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生活習慣病の治療・予防における
統合医療の包括的な有用性評価に関する研究

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厚生労働科学研究費補助金（循環器疾患・糖尿病等生活習慣病対策総合研究事業）
総括研究報告書

生活習慣病の治療・予防における統合医療の包括的な有用性評価

研究代表者 林邦彦（群馬大学大学院保健学研究科 教授）

研究要旨：わが国では、生活習慣病の治療や予防において、漢方療法、アロマセラピー、食習慣改善法、ヨガ・体操といった運動法などは、代替的治療法と位置づけられ利用されている。現在、わが国で中心的な治療法である薬物治療などに、これらの予防法・治療法を補完的にうまく取り入れて生活習慣を改善することは、対症的療法から原因的療法への転換や、健康維持の自己管理の観点からも重要といえる。しかしながら、これら療法のなかには有効性や安全性のエビデンスが確立していないものが少なからずある。また、世界では、その有効性や安全性での問題が指摘された治療法がこれまで多く存在してきた。そこで、本研究班では、世界の研究論文のシステマティック・レビューおよび既存コホート研究のアウトカム評価から、各種の代替治療法の包括的な評価を行う。3年度間の研究として計画され、その初年度での研究成果を報告する。

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A. 研究目的

統合医療(Integrative Medicine)とは何かについては、必ずしも確立されているとは言えないが、世界保健機関、米国衛生研究所 相補・代替医療センター、日本統合医療学会などによる定義に共通する概念では、近代西洋医学での医薬品や手術を中心とする治療法と、伝統医療や民間医療などを含む代替治療法(Complementary and Alternative Medicine; CAM)とを組み合わせる相互補完的医療体系のことを指さす¹⁾。ここでいう代替治療法には多種多様な治療法や予防法を含むが、平成 22 年度厚生労働科学研究「統合医療の情報発信等の在り方に関する調査研究」では、相補・代替医療法の例として、1) はり・きゅう、

2) 各種マッサージ、3) 骨つぎ・接骨、4) 整体、5) カイロプラクティック、6) マクロビオテックなどの食事療法、7) 断食療法、8) サプリメント・健康食品・ハーブ療法、9) アロマセラピー、10) 温熱療法、11) 磁気療法、12) 温泉療法、13) 音楽療法、14) 森林セラピー、15) ホメオパシー、16) アーユルベダ、17) ヨガ、18) 気功、19) 漢方の 19 種類の治療法をあげている¹⁾。

わが国では、生活習慣病の治療のみならず「進展予防」においても、漢方、アロマセラピー、食習慣改善法、ヨガ・体操といった運動法などが利用されている。現在、わが国で中心的な治療法である薬物治療や手術治療に、これらの予防法を補完的にうまく取り入れて生活習慣を改善することは、対症的療法から原因的療法への転換や、健康維持の自己管理の観点からも重要といえる。

しかしながら、これら療法のなかには有効性や安全性のエビデンスが確立していないものが少なからずある。また、世界では、有効性や安全性の問題が指摘された代替治療法はこれまで多く存在してきた^{2,3)}。たとえ作用メカニズムがいかなるものであっても、人を対象に治療法・予防法の有効性と安全性を検証する方法として、二重盲検プラセボ対照ランダム化比較試験などの各種臨床試験が利用されている。また、交絡などのバイアスをうまく制御できれば、観察疫学研究を利用したアウトカム研究での有用性評価も可能であ

ろう。

そこで、本研究課題では、生活習慣病での標的疾患群を、1) メタボリック症候群関連(糖尿病・脂質異常症・高血圧症・肥満および各種の循環器系疾患を含む)、2) ロコモティブ症候群関連(運動器疾患、独歩困難や要介護状態などを含む)、3) メノポーズ障害関連(各種の更年期障害など婦人科系疾患)、4) その他の生活習慣病に分類し、生活習慣病全体での包括的な評価を試みることにした。生活習慣病の領域別に分担班を組織して、①各種統合医療法に関する世界の研究論文の悉皆的検索に基づく包括的メタ解析と、②わが国の前向きコホート研究データを用いたアウトカム研究の2つの研究を実施する。この2つの研究から、各種の統合医療法における有効性と安全性のエビデンスを整理して、わが国における生活習慣病の罹患減少や進展予防に、また健康日本21(第2次)の目標達成に資するよう有用な統合医療法を見出すことを目的とする。

当研究課題は、平成25年9月1日～平成28年3月31日の研究期間を予定しているが、平成26年3月31日までの研究成果を、ここに報告する。

B. 研究方法

①系統的レビューと包括的メタ解析

生活習慣病の標的疾患群を、循環器系疾患・メタボリック症候群、運動器系疾患・ロコモティブ症候群、婦人科疾患・メノポーズ症候群、その他の生活習慣病にわけ、各領域を担当するレビュー分担班を組織した。

文献検索においては、研究報告論文を検索する文献データベースをMEDLINE、Cochran Library、医学中央雑誌とした。悉皆的に文献渉猟するため、治療法・予防法の検索キーワードは統合医療・代替医療(Integrative Medicine, CAM)の全てのシソーラス語を含むように広範囲に作成した(表1、表2)。いずれのデータベース検索においても、これらシソーラス語を論文タイトルに含む、2003年～2013年の10年間に出版された英語もしくは日本語による研究報告論文とした。

標的生活習慣病について、疾患名や症状名による絞り込みは行わなかった。ただし、本研究課題

が属する循環器疾患・糖尿病等生活習慣病対策総合研究事業「健康づくり及び生活習慣病診療における統合医療の安全な活用に関する研究」では、生活習慣病の「発症予防・重症化予防」についての情報収集での検討が主たる研究課題となっており、疾患の治療としてではなく予防法としての評価を行うため、予防(prevention & control)のシソーラス語での絞り込みを行った。

研究デザインでは、メタアナリシス、システムティック・レビュー、ランダム化比較試験、コホート研究、ケース・コントロール研究の報告に限定した(Cochrane Libraryではメタアナリシス、システムティック・レビュー、ランダム化比較試験のみに限定)。いずれのデータベース検索においても、検索語作成、文献検索および抄録抽出は、国際医学情報センターEBM研究センターに委託した。

抽出された研究論文の1次評価として、分担班ごとに抄録をレビューして2次評価(論文全文レビューによる評価)に進む論文を選別した(担当者:循環器系分担班 後藤温、運動器系分担班 緒方徹、婦人科系分担班 寺内公一)。選定された論文について、疾患領域ごとに、統合医療法×標的疾患のエビデンス分類表(working matrix)を作成した。

②既存コホート研究によるアウトカム研究

既存コホート研究を利用してアウトカム評価を実施するための準備として、前向きコホート研究である日本ナースヘルス研究の対象者に各種統合医療法の利用に関する調査票を配布した。

C. 研究結果

①系統的レビューと包括的メタ解析

3つのデータベースでの検索の結果、MEDLINEで15,032件の研究報告がヒットし、そのうち論文タイトルに統合医療・代替医療のシソーラス語を含む1,757件を、一次評価対象論文として抽出された。Cochrane Libraryでは、MEDLINEで抽出された論文を除いて、統合医療のシソーラス語がタイトルに含まれる文献492件が新たにヒットした。医学中央雑誌では、統合医療関連の用語が索引付けされている、もしくはタイトルに含まれている文献464件がヒットした。

これら 2,713 件を、分担班ごとに標的疾患領域の研究となりえる文献かを、その文献種類や抄録などから評価して選択を行った。その結果、1) 循環器系疾患分担班では、MEDLINE で 119 件、Cochrane Library で追加 12 件、医学中央雑誌で 15 件の計 146 件が選択された(表 3-1)。2) 運動器系疾患分担班では、MEDLINE で 91 件、Cochrane Library で追加 20 件、医学中央雑誌で 59 件の計 170 件が選択された(表 3-2)。3) 更年期障害分担班では、MEDLINE で 29 件、Cochrane Library で追加 2 件、医学中央雑誌で 5 件の計 36 件が選択された(表 3-3)。

各分担領域において一次選択された文献を、標的疾患と統合治療法の分類表にまとめた。1) 循環器系疾患領域(のべ 161 件の文献)では、標的疾患別にみると、糖尿病 36 件、高血圧 20 件、脂質異常症 13 件、肥満 15 件、メタボリック症候群・リスク因子疾患 26 件と、メタボリック症候群関連の疾患群が 110 件と全体の 68%を占めた。その他にも、心疾患 21 件、脳血管疾患 8 件、血管性因子 5 件などの疾患に関する文献が抽出された。統合治療法別にみると、食餌法関連が 63 件(食品 28 件、食事法 12 件、化学物質 12 件、サプリメント 7 件、ハーブ 4 件)と最も多く、次いで運動・リラクゼーション法関連が 46 件(ヨガ・瞑想 19 件、マッサージ 11 件、太極拳 9 件、気功 3 件、森林浴 2 件、足浴 1 件、炭酸水浴 1 件)、鍼・灸、自然治療法(Naturopathic Medicine)、アーユルベダなど各種の統合治療法関連が 33 件、また漢方・中薬・生薬関連が 13 件あった(表 4-1)。

2) 運動器系疾患領域(のべ 180 件の文献)では、標的疾患別にみると、体力・バランス・転倒・歩行といった日常生活における運動機能に関するものが 49 件と最も多く(そのうち太極拳が 30 件を占める)、次いで、骨粗鬆症関連が 30 件(骨代謝・骨密度が 19 件、骨粗鬆症が 11 件)、疼痛症状 21 件、腰痛 13 件、変形性関節症 11 件、筋痛症 7 件、心理的因子・疲労 6 件、関節リウマチ 5 件、関節痛 3 件、脊柱疾患 2 件であった。治療法別にみると、各種統合治療法が 68 件(鍼・灸 28 件、温泉入浴・足浴 17 件、カイロプラクティック 6 件、ホメオパシー 4 件、温熱療法 3 件、音楽療法 3 件、またマッサージ、オステオパシー、

