

July 2004

Volume 2, Issue 7

The Herbal Dispatch

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The Medicinal Botanical Program
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3rd Symposium Focus: Health Care

The 3rd Symposium in September on Medicinal and Aromatic Plants will feature health care applications as part of the focused offerings.

The first afternoon of the conference, September 23rd, will highlight expert

physicians (profiled below) who will discuss herbal approaches for high cholesterol and menopause.

The symposium will be held September 23-25, 2004. Registration is only \$75 before July 31 and

includes meals.

For more information about the 3rd Symposium (including the schedule of events and speakers), visit our website or contact Shannon Howard at 304-929-1630 or showard@mountainstate.edu

SPEAKER PROFILES

Eric Yarnell, ND, RH

Dr. Yarnell is a licensed naturopathic physician and registered herbalist (professional member) of the American Herbalists Guild. After graduating from Bastyr University (Seattle, WA) in 1996 he completed a two year residency with master herbalist and physician Silena Heron, ND in Sedona, AZ. He is a founding member and current president of the Botanical Medicine Academy (Seattle, WA). Dr. Yarnell then served as chair of the department of botanical medicine at Southwest College of Naturopathic Medicine (Tempe, AZ) where he also taught gastroenterology, urology/men's health, and pulmonology/sleep medicine. He eventually moved to Oregon to practice and write full time. There he also served as senior editor of the *Journal of Naturopathic Medicine*. He has been in

private practice or supervising students since 1997.

Currently Dr. Yarnell is an adjunct professor in the botanical medicine department at Bastyr University. He is a co-founder and president of Healing Mountain Publishing, Inc., a publisher of natural medicine textbooks for practitioners. He is also vice president of Heron Botanicals, Inc. an herbal pharmacy providing hand-crafted, whole plant extracts exclusively to health care providers or on prescription. He is a reviewer for the *Journal of the American Herbalists Guild*.

Dr. Yarnell is author of numerous texts and articles including *Naturopathic Gastroenterology* and *Naturopathic Urology* and *Men's Health* (both by Healing Mountain Publishing) and co-author of *Clinical*

Botanical Medicine (Mary Ann Liebert, Inc.) the *A-Z Guide to Drug-Herb-Vitamin Interactions* (Prima Publishing). He has lectured widely.

Lise Alschuler, N.D

Dr. Alschuler is currently the director of the naturopathic medicine department at Midwestern Regional Medical Center - Cancer Treatment Centers of America in Zion, IL. She was formerly the clinic medical director of the Bastyr University Center for Natural Health in Seattle, WA. Dr. Alschuler was also an associate professor at Bastyr University. She has been a practicing naturopathic physician for 10 years. She has lectured about herbal and naturopathic medicine nationally and internationally. She has also authored many articles in professional and popular press publications.

Please contact your state's Department of Forestry for laws and regulations concerning goldenseal harvest in your area.

Correction: June 2004 Issue, Appalachian Plant Profile: Goldenseal

Submitted by: Dean Myles

In regards to last month profile of goldenseal, I failed to mention the fact that goldenseal is considered rare or

endangered in all 27 states it occurs. Goldenseal is also listed on Appendix II of the Convention on International Trade in Endangered Fauna and Flora (CITES). Although there are no regulations concerning goldenseal

harvest in West Virginia, harvests are regulated in most states. Please contact your state's Department of Forestry for laws and regulations concerning goldenseal harvest in your area.

Appalachian Plant Profile: Ginseng

Submitted by:
Dean Myles
Horticulture Technician
Medicinal Botanical
Program, MSU

