Wake Forest™ Baptist Health

Center for Integrative Medicine

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May 25, 2011

WFBH CIM Member Media & Publications

Brain Mechanisms Supporting the Modulation of Pain by Mindfulness Meditation. Fadel Zeidan, Katherine T. Martucci, Robert A. Kraft, Nakia S. Gordon, John G. McHaffie, and Robert C. Coghill1. *The Journal of Neuroscience*, April 6, 2011.

John Fortunato, MD (Pediatrics), was featured on ABCNews.com talking about when parents and doctors disagree.

Osteoporosis: Decreasing Your Risk. Walt Curl, MD and Bruce Lantelme, MD. *Natural Triad*, May 2010.

Nurses' experiences, expectations, and preferences for mind-body practices to reduce stress. Kathi Kemper, Sally Bulla, Deborah Krueger, Mary Jane Ott, Jane A McCool, and Paula Gardiner. *BMC Complementary and Alternative Medicine* 2011, 11:26.

Kathi Kemper, MD, MPH is quoted in a WebMD story regarding a new study on the prevalence of moms giving herbal teas and supplements to their babies.

6th International Congress on Complementary Medicine Research (ICCMR)

The 2011 ICCMR: Evidence-Based Decision Making for Traditional and Integrative Medicine held in Chengdu China, was organized by the International Society for Complementary Medicine Research (ISCMR), Chengdu University of

Music and Medicine

NC Integrative Medicine Society

The Science of Compassion

Calendar of Events

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Quick Links

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CareNet

Center for Integrative Medicine

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Cancer Clinical Trials - Recruiting

Dietary Supplements

Healing Touch

Healing Harps

Integrative Medicine Clinicians

Massage Therapy

Nutrition Services

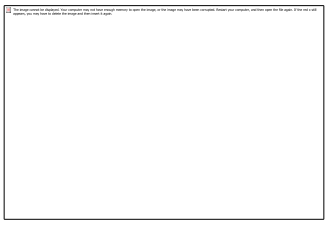
Pastoral Care

Traditional Chinese Medicine, Chinese Academy of Chinese Medical Science, Tianjin University of Traditional Chinese Medicine, Journal of Integrative Medicine, Chinese Evidence-Based Medicine Centre, and Chinese Network of Complementary and Alternative Medicine. Kathi J. Kemper, MD, MPH moderated the opening plenary/keynote session, and presented original research.

CIM Pilot Project: Improving Vitamin D Status in Home-Bound Elders

Denise Houston, PhD, Principle Investigator for the TSI/CIM/Pepper pilot project, recruited participants to evaluate the impact of vitamin D supplementation in Meals on Wheels (MOW) clients. Of the 491 clients from 35 MOW routes who were invited to participate, 224 clients initially expressed interest and were contacted for a phone screen; of those, 68 were randomized, 85 were not eligible, and 71 refused. Screening and randomization of the final group of MOW routes was completed March 30, 2011. Follow-up visits were completed for the first randomized group April 26th, and the remaining follow-up visits will be completed by August 31, 2011.

New Additions to the CIM Library



The Center for Integrative Medicine Library has over 1,000 integrative medicine books, CD's, DVD's, and videos to lend to WFBH employees. New additions to the library include:

- *Loving-Kindness: The Revolutionary Art of Happiness* by Sharon Salzberg
- Twelve Steps to a Compassionate Life by Karen Armstrong
- *The Mindful Path to Self-Compassion: Freeing Yourself from Destructive Thoughts and Emotions* by Christopher Germer, PhD
- *The Compassionate Mind: A New Approach to Life's Challenges* by Paul Gilbert, PhD

CIM Library subjects include:

Acupuncture	Massage
Art Therapy	Medical Practice / Education
Healing Touch / Energy Medicine	Meditation / Mind-Body
Food / DIet / Nutrition	Music Therapy
General Health & Healing	Pediatrics
Guided Imagery	Vitamins / Supplements
Herbal / Natural Medicine	Qigong / Tai Chi / Yoga

Integrative Medicine Resources

Patient Resources

Pediatric Second Opinion Clinic

Stress Management

Tai Chi

Visual & Performing Arts

Women's Health Center of Excellence Web Links

Yoga

The Consortium of Academic Health Centers for Integrative Medicine presented the following resources during their recent Education Working Group meeting:

- Integrative Medicine Resources - Paula Gardiner, MD
- Precepting Integrative Medicine Using Internet Resources - Amy Locke, MD
- Precepting Integrative Medicine Links - Amy Locke, MD
- Dietary Supplements Lables Database
- NLM NIH: Herbs and Supplements: Effectiveness, Doseage, Interactions
- New Food Guide Pyramids:
  - Interactive Healthy Food Pyramid - University of Michigan
  - Food Pyramid - Harvard
- Ending the Food Fight - Resource for obesity.
- Glycemic Index Foundation
- Mindless Eating - Why we eat more than we think.
- The World's Healthiest Foods - Food nutritional components
- Integrative Medicine Modules - Wisconsin School of Medicine

Join Email List

Discontinue Email

Potential Endocrine Disruptors

A list of potential endocrine disruptors is now available from The Endocrine Disruption Exchange, Inc. (TEDX). TEDX, founded by Dr. Theo Colborn, is an international non-profit organization dedicated to compiling and disseminating scientific evidence on health and environmental problems caused by low-dose exposure to chemicals that interfere with development and function, called endocrine disruptors. View the TEDX List of Potential Endocrine Disruptors.

