Update on New Academic Programs
Both current & upcoming

As you may have gathered from reading the first issue of Education News & Research Reviews, American Academy of Nutrition (AAN) is launching some new academic programs. Following is an update about those programs, and their scheduled launch dates.

Master of Science in Nutrition
As of September 2004, our new M.S. in Nutrition degree program was launched. Since AAN operates on a system of “rolling enrollment” (i.e., you can enroll and begin courses at any time), anyone who is interested in this program doesn’t have to wait until the next quarter or semester to enroll. Enrollment can begin now! For more information about the M.S. program, visit http://www.aan.edu/course.html, and click on “Master’s Degree programs”; or call 800-290-4226.

As a reminder, the academic prerequisites for acceptance into the M.S. program include: 1) Bachelor’s degree from a college or university accredited by an accrediting agency recognized by the Secretary of the U.S. Department of Education; or international equivalent. 2) Completed coursework from a similarly accredited institution in Nutrition I, General Chemistry, Human Biology, Organic Chemistry, Biochemistry, Anatomy and Physiology, and Statistics. (Note: With the exception of Statistics, American Academy of Nutrition offers the other course prerequisites.)

DHA Speeds Visual Development in Breast Fed Infants
Baby food should be fortified with DHA

According to researchers from the University of Texas Southwestern Medical Center, Dallas, between six and 12 months, blood levels of the omega-3 fatty acid docosahexaenoic acid (DHA) in breast-fed infants tends to drop due to lower DHA stores in mothers and the introduction of DHA-poor solid foods to replace human milk. In a randomized, clinical trial they investigated whether taking supplemental DHA in solid foods could improve the visual development of around 50 breast-fed infants.

At six months the infants were randomly assigned to receive either 1 jar (113 g) of baby food containing egg yolk enriched with DHA (115 mg DHA/100 g food) or a control baby food everyday. Although many infants in both groups continued to be breast-fed, blood levels of DHA decreased significantly between six and 12 months of age (from 3.8 to 3.0 g/100 g total fatty acids) in control infants. In the DHA group, however, levels increased by 34 per cent from 4.1 to 5.5g/100g.

Measures of the development of the retina and visual cortex, using visual-evoked potential (VEP) acuity, the researchers found them to correlate with DHA levels, supporting the need of an adequate dietary supply of DHA throughout the first year of life for neural development. These results are the latest in a series of studies that demonstrate the importance of DHA in the development of infants and children. Many leading formula makers already offer DHA-enriched versions.


Did You Know...
Elderly nursing home residents who received vitamin E supplements (200 I.U. daily) were less likely to catch colds and other upper respiratory tract infections than nursing home residents who took a placebo. JAMA 2004;292:828-836.
New Diploma Programs in December 2004

In December 2004, three new diploma programs will be available in addition to the Diploma in Comprehensive Nutrition program (DipCN). Following is a description of these programs.

Diploma in Women’s Nutrition (DipWN)

This diploma program is ideal for those who have a passion for women’s health issues. It is constructed for those who would like to understand how proper nutrition and dietary practices can help address women’s special health concerns. It is also for those who would like to understand the relevance of alternative and complementary views of nutrition including the potential value of dietary supplements. This curriculum earns one a diploma in Women's Nutrition (Dip.W.N.), and arms one with the ability to help female patients, clients or consumers adopt better nutrition practices for a healthier lifestyle.

The 6-course Dip.W.N. program is designed to provide a thorough foundation in the nutrition sciences, while providing a specific focus in women’s nutrition and health issues. As with the Dip.C.N. program, the Dip.W.N. program includes exposure to scientifically sound alternate views. You will often be required to analyze and critique the differing views of respected authorities. It is this process of analysis that will prepare you for a career in providing women with excellent nutrition guidance in clinical, retail or other professional settings.

Diploma in Natural Sciences (DipNS)

This program is perfect for those who have a fascination for the sciences, but lack the formal education to fully understand and appreciate their intricacies. Those who are well read in their current field of interest, but find themselves getting lost when a book or article starts getting into a chemical, biological or anatomical discussion will widen their horizons. Earning a Diploma in Natural Sciences (Dip.N.Sc) will also provide important prerequisites for a more in-depth specialization in key areas of the natural sciences.

The 6-course Dip.N.Sc. program is designed to provide a thorough and in-depth science education and includes an excellent foundation in anatomy, physiology, biology, chemistry, organic and biochemistry, as well as nutrition and environmental issues. Successful completion of this program will prepare you well to understand the natural sciences.

