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## Mega-dose vitamin D: is there any case for it?

How to build an  
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Antony Haynes  
tells how

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**EBM: neither  
good evidence  
nor good  
medicine**

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## Protective effects of fruit and veg on colorectal cancer vary according to disease site

The effects of fruit and vegetable consumption on colorectal cancer (CRC) appear to differ depending on exactly where the cancer originated, according to a new study.

Australian researchers say within the proximal and distal colon, brassica vegetables (Brussels sprouts, cabbage, cauliflower and broccoli) were associated with decreased risk of these cancers. A lower risk of distal colon cancer was associated with eating more apples, however an increased risk for rectal cancer was found with increasing consumption of fruit juice.

"Fruits and vegetables have been examined extensively in nutritional research in relation to CRC, however, their protective effect has been subject to debate, possibly because of different effects on different subsites of the large bowel," commented lead investigator Prof Lin Fritschi, PhD, head of the Epidemiology Group at the Western Australian Institute for Medical Research, Perth, Western Australia. "It may be that some of the confusion about the relationship between diet and cancer risk is due to the fact that previous studies did not take site of the CRC into account. The replication of these findings in large prospective studies may help determine whether a higher intake of vegetables is a means for reducing the risk of distal CRC."

### Three cancers

Researchers from the Western Australian Institute for Medical Research, University of Western Australia and Deakin University investigated the link between fruit and vegetables and three cancers in different parts of the bowel: proximal colon cancer, distal colon cancer, and rectal cancer. The case-control study included 918 participants with a confirmed CRC diagnosis and 1021 control participants with no history of CRC.

Consumption of brassica vegetables like broccoli and cabbage was associated with reduced incidence of proximal colon cancer. For distal colon cancer, both total fruit and vegetable intake and total vegetable intake appeared to decrease risk. Distal colon cancer risk was significantly decreased in association with intake of dark yellow vegetables and apples, although there was an increased risk for rectal cancer with consumption of fruit juice. Risk of proximal colon cancer and rectal cancer was not associated with intakes of total fruit and vegetable, total vegetable or total fruit.

Previous studies on CRC have often failed to distinguish between the different sites of origin of cancers in the large bowel, even though it is now well established that tumours in the proximal colon develop along different pathways to those of the distal colon and rectum and that risk of cancer varies by subsite within the colorectum. The mechanisms for different effects of dietary components on different sites of the large bowel have not yet been determined.

\* Annema N et al. Fruit and Vegetable Consumption and the Risk of Proximal Colon, Distal Colon, and Rectal Cancers in a Case-Control Study in Western Australia. *J Am Diet Assoc* 2011, 111 (10): 1479-90.

## CONTINUING EDUCATION EXTRA

### Nutri upgrade Instant Expert webinars

Nutri have upgraded their one-hour 10 Instant Expert – and Instant CPD – calls to fully-featured webinars.

You'll be able to follow a slide show on your computer while on the call. It's high tech, but you don't have to be, say Nutri. And as long as you register for the call it doesn't even matter if you miss the time slot – you'll be emailed a link to enable you to download the presentation and listen (and watch) when you've got time, and repeat it as many times as you need to. The new series starts this month.

- Wed 11th Jan 2012 Infertility; Wed 25th Jan Asthma & Eczema
- Wed 8th Feb Osteoarthritis; Wed 22nd Feb Fibromyalgia
- Wed 7th Mar Stress; Wed 21st Mar Autism
- Wed 4th Apr Neurological Health; Wed 18th Apr Osteoporosis
- Wed 2nd May Chronic Fatigue; Wed 16th May Hayfever; Wed 30th May Rheumatoid Arthritis

\* To book: 0800 634 0276. [www.nutri-online1.co.uk](http://www.nutri-online1.co.uk)

### A Breath of Fresh Air

Recurrent chest infections, pneumonia, asthma – how can we support people affected by these and other lung related conditions?

This new seminar kicks off Lamberts new January-March series of double seminars – it's at the Royal Society of Medicine in London's Wimpole Street on Tuesday January 31, in the morning, followed by Understanding Chronic Pain in the pm.

If you book online for the morning session, the afternoon seminar on "Understanding chronic pain" is free. This session examines the modern phenomenon that analgesics outsell all other over-the-counter medications, and provides alternative options.

\* [www.lambertshealthcare.co.uk](http://www.lambertshealthcare.co.uk) for more details and to book.



### Train as a Certified GAPS Practitioner

CAM contributor Dr Natasha Campbell-McBride, MD, MMedSci (neurology), MMedSci (human nutrition) has become internationally known for "inventing" Gut and Psychology Syndrome (GAP Syndrome or GAPS™), which addresses the connection between the digestive system and the brain.

She is running a UK Certified GAPS Practitioner training course in London on March 3-4. Natasha will share case studies ranging from the most common to the most difficult and explain how to set up a GAPS practice, including how to run a local GAPS Group.

\* Dates: Saturday March 3 and Sunday March 4, 2012, London venue. Cost: £675, including two full course training days with lunch and refreshments, business starter package containing manuals, workbooks, DVDs, books and a USB flash drive with presentation material. Contact: [Medinform@lineone.net](mailto:Medinform@lineone.net). [www.doctor-natasha.com](http://www.doctor-natasha.com)

### Bioregulatory Ophthalmology – a "paradigm shift" in eye health care

Dr Tatyana Bosh, MD, president of the International Society for Bioregulatory Medicine and a medical director of the British Academy for Bioregulatory Medicine, introduces UK practitioners to a unique way of improving eye health with a two-day course in London in March.

Bioregulatory Ophthalmology claims to offer a simple, non-invasive and safe solution for vision improvement. It is not based on use of corrective lenses, drugs or surgery, but simply on bioregulation of homeostatic mechanisms.

"Bioregulatory Eye Treatment is always personalized", says Tatyana. "Treatment methodology incorporates the Bates method for visual re-education; Traditional Chinese Medicine (TCM) and homeotherapy for general restoration of homeostasis and energetic enhancement of the eye; diet, nutritional supplementation and phytotherapy for metabolic support of the eyes; psychotherapy, colour therapy, psychosomatic correlation, kinesiology and creative visualisation as indirect methods for rebalancing the visual pathway."

\* Venue: Academy for Bioregulatory Medicine, Biomed Centre, 23 Manchester Street, London W1U 4DI. Dates: March 3-4, 2012, 10am-8pm. Cost: £990, including extensive handouts, personal eye exercise kit, refreshments. Contact: [www.biomed.co.uk](http://www.biomed.co.uk) or call +44(0)20 7935 6866.