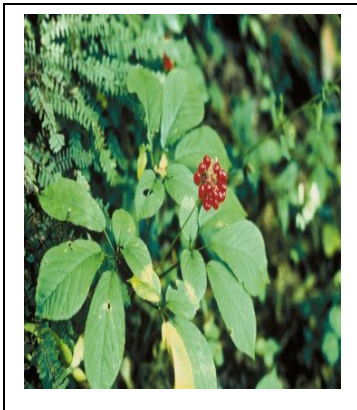
Ginseng, *Panax quinquefolius*, is the most sought after medicinal plant in the Appalachian Mountains. The perennial rhizome produces a 2-foot tall plant when mature. The main stem produces three or more branches (prongs) that grow five leaves. Mature plants have three prongs with five leaves each. The leaves are long with pointed ends, round near the base, and finely toothed. The flower is greenish yellow, and appears in June or July, followed by a red fruit. Ginseng can be found in cool hardwood forests. The plant prefers a northern to eastern

aspect. The plant may be found close to running water and on slopes above intermittent and small mountain streams. Ginseng can be found growing with goldenseal and bloodroot. It often occurs in small patches or scattered across its range.

The rhizome of the plant is harvested. Mature roots can be 3-8 inches long and up to 2-3 inches thick.

Ginseng can be difficult and demanding to cultivate. It requires several years and energy to produce a crop. With patience and the use of scientific data, the wild crafter can reduce the demand for high quality ginseng. Due to the increasing demand for wild ginseng and loss of habitat, populations are

becoming rare. In 2002, 6400 pounds estimated at 2 million dollars was harvested in West Virginia. Sustainable harvest and quality cultivation is needed. Most states including West Virginia regulate ginseng harvest. The season for harvest in West Virginia is from August 15 through November 30. The fruit (seeds) of the plant must be buried at the sight of the harvest. Only mature plants, three or more prongs, are to be harvested. Remember, violation of regulations and poaching is a criminal act and is subject to fines or imprisonment. Please contact your state's Department of Forestry for laws and regulations concerning ginseng harvest.



Picture credit:
Dan J. Pittillo, USFWS

SCIENCE TODAY

Soy Protein Has No Effect on Improved Aging in Postmenopausal Women When Started After 60 Years

A group of compounds called isoflavones, found in soy protein, has been suggested to confer health benefits in terms of improving the aging process.

A randomized controlled trial was conducted by a group of researchers in the Netherlands, in cooperation with Fred Hutchinson Cancer Center in Seattle, WA. A randomized double blind placebo-controlled trial of 202 healthy postmenopausal women, aged 60 to 75 years, was

carried out in the Netherlands between April 2000 and September 2001. The goal of the study was to investigate whether soy protein with isoflavones improves cognitive function, bone mineral density, and plasma lipids in postmenopausal women.

Subjects were randomly assigned to receive 25.6 g of soy protein containing 99 mg of isoflavones (52 mg genistein, 41 mg daidzein, and 6 mg glycitein) or total milk protein as a powder on a daily basis for 12 months.

The results showed that cognitive function, bone mineral density, or plasma lipids did not differ

significantly between the groups after a year.

The authors conclude that this trial does not support the hypothesis that the use of soy protein supplement containing isoflavones improves cognitive function, bone mineral density, or plasma lipids in healthy postmenopausal women when started at the age of 60 years or later.

Kreijkamp-Kaspers S, Kok L, Grobbee DE, de Haan EHF, Aleman A, Lampe JW, van der Schouw YT. Effect of Soy Protein Containing Isoflavones on Cognitive Function, Bone Mineral Density, and Plasma Lipids in Postmenopausal Women. *JAMA* 2004 Jul 7; 292:65-74.

Subjects were randomly assigned to receive 25.6 g of soy protein containing 99 mg of isoflavones, or total milk protein as a powder

Medicinal Plant Effective Against Herpes Simplex Virus

Prunella vulgaris L. (Labiatae), is a perennial plant commonly found in China and Europe. Researchers in Hong Kong conducted a study to determine if a particular fraction of *P. vulgaris*, the polysaccharide portion (referred to as PPV), had any effect on the expression of antigens of Herpes Simplex Virus-1 (HSV-1) and Herpes Simplex Virus-2 (HSV-2).

In vitro experiments were carried out in Vero Cells, a host for HSV-1 and HSV-2. Expression of the virus was assessed using flow cytometry.

The results showed the HSV antigen increased time-dependently in the infected cells, and PPV reduced its expression. Interestingly, PPV also reduced the antigen expression of acyclovir-resistant strain of HSV-1. Acyclovir is a commonly used pharmaceutical medication prescribed for patients with HSV

infection. Furthermore PPV has a different mode of anti-HSV action from acyclovir.

