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NOURISHING THE COMMUNITY

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News

Headaches and CAM

Headaches are one of the most common forms of pain. For some people a headache may be a minor irritation once or twice a year, while others can suffer disabling pain on an almost daily basis. Researchers are studying treatments for different types of headaches, including a number of complementary and alternative medicine (CAM) therapies. [Read more at <http://nccam.nih.gov/health/providers/digest/headaches-science.htm?nav=cd>]

Americans Favor Vitamins but Nutritionists Say Eat Healthy

"Multi-vitamins in particular have been pushed in our culture as something that's going to really enhance health when in fact, what we need to do is just eat foods that contain those nutrients," said Liz Kirk, a registered dietician on the faculty at Bastyr University and the University of Washington. [Read more at <http://mynorthwest.com/11/561101/Americans-favor-vitamins-but-nutritionists-say-eat-healthy>]

Topical Use of Antioxidants Supports Skin Health

When faced with the myriad of topical creams, lotions, oils, salves and other products, it can be daunting to pick skin care products. In general, our skin health is supported by what we take in for nutrition as well as the products we use from the outside. Antioxidants support skin health by protecting it against free radical damage from exposure in daily living. Two well known antioxidants that can offer skin protection and rejuvenation are vitamin C and vitamin A. [Read more at <http://www.ayurvedicscience.com/main/new-newsletter/november-newsletter-1103.html/#herbs>]

How to Choose the Right Energy Bar for Your Needs

For sustained energy, home-cooked whole-food meals are best, but energy bars can be much easier to fit in a jacket pocket. [Read more at <http://www.bastyr.edu/news/news.asp?NewsId=2619>]

Journal Articles

Medicine Is a Social Science in Its Very Bone and Marrow

Seeking to better understand the "experience" aim of the triple aim (to simultaneously improve the health of individuals and populations, improve patient experience with health care, and control costs), investigators at the Mayo Clinic Center for Innovation conducted an ethnographic survey in a Southeastern Minnesota city to learn how its members view their interactions with the health care sector and how they conceptualize health and well-being. [Read more at <http://www.mayoclinicproceedings.com/content/86/10/930>]

Why and How to Globalize Traditional Chinese Medicine

Nowadays, medicine is no longer for clinical diseases only. The paradigm of medicine has changed from disease to healthcare. The scope of medicine includes uses for disease treatment (therapeutic medicine), disease prevention (preventative medicine), life quality enhancement of patients and healthy individuals (functional medicine), and for improving the use of other medicines (accessory medicine). [Read more at http://www.jtcm.org/jtcm_n/portal_e6_page.php?button_num=e6&cnt_id=7]

Anti-inflammatory Activity of TCM Herbs

In this review, we summarize recent research attempting to identify the anti-inflammatory constituents of TCM and their molecular targets that may create new opportunities for innovation in modern pharmacology. [Read more at http://www.jtcm.org/jtcm_n/portal_e6_page.php?button_num=e6&cnt_id=6]

Omics and Integrated Omics for the Promotion of Food and Nutrition Science

Transcriptomics, proteomics, and metabolomics are three major platforms of comprehensive omics analysis in the science of food and complementary medicine. Other omics disciplines, including those of epigenetics and microRNA, are matters of increasing concern. The increased use of the omics approach in food science owes much to the recent advancement of technology and bioinformatic methodologies. [Read more at http://www.jtcm.org/jtcm_n/portal_e6_page.php?button_num=e6&cnt_id=10]

Attitude of Conventional and CAM Physicians Toward CAM in India

Conventionally trained and CAM physicians were comparably likely to prescribe CAM treatments for their patients. Their reasons for prescribing CAM treatments appeared to be (1) the idea that CAM treatments deal with the cause, and (2) a belief in the treatments. A limiting factor of the survey is that it did not determine whether the belief was based on evidence or on faith alone. [Read more at <http://www.liebertonline.com/doi/abs/10.1089/acm.2010.0407>]