External Quick Links

Collaborative on Health and Environment

EarthShare of NC

Healthiest Nation

HeartMath

Institute for a Sustainable Future

Institute for Integrative Healthcare Studies

Integrated Healthcare Policy Consortium

Natural Medicine Journal

Natural Medicine Journal is an electronic journal and website for integrative healthcare practitioners, students, faculty, and anyone interested in the field of natural medicine. Recent articles include:

- Cranial Therapy Shows Potential for Enhancing the Body's Ability to Produce Nitrous Oxide
- Kefir Beats Yogurt in H. pylori Treatment
- Fish Oil Improves Chemotherapy Effects in Lung Cancer Patients
- Probiotics for the Prevention of Childhood Eczema

Integrator Blog

NCCAM

NCCAM Newsletter

Natural Medicine

Natural Triad

Physicians Committee for Responsible Medicine

Slow Food

Society for Acupuncture Research

Teleosis: Green Healthcare

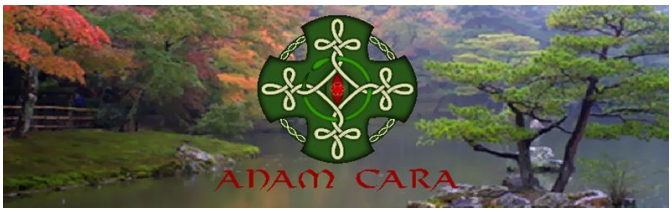
Psychotherapy and the Integration of Complementary and Alternative Medicine

The Samaritan Center for Counseling and Pastoral Care is offering a comprehensive program combining traditional and non-traditional therapies. This integrated approach for the treatment of PTSD, depression, chronic pain, and other stress-related problems addresses the whole person and treats many symptoms not addressed through standard mental health protocols. Visit their website.

Recent Findings on Vitamin D and Calcium

- Vitamin D-Deficient Newborns More Susceptible to Respiratory Infections
- Importance of Vitamin D to the Ageing Population: Mechanisms of Action and Public Health Implications
- Is Your Vitamin D Supplement Delivering What You Expect? Less Vitamin D Than Listed, Lead Contamination Among Problems Discovered.
- Calcium Supplements: Avoid Those with Lead
- 50% of Vitamin K Supplements Selected for Review Fail Testing
- CoQ10 and Ubiquinol Supplements Reviewed

Anam Cara ~ Friend of the Soul



Anam Cara, Inc. is dedicated to teaching meditative practices from a variety of traditions and disciplines. The name of the organization reflects the intention to provide a deep level of support to those who are interested in learning and practicing meditation. Visit their website for resources, and free guided meditation mp3s.

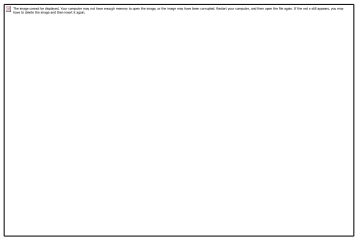
Integrative Practitioner Update: 2011 Integrative Healthcare Symposium

A recent interview with the "Father of Functional Medicine" Dr. Jeffrey Bland, recaps his keynote at the 2011 Symposium. Other speakers included: David Perlmutter, MD, Mark Hyman, MD, Frank Lipman, MD,
and Susan Luck, RN, BS, MS, HNC, CCN.

Other updates include:

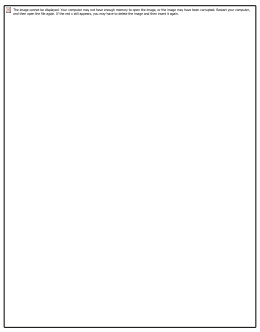
- John Weeks' powerpoint highlighting 2010 integrative practice policy and costs.
- Economic development officials in Asheville, North Carolina explore integrative medicine as a growth opportunity
- Expanded Aetna yoga trial with Duke Integrative Medicine, Kraftsow to examine cost-savings related to stress
- Dan Redwood, DC: Two additional recent resources show cost savings from "CAM"
- Tai Sophia offers Nutrition and Integrative Health Masters; link with James Gordon's "Food as Medicine"

MCPHS Applied Natural Products Program



Do you have an interest in herbs and dietary supplements? Would you like a better understanding of how you can change your lifestyle to prevent illness? Are you interested in helping patients integrate conventional and alternative medicine in their treatment protocols? If you answered "yes" to any of these questions, then studying Applied Natural Products at MCPHS Online is the right fit for you!

