Tai Sophia Institute
www.tai.edu

Clinical Trial: Effects of Culinary Herbs on Brain Function

Participants Needed for Herbal Research

Founded in 1974 in Columbia, Maryland, the nonprofit Tai Sophia Institute (now based in Laurel) is a leading center for wellness-based education, client care and public policy discourse. Tai Sophia is accredited by the Middle States Commission on Higher Education. The Institute's Master of Science in Herbal Medicine program — the first in the nation — is approved by the Maryland Higher Education Commission. Tai Sophia fosters and maintains collaborative relationships with leading academic, medical, and research institutions.

WHO: We are seeking participants who are between ages 65-90, non-smokers, in a stable state of general health.

WHAT: The purpose of this study is to investigate the short-term effects of culinary herbs on attention and memory performance in seniors. Reduced brain functioning such as memory loss and poor concentration are often distressing consequences of aging, and non-toxic and dietary substances that can address such decline may reverse some of the social and economic costs associated with this issue.

You will consume a tomato drink containing a randomly-assigned amount of the herbs being investigated and complete computer-based tests and questionnaires. All of the herbs are commonly found in grocery stores. There are no known legal, social, psychological or financial risks involved in this study, and the food/herbal agents to be tested have GRAS (generally recognized as safe) status with the U.S. FDA—no adverse events are expected. The only possible risk of drinking the tomato-based drink may be related to minimal physical risk due to the possibility of mild stomach upsets in some individuals associated with the intake of tomato juice, which would likely be known to you prior to starting the study or discovered during the initial familiarization day.

WHY: To get involved in important research that may benefit yourself and the wider community.

Participants will be compensated up to $200. Participants will also receive a one-time $25 discount on Tai Sophia clinical services at the Institute's Natural Care Center clinic and a $25 gift card to the Meeting Point bookstore.

WHEN: Study begins November 2009 and runs through January 2010. Call now to schedule your initial consultation before slots fill up.

The study procedure involves commitment on six occasions for a total of 40 hours (i.e., an initial familiarization day of less than 3 hours, and 5 subsequent sessions of one day per week for 5 weeks between the hours of 8:30 am – 4:00 pm or 9:00 am – 4:30 pm).

WHERE: Tai Sophia Institute, 7750 Montpelier Road, Laurel, MD 20723, www.tai.edu (near intersection of Rt. 29 and Johns Hopkins Road)

If you or someone you know is interested, please contact 410-888-9048 ext. 6711 or research@tai.edu

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Herbal Research
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