Diploma in Small Business Management (DipSBM)

This program is for those who own, manage, or hope to one day own or manage a small business. It is common knowledge that despite motivation, tenacity and thousands of dollars invested, most small businesses fail within the first five years. Although there are a variety of reasons for this, a lack of understanding fundamental principles of small business management can certainly play a significant role. For those who wish to better avoid becoming a business failure statistic, earning a Diploma in Small Business Management (Dip.S.B.M.) can help to shift the odds in your favor with the program.

The 6-course Dip.S.B.M. program is designed to help entrepreneurs and/or small business managers gain the necessary knowledge and skills to effectively operate a small business. This includes the mastery of business management/operations, marketing, advertising, psychology, business mathematics and other business principles.

These new diploma programs utilize existing AAN accredited courses. If you’re interested in pursuing any of these new diploma programs, contact 800-290-4226 for details. If you’ve already completed some of the courses comprising the programs, you’re that much closer to earning your new diploma.

Diploma in Sports Nutrition (DipSN)

In Spring of 2005, AAN will introduce a diploma program in Sports Nutrition. The DipSN program is being developed by Tim Ziegenfuss, Ph.D., an internationally respected researcher and educator in the fields of sports nutrition and exercise physiology. (The next issue will feature an article about Dr. Ziegenfuss. Meanwhile you can read about him by going to http://www.aan.edu/accred.html, and clicking on “Administration/faculty/board of advisors.”)

Completion of this diploma will qualify the student to take a national board exam for a Sports Nutrition certification, which will soon be offered by the International Society of Sports Nutrition. The DipSN program is ideal for anyone who works or wants to work with all types of athletes.

One of the topics that will be thoroughly addressed in DipSN program is the often confusing and controversial topic of sports nutrition supplements. This program will provide a complete review of current research in this field, allowing students to gain an understanding about which sports supplements have value, and which do not.

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Diploma in Herbal Sciences (DipHS)
Spring 2005 will also see the introduction of a diploma program in Herbal Sciences. The DipHS program will provide students with a comprehensive education in the science of herbal medicine. This program is being developed by Roy Upton, RH(AHG), another internationally respected researcher and educator (in the field of herbal medicine). Recently, Professor Upton won the prestigious James Lind Scientific Achievement Award for his contribution to the scientific advancement of natural medicine (for more information about Prof. Upton, see the article in this issue entitled, “AAN Herbalist Wins James Lind Scientific Achievement Award”).

The DipHS program will prepare existing health care professionals (e.g., physicians, nurses, nutritionists, etc.) to integrate herbal medicine as a modality in their practice. It will also prepare them to take the national board exam for certification in clinical herbalism, which will be offered through the American Herbalists’ Guild. In addition, the DipHS program will prepare individuals in the natural products industry to provide consumers with appropriate recommendations for herbal supplements to meet individual needs.

Bachelor Degree programs
Bachelor degree programs are also in development at AAN. These include Bachelor degrees in Nutrition, Sports Nutrition, Herbal Medicine, and Alternative Medicine. The timelines for these bachelor programs are not as firmly fixed as the previously discussed diploma programs. However, it is possible that the first of the bachelor degree programs may be available as early as Fall of 2005. As we make further progress with this project, we’ll provide you with future updates.

AAN Herbalist Wins James Lind Scientific Achievement Award
An Honor for Him, An Honor for Us

Noted herbalist and author Roy Upton, Department Chair of American Academy of Nutrition’s soon to be launched herbal medicine diploma programs (Spring 2005) was honored in September of 2004 at a ceremony where he and others in the field of nutrition and medicine were awarded the James Lind Scientific Achievement Award. Held in Big Sky, Montana, the event brought together more than 150 researchers in herbal and nutritional medicine, manufacturers, and political representatives. Its purpose was to acknowledge and reward the accomplishments of those whose works have contributed to the scientific advancement of natural medicine and are helping to reshape the very structure of American health care, with a focus on the prevention and treatment of disease and the promotion of health through herbal and nutritional medicine.

Roy’s background
American Academy of Nutrition is proud to welcome Roy among its faculty. Following is a brief synopsis of his work as an herbalist.

Roy Upton is the executive director of the American Herbal Pharmacopoeia, a non-profit herbal medicine research foundation located in Scotts Valley, California and has authored several books including the Botanical Safety Handbook (CRC Press), two books, one on Echinacea the other on St. John’s Wort, within the herbal health series of Keats Publishing, and is the co-author and editor of the scientific monographs of the American Herbal Pharmacopoeia.

