

Scientific References on Herbs, Supplements and Other Products Often Used for Alcoholism and Alcohol Withdrawal

From: www.Meditation-for-Alcohol-Abuse.com

Multivitamins and Antioxidants:

Tobias CR, *Postgrad Med*, Sept 15, 1989; 86(4): 67-80.

Cornabella M, et al, *Lancet*, July 15, 1995; 346: 182-183.

Di Luzio NR, *Lab Invest*, 1966; 15 (1 part 1); 50-63.

Vitamin C:

Susick RL, Zammoni VG, *Clin Pharmacol Ther*, May 1987; 41(5): 502-509.

Chen MF, et al, *J Am Coll Nutr*, 1990; 9(3): 185-189.

Vitamin A:

Majundar SK, Shaw GK, et al, *Int J Vitamin Nutr Res*, 1983; 53(3): 273-279.

Vitamin E:

Redetzki JE, Griswold KE, et al. *J Toxicol-Clin Toxicol*, 1983; 20(4): 319-331.

De La Maza MP et al. *J Am Coll Nutr*, 1995; 14(2): 192-196.

B-Vitamins:

Haase GR et al, *Patient Care*, May 15, 1990; 112-134.

Cook CCH, et al, *Alcohol Alcohol*, 1998; 33(4): 317-336.

Haase GR, et al. *Patient Care*, May 15, 1990; 112-134.

Hinze-Seleh D, Weber MM, et al, *Fortschr Neurol Psychiatr*, 2000; 68: 113-120.

Cohen J, et al, *Clin Nutr*, 1997; 16: 85-87.

Tobias CR, *Postgrad Med*, Sept 15, 1989; 86(4): 67-80.

Leslie D, Gheorghide M, et al. *Am Heart J*, 1996; 131: 1248-1250.

Pinn G, Bovet P, *Med J Aust*, October 21, 1991; 155: 529-532.

Cornabella M, et al., *Lancet*, July 15, 1995; 346: 182-183.

Baines M, Bligh JG, et al. *Alcohol Alcohol*, 1988; 23(1): 49-52.

Cook CH, Thomson AD, *Br J Clin Pract*, 1997; 57(9): 461-465.

Nordentoft M, et al, *ACTA Psychiatr Scand*, 1993; 88; 80-84.

Wodak A, *Med J Aus*, January 15, 1990; 152: 97-99.

Dignam P, *Med J Aus*, August 5, 1991; 155: 205-206.

Harper C, et al. *J Neurol, Neurosurg, Psychiatr* 1989; 52: 282-285.

Harper CG, et al. *Med J Aus*, June 1, 1998; 168: 542-545.

Bond NW, Homewood J, *Neurotoxicol Teratol*, 1991; 13: 353-355.

Corrao G, et al, *Ann Epidemiol*, 1998; 8: 154-159.

Marde S, et al. *Hum Exp Toxicol*, 1994; 13: 321-323.

Newbold HL, *Med Hypotheses*, 1989; 30: 1-3.

Cleary JP, *J Nutr Med*, 1990; 1: 83-84.

Magnesium:

McLean RM, *Am J Med*, January 1944; 96: 63-76.
Tobias CR, *Postgrad Med*, Sept 15, 1989; 86(4): 67-80.
Altura BM, et al, *J Am Coll Nutr*, 1989; 8(5): 460.
Pall HS, Williams AC, et al, *Postgraduate Med J*, 1987; 63: 665-667.
Rivlin RS, *J Am Coll Nutr*, October 1994; 13(5): 416-423.
Jermain DM, Crismon ML, et al, *Ann Pharmacother*, May 1992; 26: 650-652.
Friedman B, *Cortlandt Forum*, February 1992; 121/48-10.
Embry CK, Lippmann S, *Am Fam Physician*, May 1987; 35(5): 167-170.

Zinc:

Prasad AS, *Nutrition and The MD*, May 1991; 17(5): 1-2.
Taniguchi S, et al, *Int J Dermatol*, September 1995; 34(9): 651-652.