認知療法、心理療法、アロマセラピー、森林浴、マイクロ波が各 1 件)、次いで、運動・リラクゼーション法関連が 63 件(太極拳 43 件、ヨガ・瞑想 13 件、気功 3 件)、また、ストレッチ、運動プログラム、Takizawa Program、Bioenergetic Synchronization Technique が各 1 件)、食餌法関連が 35 件(サプリメント・ビタミン 20 件、食品 7 件、化学物質 5 件、ハーブ 3 件)、漢方・中薬・生薬・中医学関連(推拿を含む)が 8 件あった(表 4-2)。

3) 更年期婦人科系疾患領域(のべ 43 件の文献)では、標的疾患別にみると、更年期症状に関するものが 19 件と最も多く、次いで、骨粗鬆症関連が 11 件(骨代謝・骨密度が 8 件、骨粗鬆症が 3 件)、女性における心血管疾患・リスク因子が 4 件、認知機能 2 件、不眠 2 件、QOL・ストレス 2 件、また、癌、運動機能、口腔症状で各 1 件が抽出された。治療法別にみると、食餌法関連が 19 件(化学物質 6 件、サプリメント 5 件、食品 4 件、ハーブ 4 件)と最も多く、次いで各種、統合治療法が 11 件(鍼・灸 9 件、炭酸泉足浴、食餌療法、自然治療法が各 1 件)、運動・リラクゼーション法関連が 10 件(太極拳 5 件、ヨガ 4 件、リラクゼーションが 1 件)、また漢方も 1 件抽出された。(表 4-3)。

②既存コホート研究によるアウトカム研究

アウトカム研究の準備調査として、本年度は、日本ナースヘルス研究(JNHS)の 5 つのコホート(合計 n=14,971)および群馬ナースヘルス研究(n=699)において、統合医療利用状況の調査票を 2013 年 12 月末に送付した。調査票では、BMI、血圧値、空腹時血糖値、HbA1c などの検査値とともに強度別運動の利用状況、腰痛や膝痛の有訴者では薬物療法や手術療法のほか、体操、針灸療法、カイロプラスティック、マッサージなどの利用状況を、更年期障害有症者には、ホルモン補充療法、精神安定剤などの薬物療法のほか、ヨガ、ハーブ療法、アロマセラピーなどの利用状況を尋ねた(図 1)。平成 26 年 3 月末時点で約 60%の対象者から回答を得た。現在、未回答者には、調査票への回答の再依頼を継続して行っている。

D. 考察

これまで、各種の統合医療法について、Evidence-based Medicine の文脈で、数多くのレビュー評価が行われてきた。多くの場合、ある特定の統合医療法における、ある特定の疾患治療の研究結果を基にして概括評価されてきた。今回、われわれは、統合医療の種類や対象疾患を一切特定せず、唯一、生活習慣病の予防（罹患予防や進展予防）のみを手掛かりとして、MEDLILNE, Cochrane Library, 医学中央雑誌の3つの文献データベースから、包括的かつ網羅的な文献検索および一次評価を実施した。その結果、循環器系疾患・メタボリック症候群領域でのべ161件、運動器系疾患・ロコモティブ症候群領域でのべ180件、そして更年期婦人科系疾患領域でのべ43件の文献が選択された。

循環器系疾患・メタボリック症候群領域では、やはりメタボリック症候群に関連する疾患を標的にした研究が多かった。また、統合医療法では、食品・サプリメント関連や漢方・中薬・生薬関連など経口摂取するもののほかに、運動・リラクゼーション法関連の研究も多く報告されていた。ヨガ・瞑想、マッサージ、太極拳、気功のほかにも、森林浴や足浴といった方法の研究結果が、国内から報告されていた。

運動器系疾患・ロコモティブ症候群領域では、体力・バランス・転倒・歩行といった日常生活における運動機能に関するものが、今回の予防の文脈での文献検索では最も多くヒットした。また、変形性関節症、関節リウマチ、脊柱疾患などの特定の運動器疾患の文献のほかに、腰痛、筋肉痛などの疼痛に関する研究報告が多いのも特徴と言える。統合治療法別にみると、外的に刺激を施すことになる鍼・灸、温泉入浴・足浴、カイロプラクティック、太極拳、ヨガ・瞑想などが多かった。太極拳については43件と近年最も活発に研究報告がなされている統合医療法と言える。一方で、サプリメント・ビタミンや漢方・中薬・生薬など経口摂取する統合医療法の報告も多かった。

更年期婦人科系疾患領域では、更年期症状に関するもの最も多く、次いで骨粗鬆症関連であった。治療法別にみると、経口摂取する統合医療法の報告食餌法関連が19件と最も多かった。ほてりなどの更年期障害での近代西洋医学の代表的治療

法がホルモン補充療法であるが、近年、わが国では第二選択治療法として漢方薬が多く利用されている。しかしながら、今回の文献検索では、更年期障害に関する漢方薬の文献は一件もヒットしなかった。これは、わが国や中国では、更年期症状のための漢方薬・中薬の使用は代替治療法ではなく、中心的治療法と位置づけられているためかもしれない。

来年度には、近年その掲載論文数が飛躍的に増えている Open Access の雑誌での文献渉猟の追加が課題として残る。また、各領域でメタアナリシスを実施すべき統合医療法を特定して、再度、網羅的な文献検索を実施した後に、文献本文の詳細なレビューをして二次評価を行う予定である。二次評価は、各分担班が独立して実施する予定であるが、骨粗鬆症の関連文献の評価では、運動器疾患分担班と婦人科系疾患分担班との連携を行う。

最後に、もう一方の研究課題である既存コホート研究によるアウトカム研究であるが、準備調査として、本年度は、日本ナースヘルス研究の対象者に、統合医療利用状況の調査票を送付した。現在までに回収された調査票からは、各種の体操、運動、漢方薬、アロマセラピーなどの利用者は多く、最終年度に予定しているアウトカム評価の分析で必要となるサンプルサイズを、十分に満たすことができるものと予想された。

E. 結論

生活習慣病の予防を目的とする統合医療法について、MEDLILNE, Cochrane Library, 医学中央雑誌の3つの文献データベースから、包括的かつ網羅的な文献検索および一次評価を実施した。その結果、循環器系疾患・メタボリック症候群領域でのべ161件、運動器系疾患・ロコモティブ症候群領域でのべ180件、そして更年期婦人科系疾患領域でのべ43件の文献が選択された。来年度には、二次評価とメタアナリシスを実施して、包括的な有用性評価を行う。

参考文献

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(2014年3月23日)

- 2) Marcus DM: Trick or treatment- The undeniable facts about alternative Medicine N Eng J Med 359(19): 2067, 2008
- 3) サイモン・シン, エツァート・エルンスト著, 青木薫 訳: 代替医療のトリック. 新潮社. 東京, 2010 (Singh S, Ernst E: Trick or treatment? Alternative medicine on trial. WW Norton & Company, NY, 2008)

F.健康危険情報

なし

G.研究発表

1. 論文発表
なし
2. 学会発表
なし

H.知的財産権の出願・登録状況 (予定を含む)

1. 特許取得
なし
2. 実用新案登録
なし
3. その他
なし

表1 文献検索に用いたシソーラスおよび検索語

日本語	英語	MEDLINEシソーラス	医中誌シソーラス
統合医療	integrative medicine	Integrative Medicine	統合医学
代替医療	alternative medicine	Complementary Therapies	代替医療
鍼	acupuncture	Acupuncture	鍼療法
灸	moxibustion	Moxibustion	灸療法
マッサージ	massage	Massage	マッサージ
台湾式マッサージ	Taiwan massage		
タイ式マッサージ	Thai massage		
足つぼマッサージ	foot pressure point massaging		
骨つぎ	bonesetting; coaptation		
接骨	bonesetting		
整体	bodywork	Massage	整体術 (フリーキーワード)
カイロプラティック	chiropractic	Chiropractic	
食事療法	medical diet; dietary cure		食事療法
マクロビオティック	macrobiotic diet	Diet, Macrobiotic	マクロビオティック食
断食療法	Fasting therapy		
サプリメント	supplement	Dietary Supplements	栄養補助食品
健康食品	health foods	Health Food	健康食品
ハーブ療法	herbal therapy	Phytotherapy	植物療法
アロマセラピー	aromatherapy	Aromatherapy	アロマセラピー
温熱療法	thermotherapy	Hyperthermia, Induced	温熱療法
高周波ハイパーサーミア療法	thermotherapy	Hyperthermia, Induced	
磁気療法	magnetotherapy		磁界療法
温泉療法	balneotherapy	Balneology	温泉学
音楽療法	music therapy	music therapy	音楽療法
森林セラピー	forest bath		
森林浴	Forest bathing		森林浴
ホメオパシー	homeopathy	Homeopathy	ホメオパシー
レメディ	remedy		
アーユルベータ	ayurveda	Medicine, Ayurvedic	アーユルベータ
インド伝統医療	Indian traditional medicine		
ヨガ	yoga	Yoga	ヨガ
気功	breathing exercise; breath control; spirit cultivation; chi kung; qigong	Breathing Exercises	気功
太極拳	taijiquan; a traditional Chinese pugilism [boxing]	Tai Ji	太極拳
漢方	Kampo	Medicine, Kampo	漢方薬
中薬	traditional Chinese medicine(TCM)	Medicine, Chinese Traditional	中医学
韓方	traditional Korean medicine	Medicine, Korean Traditional	朝鮮伝統医学
発症予防	critical prevention		
発症	affect	affect	
予防	prevention	prevention and control [Subheading]	一次予防

表2 MEDLINE における Complementary Therapies に関する MeSH term

Complementary Therapies

Therapeutic practices which are not currently considered an integral part of conventional allopathic medical practice. They may lack biomedical explanations but as they become better researched some (PHYSICAL THERAPY MODALITIES; DIET; ACUPUNCTURE) become widely accepted whereas others (humors, radium therapy) quietly fade away, yet are important historical footnotes. Therapies are termed as Complementary when used in addition to conventional treatments and as Alternative when used instead of conventional treatment.

