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## **WHOLISTIC NEWS REVIEWS: Traditional, Complementary, Alternative, and Psycho-Social Modalities of Treatment**

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### ***Childhood hyperactivity and caffeinated colas***

At the May 23rd, 2005 annual meeting of the American Psychiatric Association held in Atlanta, Dr. Alan Hirsch, the director of the Smell and Taste Treatment and Research Foundation and assistant professor of both neurology and psychiatry at Rush Medical College in Chicago, presented his findings on a double-blinded study of 20 first-grade students and found that on days when students drank up to 12 ounces of caffeinated colas, they demonstrated more behavior problems compared to days when they did not consume the soft drinks or when they consumed caffeine-free colas. Dr. Hirsch partly concludes, "On the days that the children were drinking caffeinated drinks, their Connors scores increased an average of 5.5 points compared with the days when they were only drinking caffeine-free drinks. Children ages 6 to 11 years old conservatively drink an average of seven to eight oz of carbonated soda per day. This can have a substantial impact on children's behavior in school."

2005 APA Annual Meeting: Abstract NR45

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### ***Massage increases natural killer cells in women with breast cancer***

Dr. Reif-Hernandez and colleagues report that among women diagnosed with breast cancer who underwent either massage or progressive muscle relaxation therapy, those who did the massage ended up reporting less depression, less anger and increased vigor and also demonstrated increases in dopamine, Natural Killer cells and lymphocyte levels in their bodies. These immune factors have significant potential to impact the course or outcome of their breast cancer treatment. Dr. Dr. Reif-Hernandez partly concludes that these findings "highlight the benefit of these complementary therapies, most particularly massage therapy, for women with breast cancer."

*International Journal of Neuroscience* 2005 Apr; 115(4), 495-510

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### ***A home-based multi-systemic psychotherapy helps regimen adherence in Type 1 diabetic adolescents***

Dr. D. A. Ellis and colleagues at Children's Hospital of Michigan showed that intensive, home-based psychotherapy called Multi-systemic therapy (MST) with 127 adolescents with Type 1 diabetes, improves the frequency of blood glucose testing, metabolic control and concomitantly, decreases



inpatient admissions for those adolescents who had previously demonstrated chronically poor glucose control.

*Diabetes Care* 2005 Jul; 28 (7), 1604-1610

### ***Qigong for cardiac patients***

Dr. T. Stenlund and colleagues from the Heart Centre at University Hospital in Umea, Sweden conducted a randomized study with 94 elderly (73 years of age or older) coronary artery disease patients to see if a combination of Qigong and group discussions would increase physical ability. They found that those patients in the intervention group did in fact increase their self-estimated level of activity, their performance in a one-leg stance test for the right leg, as well as for over-all coordination and a box-climbing test for the right leg. Dr. Stenlund partly concludes, "...A combination of Qi Gong and group discussions appear to be a promising rehabilitation for elderly cardiac patients in terms of improving self-reported physical activity, balance and co-ordination. This could be an option for elderly patients who do not participate in the ordinary cardiac rehabilitation."

*European Journal of Cardiovascular Preventive Rehabilitation* 2005 Feb; 12 (1), 5-11

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### ***Fibromyalgia patients benefit from written emotional expression***

Dr. Joan Broderick and colleagues conducted a randomized study of 92 people with fibromyalgia. Some were put in a trauma writing group, some in a control writing group and some in a usual care control group. The two writing groups wrote for 20 minutes on three days at 1-week intervals. Psychological well-being, pain, and fatigue were the primary outcome variables. Assessments were made at pretreatment, posttreatment, 4-month follow-up, and 10-month follow-up. The results showed that those attending the trauma writing group experienced significant reductions in pain and fatigue and gained over-all better psychological well-being at the 4-month follow-up relative to the control groups. However, the benefits gained were not maintained at the 10-month follow-up. Dr. Broderick partly concludes, "...Fibromyalgia patients experienced short-term benefits in psychological and health variables through emotional expression of personal traumatic experiences."

*Psychosomatic Medicine* 2005, 67, 326-334

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### ***OCD in kids may be triggered by streptococcal infection***

Dr. Robert Davis from the Group Health Cooperative in Seattle, Washington reports that in a study comparing 144 children between the ages of four and 13 who received a first diagnosis of Obsessive Compulsive Disorder, Tourette's Disorder or tic disorder to healthy control children, he found an associative link between childhood group A beta-hemolytic streptococcal infection and these disorders. Children having this infection doubled their risk for being diagnosed with one of these disorders within three months of the infection. Those children who had multiple A beta-hemolytic streptococcal infections, tripled their risk of developing OCD, Tourette's or a tic disorder within 12 months following the multiple infections. Dr. Davis partly concludes by saying, "...There is increasing evidence that genetics plays a pretty strong role in the pathogenesis of each of these disorders and I think one very valuable area of investigation is whether or not certain types of children who carry a genetic predisposition might be more prone to develop these disorders following strep infection...(the findings)...lend epidemiologic evidence that pediatric autoimmune neuropsychiatric disorders may arise as a result of a postinfection autoimmune phenomenon induced by childhood streptococcal infection ."



*Pediatrics* 2005, 116, 56-60

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