Roy first learned about the medicinal use of plants while living among various Native American people's. According to Upton, “The use of plants was just a part of life, it was not some counter culture idea or regarded as alternative medicine, it was just what was used, often alone and along side Western drugs.” Roy’s early wanderings also took him to the United States Virgin Islands where the use of botanicals medicinally was similarly an inherent part of the culture, and where Roy quickly became an expert in the use of local plants of St. Thomas. His quest for herbal knowledge led him to the study of traditional Chinese medicine in Santa Cruz, California where he entered into a formal 3-year clinical residency with renowned herbalist, acupuncturist, and author, Michael Tierra, which was accompanied by pre-medical studies and additional training at the Shanghai University of Traditional Chinese Medicine, Shanghai, China. More than 20 years later, Roy has risen as one of the most respected medical herbalists in the United States and lectures internationally on medical herbalism, quality control of herbal medicine, and regulatory affairs.

Roy’s role in politics
In addition to his work as an herbalist, over the years Roy has also been embroiled in medical politics, helping to lead the fight for freedom of choice in medicine and being instrumental in securing legislation that ensured access to herbal medicines and dietary supplements in general. According to Upton, “For almost 4 years I did nothing but lobby and stimulate grass root support nationwide opposing efforts by the

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Food and Drug Administration (FDA) to severely limit access to dietary supplements. The Washington politicos said we couldn't get a single piece of legislation passed in 7 years; we got two pieces of legislation passed in 3. On the Hill (Capitol Hill) they said it was the biggest outcry of public pressure for an issue since the Vietnam War." Despite these legislative victories the war continues.

The American Herbal Pharmacopoeia
In an attempt to become more proactive in building the foundation for herbal medicine as a respected field in the US, Roy turned his energies to the development of the American Herbal Pharmacopoeia, a non-profit educational and research foundation dedicated to the development of quality control standards for the manufacture of herbal medicines. A pharmacopoeia is an authoritative set of standards that can be used, in the case of herbal products, to ensure their identity, purity, and quality. The organization also critically reviews all of the available traditional and scientific data on the efficacy and safety of selected medicinal plants, to as stated by Upton, "separate wheat from marketing chaff...There is a lot known about plants, a lot unknown, and there is a significant amount of misinformation. Our role is to bring all of the information together, subject it to a critical review by experts in all medical disciplines, and provide a detailed synopsis of the findings so that health professionals and consumers can make educated choices about their herbal medicine options."

Once the plant has been thoroughly researched and the quality standards set, the findings are published as an individual "monograph" which represents the most complete and critically reviewed work on the subject in the English language. In the 10 years since the founding of the organization, the monographs have been regarded internationally as among the most comprehensive in the world.

More on the Lind Scientific Achievement Award
The Lind Scientific Achievement Award, founded and funded by a core group of health professionals, health research groups, and supplement manufacturers, honors the memory of British surgeon Dr. James Lind, who in 1747 conducted one of the earliest recorded controlled clinical trial of six different treatments for scurvy, which at the time was killing thousands every year. Lind subsequently, in 1753, wrote his seminal treatise on scurvy, which helped put an end to this dreaded disease. Scurvy was often observed in seafarers out to sea for relatively long periods of time. It manifested as putrid gums, lesions, and severe lassitude, with weakness of the knees that would leave those afflicted bedridden, often ending in death. Lind found that the consumption of citrus fruits, specifically lemons and oranges, were most effective for reversing this disease, thus documenting into history the first medical report of a food-deficiency disease. Later, it was identified that vitamin C was the primary nutrient lacking that leads to the development of scurvy. Other recipients of this, the first year of the James Lind Scientific Achievement Award included noted oncologist and cancer researchers Charles Simone MD and Ralph Moss, authors and nutrition experts Bruce Ames, PhD, Richard Passwater, PhD, Durk Pearson and Sandy Shaw, Professor of Medicine, UCLA, David Heber, MD, and the former Congressman from Iowa Berkley Bedell. Bedell was instrumental in the establishment of the Office of Alternative Medicine at the National Institutes of Health.

Did You Know…
Women of childbearing age who eat regular quantities of fruit, vegetables and proteins could help avert the onset of leukemia in children later born to them. Dietary carotenoids and the antioxidant glutathione appear to be important contributors to this effect. Cancer Causes and Control 2004; 15(6):559-570.

Ongoing research into the impact on consumer health of the popular beverage coffee finds that four cups or more a day could increase the risk of bladder cancer in men, and that the risk increases with the amount consumed. Chronic Diseases in Canada 2004; 25(2):7-15.