



eNewsletter for July 15, 2013

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Free Integrative Medicine Seminars



Upcoming Clinical Working Group Conference Call Meetings

(all meetings at 12 noon unless otherwise noted)

July 25: *Blaire Alden/Roy Elam Health Coaching*

August 22: *Susan Carter/Lauray MacElhern Update on Findings Concerning Business Issues*

September 26: *Speaker TBD Mental Health Interest Group*

October: no meeting due to the [International Congress for Clinicians in Complementary and Integrative Medicine](#)

NOTE: NEW LOCATION! Presentations are free and given near the Center for Integrative Medicine offices on the first floor of Piedmont Plaza II (corner of Miller and First Streets). Questions about this series? Please contact [Mary McLendon](#) at 713-9197.

If you are not yet on the email list for the Consortium, please [request to be added](#). You will start receiving announcements from a well-respected group of peers about the field of integrative and complementary medicine.

2013 Healing Touch Training Seminars

DATES:

Level 3: July 19-20

Level 1: August 16-17

Level 2: September 20-21

Level 3: October 18-19

Level 1: November 22-23



[Massage Therapy](#)

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External Links

[American Academy of
Pediatrics: Section on
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[Samueli Institute](#)

Level 2: December 13-14

LOCATION: the Shepherd's Center, 1700 Ebert Street, Winston-Salem

REGISTRATION: [Contact Ashley Fleetwood](#) at 336-777-0680.

ADDITIONAL INFO: Healing Touch is a biofield therapy that is an energy based approach to health and healing. The goal in Healing Touch is to restore harmony and balance in the energy system, placing the client in a position to self-heal. Learn the practice of Healing Touch from Deborah Larrimore, Certified Healing Touch Instructor and Practitioner.

Aromatherapy Training Seminars

DATES:

Friday, August 9, 2013

LOCATION: Ultrasound Classroom, Ground Floor, Reynolds

REGISTRATION: Contact Michelle Manning at 713-2669

ADDITIONAL INFO: Participants will learn basic information on essential oils, including where they originate, how they affect the brain and body, how to store, how to use safely and effectively, how to select oils which reduce stress and insomnia and more. Download the [registration form](#).



Diet and Nutrition News

- [Physical Activity is Up in the U.S., but So Too is Obesity](#) (BMJ)
- [Does Adding Routine Antibiotics to Animal Feed Pose a Serious Risk to Human Health?](#) (BMJ)
- [Do Lifestyle Changes Reduce Serious Outcomes in Diabetes?](#) (NEJM)
- [Does Soy Protein Supplementation Reduce Prostate Cancer Recurrence?](#) (JAMA)
- [Enzymatically Digested Whey Proteins May Benefit People With Type 2 Diabetes](#) (Journal of Nutrition)

The Latest on Alternative Therapies

- [Management of Infantile Colic](#) (BMJ)

[Can Acupuncture Be Used to Help Children with Asthma?](#) (Alternative Therapies)

[Acupuncture For Chronic Fatigue Syndrome: A Randomized, Sham-controlled Trial With Single-blinded Design](#) (Alternative Therapies)

[The State of Health in the United States](#) (JAMA)

Insurance is Accepted

...for many integrative medical services provided by a physician or with a physician's order. Check with your insurance company for details.

CIM

The Center for Integrative Medicine

began as a Program in 2005 and was one of the first 35 academic health centers in North America to be accepted into the Consortium of Academic Health Centers for Integrative Medicine. The Center oversees a collaboration of clinical, educational, community outreach and research activities focusing on wellness and healing.

Center Leadership

Interim Director

Jeff Feldman, PhD

Clinical Services

Rebecca Wells, MD

Community Engagement

Jeff Feldman, PhD

Education

Jamie Ungerleider, PhD

Jeff Feldman, PhD

Research

Jeffrey Schmitt, PhD

Advisory Board

Julie Milunic

What Effect Does Air Pollution Have on Heart Failure Hospitalizations and Mortality? (The Lancet)

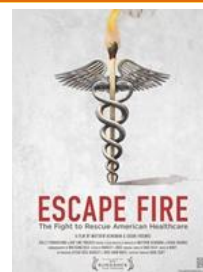
Free NCCAM Herbal Supplement Info

The National Center for Complementary and Alternative Medicine (NCCAM) has made their extensive herbal supplement information database (Herbs at a Glance) available as an ebook, in Nook/iPad and Kindle formats. Specific information on each herbal supplement is also available separately to download in PDF format.



Watch Escape Fire and Earn CME Credits

Watching the documentary Escape Fire: The Fight to Rescue American Healthcare now qualifies for 2 Prescribed CME credits from the American Academy of Family Physicians (AAFP), which can translate via reciprocity into American Medical Association (AMA) Category 1 credits.