The authors conclude that PPV is effective against both the HSV-1 and HSV-2 infections.

Chi-Ming Chiu L, Zhu W, Eng-Choon Ooi V. A polysaccharide fraction from medicinal herb *Prunella vulgaris* downregulates the expression of herpes simplex virus antigen in Vero cells. *J Ethnopharmacol.* 2004 Jul;93(1):63-8.

Interestingly, PPV also reduced the antigen expression of acyclovir-resistant strain of HSV-1.

NATURAL MEDICINE NEWS

NCCAM Adds Six New Members to Advisory Council

The Council is composed of 18 members including investigators, physicians, licensed CAM practitioners, and representatives of the public.

The National Center for Complementary and Alternative Medicine's (NCCAM) National Advisory Council (NACCAM) welcomed six new members on June 4, 2004.

Each council member is appointed by HHS Secretary Tommy G. Thompson and will serve a 4-year term. The Council is composed of 18 members including investigators, physicians, licensed CAM practitioners, and representatives of the public.

The six new NCCAM Council members are: **Carlo Calabrese, N.D., M.P.H.**, research professor at the National College of Naturopathic Medicine (NCNM); senior investigator at NCNM's Helfgott Research Institute; clinical assistant professor at Oregon Health Sciences University (OHSU); and clinical investigator at Kaiser Center for Health Research, Portland, OR. **Joel G. Pickar, D.C., Ph.D.**, associate professor at the Palmer Center for Chiropractic Research at Palmer College of Chiropractic, Davenport, IA. **Jeanette M. Ezzo, Ph.D., M.P.H., Ms.T.**,

research director of James P. Swyers Enterprises, Takoma Park, MD. **Robert E. Fullilove, III, Ed.D.**, associate dean for community and minority affairs and professor of clinical sociomedical sciences at Mailman School of Public Health of Columbia University, New York, NY. **L. David Hillis, M.D.**, professor and vice chair of the Department of Internal Medicine, University of Texas Southwestern Medical School, Dallas, TX. **Bala V. Manyam, M.D.**, professor, Texas A&M University System Health Science Center College of Medicine, Temple, TX.

DVA Releases List of Facilities Designated to Provide Chiropractic Care

On June 25th, 2004 the Department of Veterans Affairs (DVA) released its list of VA medical centers across the country initially selected to offer chiropractic care through the DVA health care system beginning this fall.

VA Secretary Anthony Principi unveiled his new blueprint for formalizing the full inclusion of chiropractic care into the massive veterans health care system on March 30th of this year.

The DVA's list includes 26 facilities located throughout the country in each of the VA service regions, known as Veterans Integrated Service Networks or "VISNs." Each of these facilities will be equipped for a doctor of chiropractic to treat patients, and DCs will be hired either as full-time or part-time employees or will be contracted to provide care at the VA facility.

The VA website has a facility locator that can be accessed by clicking on <http://www1.va.gov/directory/guide/map.asp?divisionid=1>.

The list of facilities selected to offer chiropractic care are located in: West Haven and Newington, CT; Togus (Augusta), ME; Buffalo and Bronx, NY; Butler, PA; Martinsburg, WV; Salisbury, NC; Augusta, GA; Tampa and Miami, FL; Mountain Home, TN; Columbus OH; Danville, IL; Iron Mountain, MI; Kansas City, MO; Jackson, MS; Dallas, San Antonio and Temple, TX; Albuquerque, NM; Phoenix, AZ; Fort Harrison, MT; Seattle, WA; Martinez and Los Angeles, CA; Sioux Falls, SD.

HERB CONFERENCES AND EVENTS

American Herbalists Guild Symposium 2004, October 8-10. Waterville Valley, NH.