National Cancer Institute (NCI)



The NCI's Annual Report on Complementary and Alternative Medicine: Fiscal Year 2009 is available through the Office of Cancer Complementary and Alternative Medicine (OCCAM). The report provides an overview of NCI-supported CAM research and highlights research studies, projects, and grants that are supported by NCI's extramural and intramural grant funding divisions. Highlights include:

- Large Populations and Rigorous Methods Needed for Vitamin D Research
- Pomegranate Studied as Preventative Agent Against Prostate Cancer
- Exercise and Antidepressants May Counteract Stress-induced Tumor Growth
- Cranial Stimulation Tried for Managing Side Effects of Chemotherapy in Breast Cancer

JAMA Articles of Interest

Patient-Physician Communication. Wendy Levinson, Phil Pizzo.

Consideration of insurance reimbursement for physical activity and exercise programs for patients with diabetes. Marco Pahor.

John Harvey Kellogg and the pursuit of wellness. Howard Markel.

Paracentesis by Moonlight. Roxanne Young.

Other Articles of Interest

- Hospitals, Medical Centers Offering Meditation and More
- Doctors Prescribing Meditation, Yoga More Often
- Physician referrals for mind body therapies becoming mainstream
- Safety and Patient Preferences, Not Just Effectiveness, Should Guide Medical Treatment Decisions
- 15 Cancer Doctors from 5 Countries Reveal Top Integrative Treatments in New Book
- Expanding the Scope of Acupuncture Care
- Acupuncture: An End to Pain
- Dr. Weil Discusses His Favorite Exercise, Walking; Walking Your Way to Optimum Health
- Mindfulness Meditation May Cut IBS Symptoms
- Active Yoga Practice Improves Quality of Life for Breast Cancer Survivors
- Healing Circles in Integrative Medicine
- A Call for a Healthier Food Environment
- The tongue: A window to other organs
- Migraines, Neck Pain and Infant Colic are Among Conditions Helped by CranioSacral Therapy
- Hospital approaches 'healing and health in a natural way' with new garden

Medscape

NOTE: Medscape REQUIRES a free login to access all articles.

Diet and Exercise

- Tai Chi as Therapy in Heart Failure
- T'ai Chi May Prevent Falls, Improve Mental Health in Elderly
- Moderate Fish Intake May Lower Risk for Repeat Preterm Birth
- Secondhand Smoke May Increase Risk for Nicotine Addiction

Mind / Body

- Forgiveness Can Improve Immune Function

Supplements

- Low Neonatal Vitamin D Linked to RSV Bronchiolitis
- Vitamin D Insufficiency Linked to Aggressive Breast Tumors

- Vitamin D Levels Linked to Mortality in Patients With Pneumonia
- Omega-3s May Cut Postpartum Depression Symptom Risk

Therapeutic Touch Programs

May 27 thru October 10

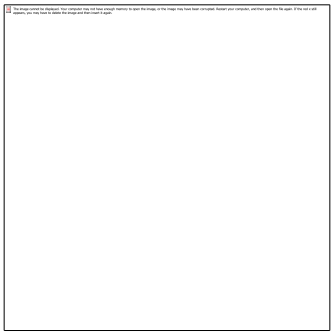
The Pumpkin Hollow Retreat Center, where Therapeutic Touch was founded in 1972, is offering Therapeutic Touch programs. The classes are open to everyone. For information, vsit www.pumpkinhollow.org.

Your Healing Retreat!

June 3 thru 5
Weaverville, NC

Your Healing Retreat offers the education, hope, and rejuvenation parents and physicians have been seeking and delivers it in a beautiful relaxed setting with a deliberate focus on healing strategies for the caregivers. Register for 2011 Your Healing Retreat!

Music and Medicine Conference



June 3
Ogden, Utah

The Interdisciplinary Society for Quantitative Research in Music and Medicine is a society of scholars and researchers pursuing the studies on the effects of music on the health of the human mind, body and soul. The conference is interdisciplinary in nature, and devoted to the dissemination of new, unpublished research relating to the field of music and medicine.

NC Integrative Medicine Society Conference

June 17, 18
Asheville, NC

The North Carolina Integrative Medical Society believes the combined knowledge of mainstream medical practices and alternative medicine is ultimately superior to a single-model approach to health and wellness. 10 CME credits! Some of the topics and speakers include:

- Probiotics, Enzymes, and GI Health - Tiffany Jackson, ND
- Candida for Beginners - Maureen McDonnell, RN
- Going Beyond the Diagnosis to Assess GI Disorders - Elizabeth Lipski, PhD, CN
- The Role of the Gut in Autism - Elizabeth Mumper, MD, FAAP
- The Double Agent in Detoxification - Anne Hines, MD

The Science of Compassion

August 10 - 12
Bethesda, MD

NINR is sponsoring The Science of Compassion: Future Directions in Palliative and End-of-Life Care.

Integrative Medicine Calendar of Events

Visit the CIM Calendar of Events for a complete listing of local, national and international integrative medicine related events!

- Local and Regional Events
- National and International Events
- Natural Triad / Wake Forest Integrative Medicine Seminar Series

In Closing ...

If you would like us to help promote your integrative medicine related information or events, contact CIM at CIM@wfubmc.edu.