Year introduced: 2002(1986)

All MeSH Categories

Analytical, Diagnostic and Therapeutic Techniques and Equipment Category

Therapeutics

Complementary Therapies

Acupuncture Therapy

Acupuncture Analgesia

Acupuncture, Ear

Electroacupuncture

Meridians +

Moxibustion

Anthroposophy

Auriculotherapy

Acupuncture, Ear

Diffuse Noxious Inhibitory Control

Holistic Health

Homeopathy

Horticultural Therapy

Medicine, Traditional

Medicine, African Traditional

Medicine, Arabic +

Medicine, Ayurvedic

Medicine, East Asian Traditional +

Shamanism

Mesotherapy

Mind-Body Therapies

Aromatherapy

Biofeedback, Psychology +

Breathing Exercises +

Hypnosis +

Imagery (Psychotherapy)

Laughter Therapy

Meditation

Mental Healing

Psychodrama +

Psychophysiology

Relaxation Therapy

Tai Ji

Therapeutic Touch

Yoga

Musculoskeletal Manipulations

Kinesiology, Applied

Manipulation, Chiropractic

Manipulation, Osteopathic

Therapy, Soft Tissue +

Naturopathy

Organotherapy

Tissue Therapy, Historical

Phytotherapy

Aromatherapy

Eclecticism, Historical

Reflexotherapy

Rejuvenation

Sensory Art Therapies

Acoustic Stimulation

Aromatherapy

Art Therapy

Color Therapy

Dance Therapy

Music Therapy

Play Therapy

Spieleotherapy

Spiritual Therapies

Faith Healing

Homeopathy

Magic

Medicine, African Traditional

Meditation

Mental Healing

Occultism

Radiesthesia

Shamanism

Therapeutic Touch

Witchcraft

Yoga

表 3 - 1 一次評価にて選択された文献：循環器系疾患分担班

MEDLINE

文献 ID	タイトル	著者	誌名	発行年	巻
LIF00867	Combined nutraceutical approach to postmenopausal syndrome and vascular remodeling biomarkers	Cicero Arrigo F G; Tartagni Elisa; Ferroni Alienor; De Sando Valeria; Grandi Elisa; Borghi Claudio	Journal of alternative and complementary medicine (New York, N.Y.)	2013	19
LIF01185	Effects of yoga exercise on serum adiponectin and metabolic syndrome factors in obese postmenopausal women	Lee Jeong-Ah; Kim Jong-Won; Kim Do-Yeon	Menopause (New York, N.Y.)	2012	19
LIF01662	Modest protective effects of isoflavones from a red clover-derived dietary supplement on cardiovascular disease risk factors in perimenopausal women, and evidence of an interaction with ApoE genotype in 49-65 year-old women	Atkinson Charlotte; Oosthuizen Welma; Scollen Serena; Loktionov Alexandre; Day Nicholas E; Bingham Sheila A	The Journal of nutrition	2004	13 4
LIF00019	Acupuncture in patients with valvular heart disease and prosthetic valves	Stellon Anthony stellon@btinternet.com	Acupuncture in medicine : journal of the British Medical Acupuncture Society	2003	21
LIF00071	Naturopathic medicine and type 2 diabetes: a retrospective analysis from an academic clinic	Bradley Ryan; Oberg Erica B	Alternative medicine review : a journal of clinical therapeutic	2006	11
LIF00072	Greenselect Phytosome as an adjunct to a low-calorie diet for treatment of obesity: a clinical trial	Di Piero Francisco; Menghi Anna Borsetto; Barreca Angela; et al.	Alternative medicine review : a journal of clinical therapeutic	2009	14
LIF00088	Yoga practice is associated with attenuated weight gain in healthy, middle-aged men and women	Kristal Alan R; Littman Alyson J; Benitez Denise; White Emily	Alternative therapies in health and medicine	2005	11
LIF00092	Randomized trial of a whole-system ayurvedic protocol for type 2 diabetes	Elder Charles; Aickin Mikel; Bauer Vance; Cairns Joan; Vuckovic Nancy	Alternative therapies in health and medicine	2006	12
LIF00094	Ayurvedic and collateral herbal treatments for hyperlipidemia: a systematic review of randomized controlled trials and quasi-experimental designs	Singh Betsy B; Vinjamury Sivarama Prasad; Der-Martirosian Claudia; et al.	Alternative therapies in health and medicine	2007	13
LIF00100	Modifiable disease risk, readiness to change, and psychosocial functioning improve with integrative medicine immersion model	Wolever Ruth Q; Webber Daniel M; Meunier Justin P; Greeson Jeffrey M; Lausier Evangeline R; Gaudet Tracy W	Alternative therapies in health and medicine	2011	17
LIF00178	Acute effects of a herb extract formulation and inulin fibre on appetite, energy intake and food choice	Harrold J A; Hughes G M; O'Shiel K; Quinn E; Boyland E J; Williams N J; Halford J C G	Appetite	2013	62
LIF00228	A low-fat high-carbohydrate diet supplemented with long-chain n-3 PUFA reduces the risk of the metabolic syndrome	Paniagua J A; Perez-Martinez P; Gjelstad Ingrid M F; et al.	Atherosclerosis	2011	21 8
LIF00233	Improving glycaemic and BP control in type 2 diabetes. The effectiveness of tai chi	Lam Paul; Dennis Sarah M; Diamond Terry H; Zwar Nicholas	Australian family physician	2008	37
LIF00246	The effect of therapeutic back massage in hypertensive persons: a preliminary study	Olney Christine M	Biological research for nursing	2005	7
LIF00265	Use of complementary and alternative medicine and self-tests by coronary heart disease patients	Greenfield Sheila; Pattison Helen; Jolly Kate	BMC complementary and alternative medicine	2008	8
LIF00273	Randomized trial of Tapas Acupressure Technique for weight loss maintenance	Elder Charles R; Gullion Christina M; Debar Lynn L; et al.	BMC complementary and alternative medicine	2012	12
LIF00274	Adjunctive naturopathic care for type 2 diabetes: patient-reported and clinical outcomes after one year	Bradley Ryan; Sherman Karen J; Catz Sheryl; Calabrese Carlo; Oberg Erica B; Jordan Luesa; Grothaus Lou; Cherkin Dan	BMC complementary and alternative medicine	2012	12
LIF00276	The effect of acupuncture on stroke recovery: study protocol for a randomized controlled trial	Liu HuiLin; Zhang Dangsheng; Tan Xiuge; Yang Daqing; Wang Guiling; Zhao Yin; Wen Yali; Shi Guangxia; Wang Linpeng	BMC complementary and alternative medicine	2012	12
LIF00299	Post traumatic stress symptoms and heart rate variability in Bihar flood survivors following yoga: a randomized controlled study	Telles Shirley; Singh Nilkamal; Joshi Meesha; Balkrishna Acharya	BMC psychiatry	2010	10

LIF00320	The use of complementary and alternative medicine by people with cardiovascular disease: a systematic review	Grant Suzanne J; Bin Yu Sun; Kiat Hosen; Chang Dennis Hsu-Tung	BMC public health	2012	12
LIF00399	Effect of dietary protein supplementation on blood pressure: a randomized, controlled trial	He Jiang; Wofford Marion R; Reynolds Kristi; et al.	Circulation	2011	12 4
LIF00406	Efficacy of bofu-tsusho-san, an oriental herbal medicine, in obese Japanese women with impaired glucose tolerance	Hioki Chizuko; Yoshimoto Kanji; Yoshida Toshihide	Clinical and experimental pharmacology & physiology	2004	31
LIF00409	Omega-3 dietary supplements and the risk of cardiovascular events: a systematic review	Marik Paul E; Varon Joseph	Clinical cardiology	2009	32
LIF00411	Effects of Tai Chi and resistance training on cardiovascular risk factors in elderly Chinese subjects: a 12-month longitudinal, randomized, controlled intervention study	Thomas G Neil; Hong Athena W L; Tomlinson Brian; Lau Edith; Lam Chris W K; Sanderson John E; Woo Jean	Clinical endocrinology	2005	63
LIF00431	Effects of two lipid-lowering, carotenoid-controlled diets on the oxidative modification of low-density lipoproteins in free-living humans	Ahuja Kiran D K; Ashton Emma L; Ball Madeleine J	Clinical science (London, England : 1979)	2003	10 5
LIF00437	Naturopathic medicine for the prevention of cardiovascular disease: a randomized clinical trial	Seely Dugald; Szczurko Orest; Cooley Kieran; et al.	CMAJ : Canadian Medical Association journal	2013	18 5
LIF00457	CAM: naturopathic dietary interventions for patients with type 2 diabetes	Oberg Erica B; Bradley Ryan D; Allen Jason; McCrory Megan A	Complementary therapies in clinical practice	2011	17
LIF00458	Continuous PC6 wristband acupressure for relief of nausea and vomiting associated with acute myocardial infarction: a partially randomised, placebo-controlled trial	Dent H E; Dewhurst N G; Mills S Y; Willoughby M	Complementary therapies in medicine	2003	11
LIF00461	Antihyperlipidaemic effect of a Monascus purpureus brand dietary supplement on a large sample of subjects at low risk for cardiovascular disease: a pilot study	Cicero Arrigo F G; Brancaloni Marco; Laghi Luca; Donati Franco; Mino Marco	Complementary therapies in medicine	2005	13
LIF00470	Gender differences in motivations and perceived effects of Mind-Body Therapy (MBT) practice and views on integrative cardiac rehabilitation among acute coronary syndrome patients: why do women use MBT?	Leung Yvonne W; Grewal Keerat; Stewart Donna E; Grace Sherry L	Complementary therapies in medicine	2008	16
LIF00475	"More than I expected": perceived benefits of yoga practice among older adults at risk for cardiovascular disease	Alexander Gina K; Innes Kim E; Selfe Terry K; Brown Cynthia J	Complementary therapies in medicine	2013	21
LIF00514	Therapeutic Chinese exercises (Qigong) in the treatment of type 2 diabetes mellitus: a systematic review	Freire Marcos Dantas Moraes; Alves Cresio	Diabetes & metabolic syndrome	2013	7
LIF00517	Diet therapy with diacylglycerol oil delays the progression of renal failure in type 2 diabetic patients with nephropathy	Yamamoto Kunio; Tomonobu Kazuichi; Asakawa Hideki; Tokunaga Katsuto; Hase Tadashi; Tokimitsu Ichiro; Yagi Noriko	Diabetes care	2006	29
LIF00518	A low-fat vegan diet improves glycemic control and cardiovascular risk factors in a randomized clinical trial in individuals with type 2 diabetes	Barnard Neal D; Cohen Joshua; Jenkins David J A; et al.	Diabetes care	2006	29
LIF00520	Liver fat is reduced by an isoenergetic MUFA diet in a controlled randomized study in type 2 diabetic patients	Bozzetto Lutgarda; Prinster Anna; Annuzzi Giovanni; et al.	Diabetes care	2012	35
LIF00544	Effectiveness of transcendental meditation on functional capacity and quality of life of African Americans with congestive heart failure: a randomized control study	Jayadevappa Ravishankar; Johnson Jerry C; Bloom Bernard S; Nidich Sanford; Desai Shashank; Chhatre Sumedha; Raziano Donna B; Schneider Robert	Ethnicity & disease	2007	17
LIF00561	Dietary supplementation with flaxseed oil lowers blood pressure in dyslipidaemic patients	Paschos G K; Magkos F; Panagiotakos D B; Votteas V; Zampelas A	European journal of clinical nutrition	2007	61
LIF00566	Consumption of healthy foods at different content of antioxidant vitamins and phytochemicals and metabolic risk factors for cardiovascular disease in men and women of the Moli-sani study	Pounis G; Costanzo S; di Giuseppe R; et al.	European journal of clinical nutrition	2013	67
LIF00599	Mindfulness meditation, anxiety reduction, and heart disease: a pilot study	Tacon Anna M; McComb Jacalyn; Caldera Yvonne; Randolph Patrick	Family & community health	2003	26
LIF00622	The effect of a sweet potato, footbath, and acupressure intervention in preventing constipation in hospitalized patients with acute coronary syndromes	Ren Kai; Qiu Jingbo; Wang Xiaohua; Niu Fenglin; Jiang Tingbo	Gastroenterology nursing	2012	35

