



Galactose: A New Hope for Cancer?

Stomach cancer patients in a randomized clinical study were less likely to expand liver cancer when treated with D-galactose, a glyconutrient. A glyconutrient is a sugar molecule that is useful to the body in a variety of ways, including support of the body's natural defenses. The study, conducted in Poland, showed that patients treated with D-galactose (most easily found in aloe vera) showed "significant effect on survival free of hepatic metastases [spread of cancer to the liver]" compared to the control group

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Hexose Sugars May Improve Wound Healing

An animal study based in Finland found that galactose may enhance wound healing. Mannose, it was found, inhibits the inflammatory reaction and decreases granulation tissue formation. Granulation tissue is the soft, pink tissue that forms over a wound in the third stage of healing. Galactose and mannose are hexose sugars or simple sugars that have six carbon atoms per molecule.

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Aromatherapy Useful in Treating Pain

A study published recently in the journal *Alternative Therapies in Health and Medicine* showed that increasingly, aromatherapy has been used in integrated approaches to pain management. At minimum, aromatherapy may play a role in relaxation, which is then helpful in pain management. However, essential oils may also have pharmacologically active ingredients that contribute to easing pain. The study reports that at least one state board of nursing has recognized aromatherapy as being part of holistic nursing care. Further study in this area is needed to clarify and punctuate the relationship between essential oils and pain management.

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Essential Oils May Ease Menstrual Complaints

A randomized placebo-controlled trial of 67 female college students who rated menstrual cramps to be greater than 6 on a 10-point scale were given a topical essential oil treatment, placebo, or no treatment. One group received two drops of lavender, one drop of clary sage, and one drop of rose in a carrier of almond oil, used in abdominal massage. Another group was given almond oil only, and the third group received no oils whatsoever. The essential oil group reported significantly reduced cramping. Further study on aromatherapy as part

of nursing care to women experiencing menstrual cramps or dysmenorrhea would be helpful.

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Aromatherapy in Nursing on the Rise

The *Nursing Clinics of North America* reports that, "Aromatherapy is the fastest growing of all complementary therapies among nurses in the United States." According to the report, the U.S. State Boards of Nursing has recognized aromatherapy as a legitimate part of holistic therapy. The report studies four essential oils and suggests practical methods for nurses to integrate aromatherapy into their care for patients

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Ginger Essential Oil May Reduce Post-Op Nausea

The *International Journal of Aromatherapy* has published a research study showing that a solution of ginger essential oil in grape seed carrier oil can reduce postoperative nausea and vomiting (PONV). In this study, approximately 80 percent of patients considered at high risk for PONV reported no complaints or symptoms of PONV when treated with ginger essential oil. The use of ginger offered "increased patient satisfaction and less expense to patients and hospital."

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