dermatitis in a Traditional Korean Medicine hospital: Introduction and retrospective chart review
• Utilization of traditional Chinese medicine in patients treated for depression: A population-based study in Taiwan
• Prevalence of complementary and alternative medicine (CAM)-use in UK paediatric patients: A systematic review of surveys
• Syzygium cumini (L.) Skeels., a novel therapeutic agent for diabetes: Folk medicinal and pharmacological evidences
• A narrative review of yoga and mindfulness as complementary therapies for addiction
• Systems biology approach opens door to essence of acupuncture
• Prevalence of complementary and alternative medicine use in a community-based population in South Korea: A systematic review
• Filling the gap between traditional Chinese medicine and modern medicine, are we heading to the right direction?

The EPMA Journal  
[First listed in ENZCAM Newsletter December 2011]  
May and June 2013  
http://www.epmajournal.com/

Selected articles:
• The primary vascular dysregulation syndrome: implications for eye diseases
• Personalized medicine: myth or reality? The position of Russian clinical pharmacologists
• Position paper of the EPMA and EFML: a global vision of the consolidated promotion of an integrative medical approach to advance health care

European Journal of Integrative Medicine  
[First listed in ENZCAM Newsletter May 2011]  
Volume 5, Number 3: June 2013  
http://www.europeanintegrativemedicinejrnl.com/current

Selected articles:
• Personal budgets for patient centred care
• Patient questionnaires for use in the integrative medicine primary care setting—A systematic
The effectiveness of honey for the management of radiotherapy-induced oral mucositis in head and neck cancer patients: A systematic review of clinical trials
Phytotheraphy in fibromyalgia and osteoarthritis: Between tradition and modern medicine
Comparative clinical evaluation of leech therapy in the treatment of knee osteoarthritis
‘New Homeopathic Medicines’ database: A project to employ conventional drugs according to
Influence of general self-efficacy as a mediator in Taiji-induced stress reduction – Results from a randomized controlled trial