LIF00660	Yoga lifestyle intervention reduces blood pressure in HIV-infected adults with cardiovascular disease risk factors	Cade W T; Reeds D N; Mondy K E; et al.	HIV medicine	2010	11
LIF00661	The effects of yoga on hypertensive persons in Thailand	McCaffrey Ruth; Ruknui Pratum; Hatthakit Urai; Kasetsomboon Payao	Holistic nursing practice	2005	19
LIF00675	Stop Hypertension with the Acupuncture Research Program (SHARP): results of a randomized, controlled clinical trial	Macklin Eric A; Wayne Peter M; Kalish Leslie A; et al.	Hypertension	2006	48
LIF00694	Effects of music therapy on autonomic nervous system activity, incidence of heart failure events, and plasma cytokine and catecholamine levels in elderly patients with cerebrovascular disease and dementia	Okada Kaoru; Kurita Akira; Takase Bonpei; Otsuka Toshiaki; Kodani Eitaro; Kusama Yoshiki; Atarashi Hirotsugu; Mizuno Kyoichi	International heart journal	2009	50
LIF00701	Cardiac tamponade caused by acupuncture: a review of the literature	Ernst Edzard; Zhang Junhua	International journal of cardiology	2011	14 9
LIF00709	LDL cholesterol-lowering effects of grape extract used as a dietary supplement on healthy volunteers	Yubero Noemi; Sanz-Buenhombre Marisa; Guadarrama Alberto; Villanueva Sonia; Carrion Juan M; Larrarte Eider; Moro Carlos	International journal of food sciences and nutrition	2013	64
LIF00735	Long-term effects of a high-protein, low-carbohydrate diet on weight control and cardiovascular risk markers in obese hyperinsulinemic subjects	Brinkworth G D; Noakes M; Keogh J B; Luscombe N D; Wittert G A; Clifton P M	International journal of obesity and related metabolic disorders :	2004	28
LIF00780	Change in perceived psychosocial status following a 12-week Tai Chi exercise programme	Taylor-Piliae Ruth E; Haskell William L; Waters Catherine M; Froelicher Erika Sivarajan	Journal of advanced nursing	2006	54
LIF00782	Managing cardiovascular risks with Tai Chi in people with coronary artery disease	Park In Sook; Song Rhayun; Oh Kyong Ok; So Hee Young; Kim Dal Sook; Kim Jong Im; Kim Tae Sook; Kim Hyun Li; Ahn Suk Hee	Journal of advanced nursing	2010	66
LIF00801	The beneficial effects of Tai Chi Chuan on blood pressure and lipid profile and anxiety status in a randomized controlled trial	Tsai Jen-Chen; Wang Wei-Hsin; Chan Paul; et al.	Journal of alternative and complementary medicine	2003	9
LIF00802	Single-needle acupuncture alleviates gag reflex during transesophageal echocardiography: a blinded, randomized, controlled pilot trial	Rosler Alexander; Otto Bettina; Schreiber-Dietrich Dagmar; Steinmetz Helmuth; Kessler Kirn R	Journal of alternative and complementary medicine	2003	9
LIF00814	Meditation reduces sympathetic activation and improves the quality of life in elderly patients with optimally treated heart failure: a prospective randomized study	Curati Jose Antonio; Bocchi Edimar; Freire Jose Octavio; Arantes Ana Claudia; Braga Marcia; Garcia Yolanda; Guimaraes Guilherme; Fo Wilson Jacob	Journal of alternative and complementary medicine	2005	11
LIF00817	Dietary supplements and weight control in a middle-age population	Nachtigal M C; Patterson Ruth E; Stratton Kayla L; Adams Lizbeth A; Shattuck Ann L; White Emily	Journal of alternative and complementary medicine	2005	11
LIF00825	Dietary supplements for the prevention and treatment of coronary artery disease	Knox Jeffrey; Gaster Barak	Journal of alternative and complementary medicine	2007	13
LIF00827	A qualitative review of the role of qigong in the management of diabetes	Xin Liu; Miller Yvette D; Brown Wendy J	Journal of alternative and complementary medicine	2007	13
LIF00837	The efficacy and tolerability of adjunctive alternative herbal medicine (<i>Salvia miltiorrhiza</i> and <i>Pueraria lobata</i>) on vascular function and structure in coronary patients	Tam Wing Y; Chook Ping; Qiao Mu; Chan Lin T; Chan Thomas Y K; Poon Yam K; Fung Kwok P; Leung Ping C; Woo Kam S	Journal of alternative and complementary medicine	2009	15
LIF00838	Description of clinical risk factor changes during naturopathic care for type 2 diabetes	Bradley Ryan; Kozura Eva; Buckle Heather; Kaltunas Jennifer; Tais Setareh; Standish Leanna J	Journal of alternative and complementary medicine	2009	15
LIF00840	Acupressure therapy inhibits the development of diabetic complications in Chinese patients with type 2 diabetes	Jin Ke-Ke; Chen Lei; Pan Jing-Ye; Li Jian-Min; Wang Yang; Wang Fang-Yan	Journal of alternative and complementary medicine	2009	15
LIF00845	The acute effect of acupuncture on endothelial dysfunction in patients with hypertension: a pilot, randomized, double-blind, placebo-controlled crossover trial	Park Jung-Mi; Shin Ae-Sook; Park Seong-Uk; Sohn Il-Suk; Jung Woo-Sang; Moon Sang-Kwan	Journal of alternative and complementary medicine	2010	16
LIF00846	Is oral administration of Chinese herbal medicine effective and safe as an adjunctive therapy for managing diabetic foot ulcers? A systematic review and meta-analysis	Chen Min; Zheng Hui; Yin Li-Ping; Xie Chun-Guang	Journal of alternative and complementary medicine	2010	16
LIF00856	Effect of Sahaja yoga meditation on quality of life, anxiety, and blood pressure control	Chung Sheng-Chia; Brooks Maria M; Rai Madhur; Balk Judith L; Rai Sandeep	Journal of alternative and complementary medicine	2012	18