Lithium:

Jefferson JW, *J Clin Psychiatry*, August 1990; 51 (suppl 8): 4-8.
Barklage NE, Jefferson JW, *Psychosomatics*, May 1987; 28(5): 239-256.

SAMe:

Altomare E, Trizio T, et al, *Scand J Gastroenterol*, 1989; 24: 407-415.
Lieber CS, et al, *Hepatology*, 1990; 11(2): 165-172.
Mato JM, et al, *The Liver: Biology and Pathobiology*, 1994.
Loguereio C, et al, *Alcohol Alcohol*, 1994; 29(5): 597-604.
Agricola, R, et al., *Curr Therap Res*, January 1994; 55(1): 83-91.

GABA:

Gessa GL, et al, *Neuropharmacol Alcohol* 1992; 15 (suppl 1-A): 303A-304A.

Taurine:

Ikeda H, *Lancet*, September 3, 1977; 509.

Tryptophan:

Baskina NF, Lapin IP, *Farmakol Toksikol*, Jan-Feb 1982; 45(1): 70-76.
Westrick ER, Shapiro AP, Nathan PE, et al, *Alcohol Clin Exp Res*, July/Aug 1988; 12(4): 531-533.

Lipoic Acid:

Norton VP, *Br J Addiction*, 1977; 72: 205-212.

Phosphatidylcholine:

Lieber CS, Li J-J, Robbins S, et al, *Hepatology*, 1992; 16 (2 part 2): 87A.
MacDonald G, Luccy MR, *J Clin Gastroenterol*, 1994; 18(4): 274-276.

Essential Fatty Acids:

Segarnick DJ, Cordasco DM, et al, *Prostaglandins Leukot Med*, 1985; 17: 277-282.
Horrobin DF, *Alcohol Clin Exp Res*, February 1987; 11(1): 2-9.

Horrobin DF, *Med Hypotheses*, 1980; 6: 929-942.

Diet and Nutritional Support:

Forsander OA, *J Studies Alcohol*, 1998; 59: 26-31.

Beilin LJ, *Ann NY Acad Sci*, 1993: 83-91.

Trubo R, *Med World News*, February 13, 1989; 35(5): 56-65.

McCullough A, *Gastroenterol Clin N Am*, September 1989; 18(3): 619-643.

Melgaard B, et al, *Clin Neurol Neurosurg*, 1989; 91-2: 129-133.

Silymarin (Milk Thistle Extract):

Schuppan D, et al, *Hepatology*, 1990; 30(4): 1099-1104.

Flora K, et al. *Am J Gastroenterol*, February 1998; 93(2): 139-143.

Pares A, et al, *J Hepatology*, 1998; 28: 615-621.

Salmi HA, Sarna S, *Scand J Gastroenterol*, 1982; 17: 517-521.

Panthethine:

Watanabe A, Hobara N, et al, *Alcohol Clin Exp Res*, June 1996; 20(4): 659-663.

Isoflavonoids and Phytoestrogens:

Klyosov AA, Vallee BL, *Proc Natl Acad Sci*, March 4, 1997; 94(5): 1675-1679.

Lin RC, Li T-K, *Am Journal Nutr*, 1998; 68(suppl): 1512S-1515S.

Lin RC, Guthrie S, Xie CY, et al, *Alcohol Clin Exp Res*, June 1996; 20(4): 659-663.

Bingham SA, et al, *Br J Nutr*, 1998; 79: 393-406.

Acupuncture:

Sapir-Weise R, et al, *Alcohol Alcohol*, 1999; 34(4): 629-635.

Mann D, *Med Tribune*, November 27, 1997; 33.

Bullock ML, et al, *Clin Res*, April 1989; 37(2): 336A.

Bullock ML, et al, *Lancet*, June 24, 1989; 1435-1438.

Prayer and Religious Involvement:

Kilgore C, *Fam Practice News*, December 1, 1997; 1.

Med Tribune, June 4, 1998; 6.