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

Selected articles:
- Stan Scheller: The Forerunner of Clinical Studies on Using Propolis for Poor and Chronic Nonhealing Wounds
- Historical Aspects of Propolis Research in Modern Times
- Recent Progress of Propolis for Its Biological and Chemical Compositions and Its Botanical Origin
- Predicting the Drug Safety for Traditional Chinese Medicine through a Comparative Analysis of Withdrawn Drugs Using Pharmacological Network
- A Meta-Analysis of Randomized Controlled Trials on Acupuncture for Amblyopia
- A Promise in the Treatment of Endometriosis: An Observational Cohort Study on Ovarian Endometrioma Reduction by N-Acetylcyasteine
- Treating Type 2 Diabetes Mellitus with Traditional Chinese and Indian Medicinal Herbs
- The History of Inpatient Care in German Departments Focussing on Natural Healing
- The Effects of Xuefu Zhuyu and Shengmai on the Evolution of Syndromes and Inflammatory Markers in Patients with Unstable Angina Pectoris after Percutaneous Coronary Intervention: A Randomised Controlled Clinical Trial
- Chinese Herbal Medicine (Zi Shen Qing) for Mild-to-Moderate Systematic Lupus Erythematosus: A Pilot Prospective, Single-Blinded, Randomized Controlled Study
- A Network Pharmacology Approach to Evaluating the Efficacy of Chinese Medicine Using Genome-Wide Transcriptional Expression Data
- Psychoneuroimmunology-Based Stress Management during Adjuvant Chemotherapy for Early Breast Cancer
- Neurobiological Foundations of Acupuncture: The Relevance and Future Prospect Based on Neuroimaging Evidence
- Amyloidosis in Alzheimer’s Disease: The Toxicity of Amyloid Beta (Aβ), Mechanisms of Its Accumulation and Implications of Medicinal Plants for Therapy
- Effect of Siguan Acupuncture on Gastrointestinal Motility: A Randomized, Sham-Controlled, Crossover Trial
- Overview of Systematic Reviews: Yoga as a Therapeutic Intervention for Adults with Acute and Chronic Health Conditions
- The Effect of Qigong on Depressive and Anxiety Symptoms: A Systematic Review and Meta-Analysis of Randomized Controlled Trials
- Inpatient Treatment of Community-Acquired Pneumonias with Integrative Medicine
- Positive Effect of Propolis on Free Radicals in Burn Wounds
• Affect and Mindfulness as Predictors of Change in Mood Disturbance, Stress Symptoms, and Quality of Life in a Community-Based Yoga Program for Cancer Survivors
• Yoga and Mindfulness as Therapeutic Interventions for Stroke Rehabilitation: A Systematic Review
• Sleep Ameliorating Effects of Acupuncture in a Psychiatric Population
• Lessons Learnt from Evidence-Based Approach of Using Chinese Herbal Medicines in Liver Cancer
• Historical Review about Research on “Bonghan System” in China
• Quality of Life and Mental Health in Patients with Chronic Diseases Who Regularly Practice Yoga and Those Who Do Not: A Case-Control Study
• Placebo Acupuncture Devices: Considerations for Acupuncture Research
• A Randomized Controlled Pilot Study of the Triple Stimulation Technique in the Assessment of Electroacupuncture for Motor Function Recovery in Patients with Acute Ischemic Stroke
• Herbal Medicine and Acupuncture for Breast Cancer Palliative Care and Adjuvant Therapy
• Efficacy and Safety of Acupuncture in Preterm and Term Infants
• Adjunct Methods of the Standard Diabetic Foot Ulceration Therapy
• Role of Complementary and Alternative Medicine in Cardiovascular Diseases
• Botanical Compounds: Effects on Major Eye Diseases
• Spiritual Dryness as a Measure of a Specific Spiritual Crisis in Catholic Priests: Associations with Symptoms of Burnout and Distress
• Effect of Eucalyptus Oil Inhalation on Pain and Inflammatory Responses after Total Knee Replacement: A Randomized Clinical Trial
• Chinese Herbal Medicine for the Treatment of Obesity-Related Hypertension
• Significance of Kampo, Traditional Japanese Medicine, in Supportive Care of Cancer Patients
• Indian Traditional Ayurvedic System of Medicine and Nutritional Supplementation
• Whole-Systems Research in Integrative Inpatient Treatment
• Prevalence and Correlates of Discomfort and Acceptability of Acupuncture among Outpatients in Chinese Acupuncture and Moxibustion Departments: A Cross-Sectional Study
• Chinese Herbal Medicine Qi Ju Di Huang Wan for the Treatment of Essential Hypertension: A Systematic Review of Randomized Controlled Trials
• Trends in the Treatment of Hypertension from the Perspective of Traditional Chinese Medicine

Explore: The Journal of Science and Healing
[First listed in ENZCAM Newsletter May 2011]
Volume 9, Number 3: May 2013
http://www.explorefournal.com/issues

Selected articles:
• Bravenet Launches Patient-Reported Outcomes Registry
• False Equivalencies and the Mediocrity of Nonlocal Consciousness Research Criticism
• On Mind Wandering, Attention, Brain Networks, and Meditation
• Qigong as a Novel Intervention for Service Members With Mild Traumatic Brain Injury
• Taking Spiritual History in Clinical Practice: A Systematic Review of Instruments
• Nutritional Deficiency in Healthcare Education
Integrative Cancer Therapies
[First listed in ENZCAM Newsletter April 2011]
Volume 12, Number 3: May 2013
http://ict.sagepub.com/content/12/3?etoc

Selected articles:
- The Preventive and Therapeutic Effect of Acupuncture for Radiation-Induced Xerostomia in Patients With Head and Neck Cancer: A Systematic Review
- Cancer-Specific Concerns and Physical Activity Among Recently Diagnosed Breast and Prostate
- Safety and Feasibility of an Exercise Intervention for Patients Following Lung Resection: A Pilot Randomized Controlled Trial
- Predictors of Use of Complementary and Alternative Medicine by Non-Hodgkin Lymphoma Survivors and Relationship to Quality of Life

Journal of Holistic Nursing
[First listed in ENZCAM Newsletter April 2011]
Volume 31, Number 2: June 2013
http://jhn.sagepub.com/content/31/2.toc?etoc

Selected articles:
- An Early Introduction to Holistic Nursing
- The Role of Transcendence in a Holistic View of Successful Aging: A Concept Analysis and Model of Transcendence in Maturation and Aging
- Acute Care Nurses’ Spiritual Care Practices
- Mastery: A Comparison of Wife and Daughter Caregivers of a Person With Dementia
- Postpartum Weight Loss: Weight Struggles, Eating, Exercise, and Breast-Feeding
- Relaxation Practice for Health in the United States: Findings From the National Health Interview Survey