Over 40 workshops by leading herbalists and teachers including: Christopher Hobbs, Aviva Romm, Robert Rountree, Susun Weed, David Hoffmann, Mark Blumenthal, Michael Tierra, Chanchal Cabrera, Donald Yance. CE for nurses, pharmacists, acupuncturists, and naturopathic physicians. Preconference intensives on October 7, postconference clinical intensive on October 11-12. Contact: AHG, 1931 Gaddis Road, Canton, GA 30115. Phone: (770)751-6021. Fax: (770)751-7472. Email: ahgoffice@earthlink.net.

Website: www.americanherbalist.com.

Natural Products Expo East 2004, October 14-17. Washington, DC. This tradeshow and conference is for retailers, manufacturers, and suppliers in the health & nutrition industry. Contact: Customer Service, New Hope Natural Media. Phone: (866)458-4935. Email: tradeshows@newhope.com. Website: www.expoeast.com.

Reverse Herbology: Predicting and Preventing Adverse Herb-Drug Interactions October 26. Bethesda, MD. Noon - 1:00 p.m. Masur Auditorium,

Building 10
National Institutes of Health.

Dr. Steven Klierer, Departments of Molecular Biology and Pharmacology, University of Texas Southwestern Medical Center at Dallas, will present recent findings regarding the activation of PXR, a receptor in the liver and intestine which accelerates drug metabolism, by St. John's wort and other herbs. He will discuss how this knowledge can be applied to predict and prevent harmful interactions between herbs and prescription drugs. This lecture is open to the public and may also be

viewed on the Web at videocast.nih.gov.

Second Global Summit on Aromatic Plants, October 25-29. New Delhi, India.

Academicians, researchers, producers and personnel from industry share ideas, information and experiences, and as well as initiate collaborations and cooperation in the development of the world herbal industry. This year's theme will be "Prospects and Constraints in Cultivation, Production and Marketing of Medicinal Plants." E-mail: confound@sparrl.com. Website: www.cenfound.org

CAM CONFERENCES AND EVENTS

American Association of Naturopathic Physicians (AANP) 19th Annual Convention and Exposition, September 7-11. Seattle, WA. CONTACT: <http://www.naturopathic.org>

Clinical Herbal Medicine Training For Health Care Professionals, November 8-13. Ashland, Oregon. Under the supervision of Master

Herbalists Donald Yance, CN, AHG and Chanchal Cabrera, AHG, students undergo intensive experiential training in case-taking, physical examination techniques, differential analysis of symptoms, case follow-up, formulating, prescribing and dispensing. Additional topics covered include assessing disease processes from a wholistic perspective, materia

medica, and case studies of natural therapies with cancer and other chronic illnesses. CONTACT: Andrea Luchese at Centre for Natural Healing, Phone (541)488-3133. Fax (541)488-6949; cnhwest@centrehealing.com; <http://www.centrehealing.com>



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www.mountainstate.edu/usda

Medicinal Botanical Program Adds New Staff

The Medicinal Botanical Program is pleased to announce the addition of a new staff position: horticulture technician. After an extensive search, Dean Myles was selected as the most qualified candidate.

Mr. Myles graduated from MSU in May 2004 with a B.S. in Ecology. He has

been a student intern with the Medicinal Botanical Program for the last year. He has worked on two separate research projects under the supervision of Dr. Joyce Foster at the USDA, ARS Appalachian Farming Systems Research Center in Beaver, WV. He has also been responsible for

the development of our medicinal plant conservation project and our herb garden and walking trail.

Mr. Myles will be responsible for maintenance of our trail, herb garden and greenhouse, as well as continuing his research and conservation efforts.

About the Medicinal Botanical Program

Through the efforts of Senator Robert C. Byrd and a Congressional Appropriation, a specific cooperative agreement was established between Mountain State University and the United States Department of Agriculture,

Agricultural Research Service-Appalachian Farming Systems Research Center in Beaver, WV. The mission of the program is to promote the medicinal, plant industry through education, marketing and

outreach. Offerings include undergraduate classes, community education and a workshop series. The site also maintains a greenhouse, garden and trail, containing many native medicinal plants.

For Subscriptions or Submissions

This newsletter is edited by Jennifer J. Stagg, N.D. To submit material or announcements to *The Herbal Dispatch*: send an email message containing your edited text to Dr. Stagg at jstagg@mountainstate.edu

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