LIF00862	Effect of acupuncture therapy for postponing Wallerian degeneration of cerebral infarction as shown by diffusion tensor imaging	Shen Yunxia; Li Ming; Wei Ruipeng; Lou Mingwu	Journal of alternative and complementary medicine	2012	18
LIF00865	Adiponectin, interleukin-6, and cardiovascular disease risk factors are modified by a short-term yoga-based lifestyle intervention in overweight and obese men	Sarvottam Kumar; Magan Dipti; Yadav Raj Kumar; Mehta Nalin; Mahapatra Sushil C	Journal of alternative and complementary medicine	2013	19
LIF00866	Acupuncture for cerebral vasospasm after subarachnoid hemorrhage: a retrospective case-control study	Ko Chang-Nam; Lee In-Whan; Cho Seung-Yeon; et al.	Journal of alternative and complementary medicine	2013	19
LIF00873	Osteopathic manipulation as a complementary treatment for the prevention of cardiac complications: 12-Months follow-up of intima media and blood pressure on a cohort affected by hypertension	Cerritelli Francesco; Carinci Fabrizio; Pizzolorusso Gianfranco; et al.	Journal of bodywork and movement therapies	2011	15
LIF00875	Hatha yoga and vascular function: results from cross-sectional and interventional studies	Hunter Stacy D; Tarumi Takashi; Dhindsa Mandeep S; Nualnim Nantinee; Tanaka Hirofumi	Journal of bodywork and movement therapies	2013	17
LIF00878	Therapeutic effect of forest bathing on human hypertension in the elderly	Mao Gen-Xiang; Cao Yong-Bao; Lan Xiao-Guang; et al.	Journal of cardiology	2012	60
LIF00882	Efficacy of acupuncture in preventing atrial fibrillation recurrences after electrical cardioversion	Lomuscio Alberto; Belletti Sebastiano; Battezzati Pier Maria; Lombardi Federico	Journal of cardiovascular electrophysiology	2011	22
LIF00903	Effects of Meridian acupressure for stroke patients in Korea	Kang Hyun Sook; Sok Sohyune R; Kang Ji Soon	Journal of clinical nursing	2009	18
LIF00923	Impact of mind body therapies on vascular endothelial dysfunction and implications for cardiovascular disease management	Prasad Kavita; Reriani Martin Kaiga; Murad Mohammad Hassan; Sood Amit; Prasad Abhiram	Journal of complementary & integrative medicine	2011	8
LIF00939	Randomized and double-blinded pilot clinical study of the safety and anti-diabetic efficacy of the Rauvolfia-Citrus tea, as used in Nigerian traditional medicine	Campbell-Tofte Joan I A; Molgaard Per; Josefsen Knud; et al.	Journal of ethnopharmacology	2011	13 3
LIF00941	Analysis on outcome of 5284 patients with coronary artery disease: the role of integrative medicine	Gao Zhu-ye; Xu Hao; Shi Da-zhuo; Wen Chuan; Liu Bao-yan	Journal of ethnopharmacology	2012	14 1
LIF00942	Herbal medicines used in the treatment of diabetes mellitus in Arunachal Himalaya, northeast, India	Tag Hui; Kalita P; Dwivedi P; Das A K; Namsa Nima D	Journal of ethnopharmacology	2012	14 1
LIF00951	A multidimensional integrative medicine intervention to improve cardiovascular risk	Edelman David; Oddone Eugene Z; Liebowitz Richard S; et al.	Journal of general internal medicine	2006	21
LIF00961	Effects of therapeutic touch on anxiety, vital signs, and cardiac dysrhythmia in a sample of Iranian women undergoing cardiac catheterization: a quasi-experimental study	Zolfaghari Mitra; Eybpoosh Sana; Hazrati Maryam	Journal of holistic nursing : official journal of the American Holistic Nurses' Association	2012	30
LIF00965	Effects of nutraceuticals on prevalence of metabolic syndrome and on calculated Framingham Risk Score in individuals with dyslipidemia	Izzo Raffaele; de Simone Giovanni; Giudice Renata; Chinali Marcello; Trimarco Valentina; De Luca Nicola; Trimarco Bruno	Journal of hypertension	2010	28
LIF01004	Effects of music therapy on health-related outcomes in cardiac rehabilitation: a randomized controlled trial	Mandel Susan E; Hanser Suzanne B; Secic Michelle; Davis Beth A	Journal of music therapy	2007	44
LIF01009	Exploring effects of therapeutic massage and patient teaching in the practice of diaphragmatic breathing on blood pressure, stress, and anxiety in hypertensive African-American women: an intervention study	Jefferson Lenetra L	Journal of National Black Nurses' Association : JNBNA	2010	21
LIF01052	Patterns of yoga practice and physical activity following a yoga intervention for adults with or at risk for type 2 diabetes	Alexander Gina; Innes Kim E; Bourguignon Cheryl; Bovbjerg Viktor E; Kulbok Pamela; Taylor Ann Gill	Journal of physical activity & health	2012	9
LIF01065	Adding cognitive therapy to dietetic treatment is associated with less relapse in obesity	Werrij Marieke Q; Jansen Anita; Mulken Sandra; Elgersma Hermien J; Ament Andre J H A; Hospers Harm J	Journal of psychosomatic research	2009	67
LIF01067	Effect of 12-week tai chi chuan exercise on peripheral nerve modulation in patients with type 2 diabetes mellitus	Hung Jen-Wen; Liou Chia-Wei; Wang Pei-Wen; Yeh Shu-Hui; Lin Li-Wei; Lo Sing-Kai; Tsai Fu-Mian	Journal of rehabilitation medicine	2009	41
LIF01087	The impact of Tai Chi exercise on coronary heart disease: a systematic review	Dalusung-Angosta Alona	Journal of the American Academy of Nurse Practitioners	2011	23

LIF01089	Vascular effects of diet supplementation with plant sterols	Weingartner Oliver; Lutjohann Dieter; Ji Shengbo; et al.	Journal of the American College of Cardiology	2008	51
LIF01091	Effect of yoga on arrhythmia burden, anxiety, depression, and quality of life in paroxysmal atrial fibrillation: the YOGA My Heart Study	Lakkireddy Dhanunjaya; Atkins Donita; Pillarisetti Jayasree; Ryschon Kay; Bommana Sudharani; Drisko Jeanne; Vanga Subbareddy; Dawn Buddhadeb Sullivan Shelby; Samuel Samuel	Journal of the American College of Cardiology	2013	61
LIF01118	Effect of short-term Pritikin diet therapy on the metabolic syndrome		Journal of the cardiometabolic syndrome	2006	1
LIF01137	Clinical study on the wrist-ankle acupuncture treatment for 30 cases of diabetic peripheral neuritis	Jiang Hequn; Shi Kuande; Li Xuemei; Zhou Wenxue; Cao Yongfen	Journal of traditional Chinese medicine	2006	26
LIF01162	Efficacy and tolerability of a novel herbal formulation for weight management in obese subjects: a randomized double blind placebo controlled clinical study	Sengupta Krishanu; Mishra Atmatrana T; Rao Manikeswar K; Sarma Kadainti V S; Krishnaraju Alluri V; Trimurtulu Golakoti	Lipids in health and disease	2012	11
LIF01242	Pantethine, a derivative of vitamin B(5) used as a nutritional supplement, favorably alters low-density lipoprotein cholesterol metabolism in low- to moderate-cardiovascular risk North American subjects: a triple-blinded placebo and diet-controlled investigation	Rumberger John A; Napolitano Joseph; Azumano Isao; Kamiya Toshikazu; Evans Malkanthi	Nutrition research (New York, N. Y.)	2011	31
LIF01244	Effect of dietary supplementation with glucomannan on plasma total cholesterol and low density lipoprotein cholesterol in hypercholesterolemic children	Martino Francesco; Martino Eliana; Morrone Francesco; Carnevali Elisabetta; Forcone Roberta; Niglio Tarcisio	Nutrition, metabolism, and cardiovascular diseases : NMCD	2005	15
LIF01247	Dietary supplementation with long chain omega-3 polyunsaturated fatty acids and weight loss in obese adults	Munro Irene A; Garg Manohar L	Obesity research & clinical practice	2013	7
LIF01314	Effects of Hibiscus sabdariffa extract powder and preventive treatment (diet) on the lipid profiles of patients with metabolic syndrome (MeSy)	Gurrola-Diaz C M; Garcia-Lopez P M; Sanchez-Enriquez S; Troyo-Sanroman R; Andrade-Gonzalez I; Gomez-Leyva J F	Phytomedicine : international journal of phytotherapy and phytopharmacology	2010	17
LIF01324	Patient-reported experiences with first-time naturopathic care for type 2 diabetes	Oberg Erica B; Bradley Ryan; Hsu Clarissa; et al.	PLoS one	2012	7
LIF01335	Preventive effects of diets supplemented with sweetie fruits in hypercholesterolemic patients suffering from coronary artery disease	Gorinstein Shela; Caspi Abraham; Libman Imanuel; Katrich Elena; Lerner Henry Tzvi; Trakhtenberg Simon	Preventive medicine	2004	38
LIF01344	Massage therapy reduces tension, anxiety, and pain in patients awaiting invasive cardiovascular procedures	Wentworth Laura J; Briese Lora J; Timimi Farris K; et al.	Progress in cardiovascular nursing	2009	24
LIF01357	Paxton house: integrating mental health and diabetes care for people with serious mental illnesses in a residential setting	Teachout Alexandra; Kaiser Susan M; Wilkniss Sandra M; Moore Helen	Psychiatric rehabilitation journal	2011	34
LIF01386	A meta-analysis of mental health treatments and cardiac rehabilitation for improving clinical outcomes and depression among patients with coronary heart disease	Rutledge Thomas; Redwine Laura S; Linke Sarah E; Mills Paul J	Psychosomatic medicine	2013	75
LIF01417	Comparative evaluation of fosinopril and herbal drug Dioscorea bulbifera in patients of diabetic nephropathy	Singh R G; Rajak M; Ghosh B; Agrawal A; Dubey G P	Saudi journal of kidney diseases and transplantation	2013	24
LIF01475	One-year consumption of a grape nutraceutical containing resveratrol improves the inflammatory and fibrinolytic status of patients in primary prevention of cardiovascular disease	Tome-Carneiro Joao; Gonzalez Manuel; Larrosa Mar; et al.	The American journal of cardiology	2012	11 0
LIF01477	Effects of Qigong on blood pressure, blood pressure determinants and ventilatory function in middle-aged patients with essential hypertension	Lee Myung Suk; Lee Myeong Soo; Choi Euy-Soon; Chung Hun-Taeg	The American journal of Chinese medicine	2003	31
LIF01493	Dietary supplementation with cis-9,trans-11 conjugated linoleic acid and aortic stiffness in overweight and obese adults	Sluijs Ivonne; Plantinga Yvonne; de Roos Baukje; Mennen Louise I; Bots Michiel L	The American journal of clinical nutrition	2010	91
LIF01494	A randomized trial of the effects of an almond-enriched, hypocaloric diet in the treatment of obesity	Foster Gary D; Shantz Kerri Leh; Vander Veur Stephanie S; et al.	The American journal of clinical nutrition	2012	96
LIF01543	Effects of dietary supplementation with the green tea polyphenol epigallocatechin-3-gallate on insulin resistance and associated metabolic risk factors: randomized controlled trial	Brown A Louise; Lane Joan; Coverly Jacqueline; Stocks Janice; Jackson Sarah; Stephen Alison; Bluck Les; Coward Andy; Hendrickx Hilde	The British journal of nutrition	2009	10 1
LIF01547	The effects of 12-week psyllium fibre supplementation or healthy diet on blood pressure and arterial stiffness in overweight and obese individuals	Pal Sebelly; Khossousi Alireza; Binns Colin; Dhaliwal Satvinder; Radavelli-Bagatini Simone	The British journal of nutrition	2012	10 7