The award-winning Sundance documentary tackles one of the most pressing issues of our time: what can be done to save our broken medical system? Healthcare providers from all sectors are featured in the film, including primary care physicians such as Oregon's Dr. Erin Martin, who struggles with limited time for patients and too little reimbursement, as well as leaders in medicine and healthcare, such as Dr. Donald Berwick, former administrator of Medicare/Medicaid.

Escape Fire is now available on DVD, or digital download from iTunes, Amazon.com and other providers.

Begin the online assessment for the Escape Fire CME activity here. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

University of Michigan's Healing Foods Pyramid

* * *

(336) 713-9197
(336) 713-3849 FAX

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University of Michigan Integrative Medicine has developed a nine-tier Healing Foods Pyramid, designed to inform and to celebrate food "in all its beauty, variety and healing benefits."

An interactive version is available on the [UMich Integrative Medicine website](#), as well as a printable version.

Upcoming Integrative Medicine Conference

[Register now](#) for the
**International Congress for Clinicians in
Complementary and Integrative Medicine**

October 29-31, 2013

Northwestern University, Chicago, IL

[Early registration](#) now through July 31

Sponsored by [CAHCIM](#)

Recent Publications by CIM Members

Down JD, Medhora M, Jackson IL, Cline JM, Vujaskovic Z. [Do Variations in Mast Cell Hyperplasia Account for Differences in Radiation-Induced Lung Injury among Different Mouse Strains, Rats and Nonhuman Primates?](#) *Radiat Res.* 2013 Jul 2. [Epub ahead of print] PMID: 23819595

Harrison BJ, Flight RM, Gomes C, Venkat G, Ellis SR, Sankar U, Twiss JL, Rouchka EC, Petruska JC. [IB4-binding sensory neurons](#)

[in the adult rat express a novel 3' UTR-extended isoform of CaMK4 that is associated with its localization to axons.](#) *J Comp Neurol.* 2013 Jul 1. doi: 10.1002/cne.23398. [Epub ahead of print] PMID: 23817991

Keim-Malpass J, Albrecht TA, Steeves RH, Danhauer SC. [Young Women's Experiences With Complementary Therapies During Cancer Described Through Illness Blogs.](#) *West J Nurs Res.* 2013 Jun 30. [Epub ahead of print] PMID: 23820874

Koelblinger P, Dabade TS, Gustafson CJ, Davis SA, Yentzer BA, Kiracofe EA, Feldman SR. [Skin manifestations of outpatient adverse drug events in the United States: a national analysis.](#) *J Cutan Med Surg.* 2013 Jul-Aug;17(4):269-75. PMID: 23815960

McLean TW, White GM, Bagliani AF, Lovato JF. [The use of a checklist in a pediatric oncology clinic.](#) *Pediatr Blood Cancer.* 2013 Jun 29. doi: 10.1002/pbc.24657. [Epub ahead of print] PMID: 23813947

Nguyen HT, Kirk JK, Arcury TA, Ip EH, Grzywacz JG, Saldana SJ, Bell RA, Quandt SA. [Cognitive function is a risk for health literacy in older adults with diabetes.](#) *Diabetes Res Clin Pract.* 2013 Jun 24. doi:pj: S0168-8227(13)00217-9. 10.1016/j.diabres.2013.05.012. [Epub ahead of print] PMID: 23806477

Soliman EZ, Alonso A, Misialek JR, Jain A, Watson KE, Lloyd-Jones DM, Lima J, Shea S, Burke GL, Heckbert SR. [Reference ranges of PR duration and P-wave indices in individuals free of cardiovascular disease: The Multi-Ethnic Study of Atherosclerosis \(MESA\).](#) *J Electrocardiol.* 2013 Jun 24. doi:pj: S0022-0736(13)00127-1. 10.1016/j.jelectrocard.2013.05.006. [Epub ahead of print] PMID: 23806475

Calendar of Events

Our online calendar of events has been updated, and features an up-to-date listing of local happenings, regional and national workshops and conferences, and international symposiums. Bookmark the following links for ongoing event news related to integrative medicine:

[Local/Regional Events](#)
[National/International Events](#)

Join the CIM eNewsletter List

Join our free mailing list and stay up-to-date on valuable integrative medicine information.

YES! I want to **JOIN** the CIM eNewsletter list!

Please [unsubscribe](#) me from the WFBH CIM eNewsletter list.

In Closing...

If you would like us to help promote non-profit integrative medicine related information or events, contact CIM at CIM@wakehealth.edu. All Center members are encouraged to submit information on services, awards, and publications.

Disclaimer: The information on this email is for general informational purposes only and SHOULD NOT be relied upon as a substitute for sound professional medical advice, evaluation or care from your physician or other qualified health care provider.

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