The Journal of Alternative and Complementary Medicine
[First listed in ENZCAM Newsletter Q1 2011]
Volume 19, Number 5: May 2013
http://online.liebertpub.com/toc/acm/19/5

Selected articles:
- The Effect of T’ai Chi Exercise on Immunity and Infections: A Systematic Review of Controlled Trials
- Systematic Assessment of the Representativeness of Published Collections of the Traditional Literature on Chinese Medicine
- A Prospective Patient-Centered Data Collection Program at an Acupuncture and Oriental Medicine Teaching Clinic
- A Comparative Study of Three Aloe Species Used to Treat Skin Diseases in South African Rural Communities
- Do Outcomes of Acupuncture for Back Pain Differ According to Varying Sociocultural Contexts? The View from China
- Acupuncture for Cerebral Vasospasm After Subarachnoid Hemorrhage: A Retrospective Case-Control Study
- Acupuncture Helps Regain Postoperative Consciousness in Patients with Traumatic Brain Injury: A Case Study
Selected articles:
- Medicinal Plants Used by Traditional Practitioners of the Kole and Rai Tribes of Bangladesh
- Integration of Traditional Chinese Medicines and Western Medicines for Treating Diabetes Mellitus with Coronary Heart Disease: A Systematic Review
- Military Report More Complementary and Alternative Medicine Use than Civilians
- Efficacy of an Eight-Week Yoga Intervention on Symptoms of Restless Legs Syndrome (RLS): A Pilot Study
- Osteopathic Treatment of Patients with Long-Term Sequelae of Whiplash Injury: Effect on Neck Pain Disability and Quality of Life
- Acupuncture-Associated Pneumothorax
- Discrimination in Health Care and CAM Use in a Representative Sample of U.S. Adults
- Combined Nutraceutical Approach to Postmenopausal Syndrome and Vascular Remodeling Biomarkers

7. Clinical Integration of TM/CAM

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

May 2013: Hepatitis C and Dietary Supplements
http://nccam.nih.gov/health/providers/digest/hepatitisC

“Hepatitis C, a contagious liver disease, is caused by the hepatitis C virus. People can get hepatitis C through contact with blood from a person who is already infected or, less commonly, through having sex with an infected person. The infection usually becomes chronic. Chronic hepatitis C often is treated with drugs that can eliminate the virus. This may slow or stop liver damage, but the drugs may cause side effects, and for some people, treatment is ineffective.

Some people with hepatitis C also try complementary health approaches, especially dietary supplements. Several herbal supplements have been studied for hepatitis C, and substantial numbers of people with hepatitis C have tried herbal supplements. For example, a survey of 1,145 participants in the HALT-C (Hepatitis C Antiviral Long-Term Treatment against Cirrhosis) trial, a study supported by NIH, found that 23 percent of the participants were using herbal products. Although participants reported using many different herbal products, silymarin (milk thistle) was by far the most common. However, no dietary supplement has been shown to be effective for hepatitis C.

This issue provides information on what the science says about the safety and effectiveness of milk thistle and some of the other dietary supplements studied for hepatitis C.”
June 2013: Weight Loss and Complementary Health Practices

http://nccam.nih.gov/health/providers/digest/weightloss

“More than two-thirds of adults and one-third of children in the United States are overweight or obese. Achieving a healthy weight, eating a healthy diet, and being physically active can help lower cholesterol, blood pressure, and blood sugar—and may also help prevent weight-related diseases, such as heart disease and type 2 diabetes, as you know.

Your patients may ask you about complementary health approaches for losing weight, such as dietary supplements marketed for weight loss, which are available in supermarkets, pharmacies, health food stores, and the Internet. Although patients may be tempted by the “quick fix” claims of these products, most of these products haven’t been proven safe or effective. Two important safety concerns about dietary supplements for weight loss are the possibilities of drug interactions and product contamination. This issue provides information on “what the science says” about a few popular dietary supplements marketed for weight loss, including acai, bitter orange, ephedra, and green tea, as well as several mind and body practices that are being studied for weight loss.”

Produced for ENZCAM by
Heather McLeod and Ray Kirk

28 July 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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