LIF01578	Acupuncture for vascular dementia	Peng W N; Zhao H; Liu Z S; Wang S	The Cochrane database of systematic reviews	2007	
LIF01604	Yoga for secondary prevention of coronary heart disease	Lau Hoi Lam Caren; Kwong Joey S W; Yeung Fai; Chau Pui Hing; Woo Jean	The Cochrane database of systematic reviews	2012	12
LIF01624	Breathing awareness meditation and LifeSkills Training programs influence upon ambulatory blood pressure and sodium excretion among African American adolescents	Gregoski Mathew J; Barnes Vernon A; Tingen Martha S; Harshfield Gregory A; Treiber Frank A	The Journal of adolescent health	2011	48
LIF01652	Efficacy of shellac, a natural product, for the prevention of wet gangrene	Alzahrani Hasan; Bedir Yhya; Al-Hayani Abdulmonaim	The Journal of international medical research	2013	41
LIF01678	Risk indices associated with the insulin resistance syndrome, cardiovascular disease, and possible protection with yoga: a systematic review	Innes Kim E; Bourguignon Cheryl; Taylor Ann Gill	The Journal of the American Board of Family Practice	2005	18
LIF01704	Use of complementary medicine amongst hypertensive patients in a public primary care clinic in Ipoh	Mahfudz A S; Chan S C	The Medical journal of Malaysia	2005	60
LIF01718	Observation of the long-term effects of lifestyle intervention during balneotherapy in metabolic syndrome	Gin Henri; Demeaux Jean-Louis; Grelaud Angela; et al.	Therapie	2013	68
LIF01726	JinQi-Jiangtang tablet, a Chinese patent medicine, for pre-diabetes: a randomized controlled trial	Cao Hongbo; Ren Ming; Guo Liping; et al.	Trials	2010	11
LIF01727	The efficacy and safety study of dietary supplement PURIAM110 on non-insulin taking Korean adults in the stage of pre-diabetes and diabetes mellitus: protocol for a randomized, double-blind, placebo-controlled, and multicenter trial-pilot study	Park Sunju; Park Jeong-Su; Go Hoyeon; Jang Bo-Hyoung; Shin Yongcheol; Ko Seong-Gyu	Trials	2011	12
LIF01742	Effects of the Tibetan herbal preparation PADMA 28 on blood lipids and lipid oxidisability in subjects with mild hypercholesterolaemia	Brunner-La Rocca H P; Schindler R; Schlumpf M; Saller R; Suter M	VASA. Zeitschrift fur Gefasskrankheiten	2005	34
LIF00354	Adulteration of herbal antidiabetic products with undeclared pharmaceuticals: a case series in Hong Kong	Ching Chor Kwan; Lam Ying Hoo; Chan Albert Y W; Mak Tony W L	British journal of clinical pharmacology	2012	73
LIF00626	Massage therapy in the workplace: reducing employee strain and blood pressure	Day A L; Gillan L; Francis L; Kelloway E K; Natarajan M	Giornale italiano di medicina del lavoro ed ergonomia	2009	31
LIF00844	Randomized trial of Tapas Acupressure Technique for weight loss maintenance: rationale and study design	Elder Charles; Gallison Cherri; Lindberg Nangel M; DeBar Lynn; Funk Kristine; Ritenbaugh Cheryl; Stevens Victor J	Journal of alternative and complementary medicine	2010	16
LIF01241	A randomized controlled trial investigating the effect of Pycnogenol and Bacopa CDR108 herbal medicines on cognitive, cardiovascular, and biochemical functioning in cognitively healthy elderly people: the Australian Research Council Longevity Intervention (ARCLI) study protocol	Stough Con K; Pase Matthew P; Cropley Vanessa; Myers Stephen; Nolidin Karen; King Rebecca; Camfield David; Wesnes Keith; Pipingas Andrew; Croft Kevin; Chang Dennis; Scholey Andrew B	Nutrition journal	2012	11
LIF01385	Impact of meditation on resting and ambulatory blood pressure and heart rate in youth	Barnes Vernon A; Davis Harry C; Murzynowski James B; Treiber Frank A	Psychosomatic medicine	2004	66
LIF01753	A systematic review of preventive interventions regarding mental health issues in organizations	Corbiere Marc; Shen Jie; Rouleau Marc; Dewa Carolyn S	Work (Reading, Mass.)	2009	33

Cochrane Library

文献 ID	タイトル	著者	誌名	発行年	巻
LIC00006	Influence of non-pharmacological treatment (contemplative meditation and breathing technique) on stress induced hypertension - A randomized controlled study	Manikonda P;Stoerk S;Toegel S;Schardt F;Angermann C;Gruenberger I;Fuchs O;Faller H;Voelker W	American Journal of Hypertension	2005	18
LIC00012	Naturopathic medicine for the prevention of cardiovascular disease: A pragmatic randomized clinical trial [abstract]	D Seely O Szczurko C Kieran H Fritz P Herman R Bradley S Aberdour C Herrington P Rouchotas D Lescheid	BMC complementary and alternative medicine	2012	12
LIC00029	Chinese herbal medicine suxiao juxin wan for angina pectoris	Duan Xin;Zhou Likun;Wu Taixiang; et al.	Cochrane Database of Systematic Reviews	2008	
LIC00031	Chinese herbal medicines for people with impaired glucose tolerance or impaired fasting blood glucose	Grant Suzanne J;Bensoussan Alan;Chang Dennis;Kiat Hosen;Klupp Nerida L;Liu Jian Ping;Li Xun	Cochrane Database of Systematic Reviews	2009	
LIC00048	Systematic review of chinese herbal medicines for preventing in-stent coronary restenosis after percutaneous coronary intervention (Provisional abstract)	Zheng GH;Liu JP;Wang NS;Chen HY;Chu JF	Evidence-Based Complementary and Alternative Medicine	2012	20 12
LIC00060	Double-blind, placebo-controlled clinical evaluation of an ayurvedic formulation (glucocare capsules) in non-insulin dependent diabetes mellitus	Sharma RK;Patki PS	Journal of Ayurveda and Integrative Medicine	2010	1
LIC00066	Herbs for serum cholesterol reduction: a systematic review (Structured abstract)	Thompson Coon J S;Ernst E	Journal of Family Practice	2003	52
LIC00090	[Safe add-on therapy with hawthorn extract WS 1442 in NYHA II/III heart failure - results of the SPICE study, the rst mortality and morbidity trial with a herbal drug]	Holubarsch CJF;Kohler S;Malek FA;Gaus W	Perfusion	2010	23
LIC00096	Antioxidant supplementation does not affect fasting plasma glucose in the Supplementation with Antioxidant Vitamins and Minerals (SU.VI.MAX) study in France: association with dietary intake and plasma concentrations.	Czernichow S;Couthouis A;Bertrais S;Vergnaud AC;Dauchet L;Galan P;Hercberg S	The American journal of clinical nutrition	2006	84
LIC00111	[Effects of moxibustion at head-points on levels of somatostatin and arginine vasopressin from cerebrospinal fluid in patients with vascular dementia: a randomized controlled trial].	Wang P;Yang J;Liu G;Chen H;Yang F	Zhong xi yi jie he xue bao = Journal of Chinese integrative medicine	2010	8
LIC00116	[Clinical observation on therapeutic effect of three-step acupuncture for the secondary prevention of ischemic cerebral apoplexy].	Cheng Y H;Lu X Y;Yu X G	Zhongguo Zhen Jiu [Chinese Acupuncture & Moxibustion]	2010	30
LIC00122	[Rehabilitation evaluation on post-stroke abnormal movement pattern prevented and treated with acupuncture and rehabilitation].	Zhang HM;Tang Q	Zhongguo zhen jiu = Chinese acupuncture & moxibustion	2011	31

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文献 ID	タイトル	著者	誌名	発行年	巻
LIJ00197	サプリメントの現状と今後の方向性 臨床現場からの発信	久保 明, 仁瓶 史美	更年期と加齢のヘルスケア	2013	12
LIJ00002	Immersing Feet in Carbon Dioxide-enriched Water Prevents Expansion and Formation of Ischemic Ulcers after Surgical Revascularization in Diabetic Patients with Critical Limb Ischemia	Hayashi Hisae, Yamada Sumio, Kumada Yoshitaka, Matsuo Hiroshi, Toriyama Takano, Kawahara Hirohisa	Annals of Vascular Diseases	2008	1
LIJ00009	Feasibility and Effect on Blood Pressure of 6-Week Trial of Low Sodium Soy Sauce and Miso (Fermented Soybean Paste)	Nakamura Mieko, Aoki Nobuo, Yamada Takuji, Kubo Nobuaki	Circulation Journal	2003	67
LIJ00063	No association between the frequency of forest walking and blood pressure levels or the prevalence of hypertension in a cross-sectional study of a Japanese population	Morita Emi, Naito Mariko, Hishida Asahi, Wakai Kenji, Mori Atsuyoshi, Asai Yatami, Okada Rieko, Kawai Sayo, Hamajima Nobuyuki	Environmental Health and Preventive Medicine	2011	16
LIJ00084	【糖尿病予防と健康維持】L-アラビノースと食物繊維の併用によるGI値低減効果	山元 英樹	FOOD Style 21	2012	16

LIJ00122	アロエベラゲル超臨界抽出物の肥満成人男性を対象としたランダム化二重盲検プラセボ対照4用量並行群間比較試験による12週間摂取安全性試験 探索的データ解析:アロエベラゲル超臨界抽出物の血清ALT異常値肥満成人男性の肝臓機能に及ぼす影響	山田 宗夫, 野間口 光治, 樋田 知宏, 石川 由香里, 大阪 陽司, 大橋 芳雄, 岩附 慧二	Progress in Medicine	2011	31
LIJ00169	粘性食を組み合わせた朝食長期摂取によるインスリン感受性、脂質代謝改善評価	奥村 仙示, 谷口 章子, 浪花 裕子, 西田 由香, 竹内 晴美, 佐久間 理英, 谷 佳子, 高橋 保子, 武田 英二	栄養-評価と治療	2006	23
LIJ00286	耐糖能異常を伴う肥満者においてフォーミュラ食併用療法が減量と摂取栄養素に及ぼす影響 ランダム化比較試験	松岡 幸代, 佐野 喜子, 津崎 こころ, 同 道 正行, 岡崎 研太郎, 佐藤 哲子, 鮎子 田 睦子, 阿部 圭子, 東 あかね, 田嶋 佐和子, 大石 まり子, 坂根 直樹	糖尿病	2007	50
LIJ00316	Efficacy of an Aqueous Extract from Flower Buds of Cleistocalyx Operculatus on Type 2 Diabetic Patients in Vietnam	Truong Tuyet Mai, 石脇 亜紗子, 能見 祐理, Le Thi Hop, Nguyen Thi Lam, Nguyen Thi Phuong Thuy, Vuong Thi Ho Ngoc, 山口 敬子, 大塚 譲	日本家政学会誌	2013	64
LIJ00334	温泉施設利用型総合健康増進プログラムの開発と評価 メタボリックシンドローム予防のための運動・栄養・温泉プログラム	齋藤 京子	日本健康開発財団研究年報	2011	
LIJ00433	「ヤーコン葉・茎エキス配合食品」の血糖正常高値者および境界型糖尿病患者に対する血糖上昇抑制効果	生越 直仁, 藍 智義, 寺田 澄男, 吉岡 君友, 多湖 健蔵, 西村 明, 梶本 佳孝, 梶本 修身	薬理と治療	2006	34
LIJ00438	Effects and Safety of Pleurotus eryngii on Body Fat Reduction in Subjects with a Body Mass Index between 24.5 and 35 kg/m ²	Kawai Junya, Inatomi Satoshi, Tsuchida Takashi	薬理と治療	2010	38
LIJ00439	特定保健用食品「黒烏龍茶 OTPP」の継続摂取による体脂肪低減効果の検証とその安全性	前川 敏宏, 寺本 貴則, 中村 淳一, 北川 義徳, 柴田 浩志, 土田 隆	薬理と治療	2011	39
LIJ00441	トウガラシ、ショウガ、シトラスアランティウムを配合した「養生」食品リポレスのヒトエネルギー代謝およびラット脂質代謝に及ぼす影響	生越 直仁, 只野 尚登, 野口 直人, 藤井 久雄	薬理と治療	2013	41
LIJ00170	α-グルコシダーゼ阻害作用をもった桑葉エキス未添加デンプン食品のヒトにおける食後血糖上昇抑制効果	中村 まり子, 橋口 美智留[石黒]	栄養学雑誌	2010	68

表 3 - 2 一次評価にて選択された文献：運動器系疾患分担班

MEDLINE

文献 ID	タイトル	著者	誌名	発行年	巻
LIF00207	A randomized, prospective study of the effects of Tai Chi Chun exercise on bone mineral density in postmenopausal women	Chan Kaiming; Qin Ling; Lau Mingchu; Woo Jean; Au Szeki; Choy Wingyee; Lee Kwongman; Lee Shiuhung	Archives of physical medicine and rehabilitation	2004	85
LIF00211	The effects of Tai Chi on bone mineral density in postmenopausal women: a systematic review	Wayne Peter M; Kiel Douglas P; Krebs David E; Davis Roger B; Savetsky-German Jacqueline; Connelly Maureen; Buring Julie E	Archives of physical medicine and rehabilitation	2007	88
LIF00272	Impact of Tai Chi exercise on multiple fracture-related risk factors in post-menopausal osteopenic women: a pilot pragmatic, randomized trial	Wayne Peter M; Kiel Douglas P; Buring Julie E; Connors Ellen M; Bonato Paolo; Yeh Gloria Y; Cohen Calvin J; Mancinelli Chiara; Davis Roger B	BMC complementary and alternative medicine	2012	12
LIF00876	Five-year follow-up study of a kidney-tonifying herbal Fufang for prevention of postmenopausal osteoporosis and fragility fractures	Deng Wei-Min; Zhang Peng; Huang Hai; Shen You-Gao; Yang Qin-Hua; Cui Wei-Li; He Yang-Shu; Wei Song; Ye Zhu; Liu Fang; Qin Ling	Journal of bone and mineral metabolism	2012	30
LIF00017	Treatment of rheumatoid arthritis with electromagnetic millimeter waves applied to acupuncture points--a randomized double blind clinical study	Usichenko Taras I; Ivashkivsky Olexiy I; Gizhko Vasyi V	Acupuncture & electro-therapeutics research	2003	28
LIF00024	Intramuscular and periosteal acupuncture for anxiety and sleep quality in patients with chronic musculoskeletal pain--an evaluator blind, controlled study	Hansson Ylva; Carlsson Christer; Olsson Elisabeth	Acupuncture in medicine : journal of the British Medical Acupuncture Society	2007	25
LIF00164	Comparing yoga, exercise, and a self-care book for chronic low back pain: a randomized, controlled trial	Sherman Karen J; Cherkin Daniel C; Erro Janet; Miglioretti Diana L; Deyo Richard A	Annals of internal medicine	2005	143
LIF00210	Continuous low-level heat wrap therapy for the prevention and early phase treatment of delayed-onset muscle soreness of the low back: a randomized controlled trial	Mayer John M; Mooney Vert; Matheson Leonard N; Erasala Geetha N; Verna Joe L; Udermann Brian E; Leggett Scott	Archives of physical medicine and rehabilitation	2006	87
LIF00219	Acupuncture for pain relief in patients with rheumatoid arthritis: a systematic review	Wang Chenchen; de Pablo Paola; Chen Xiaoyan; Schmid Christopher; McAlindon Timothy	Arthritis and rheumatism	2008	59
LIF00262	Chinese herbal recipe versus diclofenac in symptomatic treatment of osteoarthritis of the knee: a randomized controlled trial [ISRCTN70292892]	Teekachunhatean Supanimit; Kunanusorn Puongtip; Rojanasthien Noppamas; et al.	BMC complementary and alternative medicine	2004	4
LIF00287	Acupuncture for pain and osteoarthritis of the knee: a pilot study for an open parallel-arm randomised controlled trial	Lansdown Harriet; Howard Katie; Brealey Stephen; MacPherson Hugh	BMC musculoskeletal disorders	2009	10
LIF00289	The effect of a sports chiropractic manual therapy intervention on the prevention of back pain, hamstring and lower limb injuries in semi-elite Australian Rules footballers: a randomized controlled trial	Hoskins Wayne; Pollard Henry	BMC musculoskeletal disorders	2010	11
LIF00331	Acupuncture as a complementary therapy to the pharmacological treatment of osteoarthritis of the knee: randomised controlled trial	Vas Jorge; Mendez Camila; Perea-Milla Emilio; et al.	BMJ (Clinical research ed.)	2004	329
LIF00334	Acupuncture as an adjunct to exercise based physiotherapy for osteoarthritis of the knee: randomised controlled trial	Foster Nadine E; Thomas Elaine; Barlas Panos; Hill Jonathan C; Young Julie; Mason Elizabeth; Hay Elaine M	BMJ (Clinical research ed.)	2007	335
LIF00397	An innovative herbal product for the prevention of osteoporosis	Leung Ping-chung; Cheng King-fai; Chan Yat-heung	Chinese journal of integrative medicine	2011	17
LIF00473	A comprehensive yoga programs improves pain, anxiety and depression in chronic low back pain patients more than exercise: an RCT	Tekur P; Nagarathna R; Chametcha S; Hankey Alex; Nagendra H R	Complementary therapies in medicine	2012	20
LIF00498	24-Week study on the use of collagen hydrolysate as a dietary supplement in athletes with activity-related joint pain	Clark Kristine L; Sebastianelli Wayne; Flechsenhar Klaus R; et al.	Current medical research and opinion	2008	24
LIF00797	The use of electro-acupuncture in conjunction with exercise for the treatment of chronic low-back pain	Yeung Cecilia K N; Leung Mason C P; Chow Daniel H K	Journal of alternative and complementary medicine (New York, N.Y.)	2003	9
LIF00854	Effects of an integrated approach of hatha yoga therapy on functional disability, pain, and flexibility in osteoarthritis of the knee joint: a randomized controlled study	Ebnezar John; Nagarathna Raghuram; Yogitha Bali; Nagendra Hongasandra Ramarao	Journal of alternative and complementary medicine (New York, N.Y.)	2012	18

LIF00977	Unloaded movement facilitation exercise compared to no exercise or alternative therapy on outcomes for people with nonspecific chronic low back pain: a systematic review	Slade Susan C; Keating Jennifer L	Journal of manipulative and physiological therapeutics	2007	30
LIF01019	A randomized clinical trial of continuous low-level heat therapy for acute muscular low back pain in the workplace	Tao Xuguang Grant; Bernacki Edward J	Journal of occupational and environmental medicine	2005	47
LIF01111	Yoga decreases kyphosis in senior women and men with adult-onset hyperkyphosis: results of a randomized controlled trial	Greendale Gail A; Huang Mei-Hua; Karlamangla Arun S; Seeger Leanne; Crawford Sybil	Journal of the American Geriatrics Society	2009	57
LIF01131	Effect of a dietary supplement containing glucosamine hydrochloride, chondroitin sulfate and quercetin glycosides on symptomatic knee osteoarthritis: a randomized, double-blind, placebo-controlled study	Kanzaki Noriyuki; Saito Kayo; Maeda Akifumi; Kitagawa Yoshinori; Kiso Yoshinobu; Watanabe Keita; Tomonaga Akihito; Nagaoka Isao; Yamaguchi Hideyo	Journal of the science of food and agriculture	2012	92
LIF01273	Tai chi for osteoporosis: a systematic review	Lee M S; Pittler M H; Shin B-C; Ernst E	Osteoporosis international : Physiotherapy theory and practice	2008	19
LIF01311	Effects of 5-Form, Yang Style Tai Chi on older females who have or are at risk for developing osteoporosis	Murphy Lori; Singh Betsy B	Phytotherapy research : PTR	2008	24
LIF01315	Evidence of effectiveness of herbal antiinflammatory drugs in the treatment of painful osteoarthritis and chronic low back pain	Chrubasik J E; Roufogalis B D; Chrubasik S	Rheumatology (Oxford, England)	2007	21
LIF01410	Acupuncture for peripheral joint osteoarthritis: a systematic review and meta-analysis	Kwon Y D; Pittler M H; Ernst E	Rheumatology (Oxford, England)	2006	45
LIF01411	Tai chi for rheumatoid arthritis: systematic review	Lee M S; Pittler M H; Ernst E	Spine	2007	46
LIF01452	Effectiveness of acupuncture for low back pain: a systematic review	Yuan Jing; Purepong Nithima; Kerr Daniel Paul; Park Jongbae; Bradbury Ian; McDonough Suzanne	Spine	2008	33
LIF01453	Evaluation of the effectiveness and efficacy of Iyengar yoga therapy on chronic low back pain	Williams Kimberly; Abildso Christiaan; Steinberg Lois; et al.	Spine	2009	34
LIF01482	The effects of Baduanjin qigong in the prevention of bone loss for middle-aged women	Chen Hsing-Hsia; Yeh Mei-Ling; Lee Fang-Ying	The American journal of Chinese medicine	2006	34
LIF01483	A study on the clinical effects of physical therapy and acupuncture to treat spontaneous frozen shoulder	Ma Tsochiang; Kao Mu-Jung; Lin I-hsin; Chiu Yen-Lin; Chien Chingwen; Ho Tsung-Jung; Chu Bow-Ching; Chang Yung-Hsien	The American journal of Chinese medicine	2006	34
LIF01484	Effect of Tai Chi on body balance: randomized controlled trial in men with osteopenia or osteoporosis	Maciaszek J; Osinski W; Szeklicki R; Stemplewski R	The American journal of Chinese medicine	2007	35
LIF01521	Natural health products in the prevention and treatment of osteoporosis: systematic review of randomized controlled trials	Whelan Anne Marie; Jurgens Tannis M; Bowles Susan K	The Annals of pharmacotherapy	2006	40
LIF01560	Comparison between electro-acupuncture and hydrotherapy, both in combination with patient education and patient education alone, on the symptomatic treatment of osteoarthritis of the hip	Stener-Victorin Elisabet; Kruse-Smidje Carina; Jung Kerstin	The Clinical journal of pain	2004	20
LIF01564	Homeopathic treatment of patients with chronic low back pain: A prospective observational study with 2 years' follow-up	Witt Claudia M; Ludtke Rainer; Baur Roland; Willich Stefan N	The Clinical journal of pain	2009	25
LIF01573	Tai chi for treating rheumatoid arthritis	Han A; Robinson V; Judd M; Taixiang W; Wells G; Tugwell P	The Cochrane database of systematic reviews	2004	
LIF01672	Effects of tai chi exercise on pain, balance, muscle strength, and perceived difficulties in physical functioning in older women with osteoarthritis: a randomized clinical trial	Song Rhayun; Lee Eun-Ok; Lam Paul; Bae Sang-Cheol	The Journal of rheumatology	2003	30
LIF01722	Dietary vitamin K2 supplement improves bone status after lung and heart transplantation	Forli Liv; Bollerslev Jens; Simonsen Svein; et al.	Transplantation	2010	89
LIF00055	A randomised controlled trial of Tai Chi and resistance exercise on bone health, muscle strength and balance in community-living elderly people	Woo Jean; Hong Athena; Lau Edith; Lynn Henry	Age and ageing	2007	36
LIF00098	Tai chi as an intervention to improve balance and reduce falls in older adults: A systematic and meta-analytical review	Leung Daniel P K; Chan Carol K L; Tsang Hector W H; Tsang William W N; Jones Alice Y M	Alternative therapies in health and medicine	2011	17
LIF00129	Translation of an effective tai chi intervention into a community-based falls-prevention program	Li Fuzhong; Harmer Peter; Glasgow Russell; et al.	American journal of public health	2008	98
LIF00135	Effect of intra-operative magnesium sulphate on pain relief and patient comfort after major lumbar orthopaedic surgery	Levaux Ch; Bonhomme V; Dewandre P Y; Brichant J F; Hans P	Anaesthesia	2003	58

LIF00191	The effects of Tai Chi Chuan on physiological function and fear of falling in the less robust elderly: an intervention study for preventing falls	Zhang Jian-Guo; Ishikawa-Takata Kazuko; Yamazaki Hideo; Morita Takae; Ohta Toshiki	Archives of gerontology and geriatrics	2006	42
LIF00192	A systematic review of the effectiveness of Tai Chi on fall reduction among the elderly	Low Serena; Ang Li Wei; Goh Kiat Sern; Chew Suok Kai	Archives of gerontology and geriatrics	2009	48
LIF00193	Explaining the ineffectiveness of a Tai Chi fall prevention training for community-living older people: a process evaluation alongside a randomized clinical trial (RCT)	Logghe Inge H J; Verhagen Arianne P; Rademaker Arno C H J; et al.	Archives of gerontology and geriatrics	2011	52
LIF00194	Does different exercise have the same effect of health promotion for the elderly? Comparison of training-specific effect of Tai Chi and swimming on motor control	Wong Alice M K; Chou Shih-Wei; Huang Shu-Chun; Lan Ching; Chen Hsieh-Ching; Hong Wei-Hsien; Chen Carl P C; Pei Yu-Cheng	Archives of gerontology and geriatrics	2011	53
LIF00209	Effect of a gentle Iyengar yoga program on gait in the elderly: an exploratory study	DiBenedetto Margarete; Innes Kim E; Taylor Ann G; et al.	Archives of physical medicine and rehabilitation	2005	86
LIF00215	Comparison of telecommunication, community, and home-based Tai Chi exercise programs on compliance and effectiveness in elders at risk for falls	Wu Ge; Keyes Lawrence; Callas Peter; Ren Xiaolin; Bookchin Bea	Archives of physical medicine and rehabilitation	2010	91
LIF00247	Effectiveness of Qigong in promoting the health of wheelchair-bound older adults in long-term care facilities	Kuan Shu-Chien; Chen Kuei-Min; Wang Chi	Biological research for nursing	2012	14
LIF00277	The effect of Tai Chi Chuan in reducing falls among elderly people: design of a randomized clinical trial in the Netherlands [SRCTN98840266]	Zeeuwe Petra E M; Verhagen Arianne P; Bierma-Zeinstra Sita Ma; van Rossum Erik; Faber Marjan J; Koes Bart W	BMC geriatrics	2006	6
LIF00286	Green tea polyphenols and Tai Chi for bone health: designing a placebo-controlled randomized trial	Shen Chwan-Li; Chyu Ming-Chien; Yeh James K; Felton Carol K; Xu Ke T; Pence Barbara C; Wang Jia-Sheng	BMC musculoskeletal disorders	2009	10
LIF00335	Acupuncture treatment for pain: systematic review of randomised clinical trials with acupuncture, placebo acupuncture, and no acupuncture groups	Madsen Matias Vested; Gotzsche Peter C; Hrobjartsson Asbjorn	BMJ (Clinical research ed.)	2009	33 8
LIF00353	Effect of homeopathy on analgesic intake following knee ligament reconstruction: a phase III monocentre randomized placebo controlled study	Paris A; Gonnet N; Chaussard C; Belon P; Rocourt F; Saragaglia D; Cracowski J L	British journal of clinical pharmacology	2008	65
LIF00430	A randomized controlled trial of 8-form Tai chi improves symptoms and functional mobility in fibromyalgia patients	Jones Kim D; Sherman Christy A; Mist Scott D; Carson James W; Bennett Robert M; Li Fuzhong	Clinical rheumatology	2012	31
LIF00511	The impact of complementary and alternative medicine on hip development in children with cerebral palsy	Willoughby Kate; Jachno Kim; Ang Soon Ghee; Thomason Pam; Graham H Kerr	Developmental medicine and child neurology	2013	55
LIF00528	The effect of supervised Tai Chi intervention compared to a physiotherapy program on fall-related clinical outcomes: a randomized clinical trial	Tousignant Michel; Corriveau Helene; Roy Pierre-Michel; et al.	Disability and rehabilitation	2012	34
LIF00553	Effects of dietary supplementation with vitamins C and E on muscle function during and after eccentric contractions in humans	Shafat A; Butler P; Jensen R L; Donnelly A E	European journal of applied physiology	2004	93
LIF00562	Effects of two marine dietary supplements with high calcium content on calcium metabolism and biochemical marker of bone resorption	Lecerf J-M; Lamotte C; Boukandoura B; Cayzele A; Libersa C; Delannoy C; Borgies B	European journal of clinical nutrition	2008	62
LIF00602	The efficacy of Tai Chi Chuan in older adults: a systematic review	Verhagen Arianne P; Immink Monique; van der Meulen Annemieke; et al.	Family practice	2004	21
LIF00617	Effect of Tai Chi on gait and obstacle crossing behaviors in middle-aged adults	Ramachandran Arun K; Rosengren Karl S; Yang Yang; et al.	Gait & posture	2007	26
LIF00618	Biomechanical characteristics of stepping in older Tai Chi practitioners	Wu Ge	Gait & posture	2012	36
LIF00842	Alternative medical interventions used in the treatment and management of myalgic encephalomyelitis/chronic fatigue syndrome and fibromyalgia	Porter Nicole S; Jason Leonard A; Boulton Aaron; Bothne Nancy; Coleman Blair	Journal of alternative and complementary medicine (New York, N.Y.)	2010	16
LIF00953	Tai chi as a balance improvement exercise for older adults: a systematic review	Liu Hao; Frank Adam	Journal of geriatric physical therapy (2001)	2010	33
LIF00976	Comparison of bioenergetic synchronization technique and customary chiropractic care for older adults with chronic musculoskeletal pain	Hawk Cheryl; Rupert Ronald L; Colonvega Makasha; Boyd Jennell; Hall Stephanie	Journal of manipulative and physiological therapeutics	2006	29
LIF00982	Chiropractic management of fibromyalgia syndrome: a systematic review of the literature	Schneider Michael; Vernon Howard; Ko Gordon; Lawson Gordon; Perera Jerome	Journal of manipulative and physiological therapeutics	2009	32