



**Tai Sophia
Institute**

For Immediate Release
Contact: Kimberly Dorsey Bronow
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Participants Sought for Tai Sophia Institute Research Study on Herbal Medicine

(LAUREL, MD) November 16, 2009 – Tai Sophia Institute (www.tai.edu), a nonprofit, accredited academic institution and leading center for wellness-based education, client care and public policy discourse, is looking for participants for an **Herbal Research Clinical Trial** on the **Effects of Culinary Herbs on Brain Function**.

WHO: Participants must be between the ages of 65-90, non-smokers, and 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.

Participants will consume a tomato drink containing a randomly-assigned amount of the herbs being investigated and will 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. Food and Drug Administration (FDA).

WHEN: **ENROLLING NOW.** Study begins in January 2010 and runs through February.

WHERE: Tai Sophia Institute, 7750 Montpelier Road in Laurel (near the intersection of Route 29 and Johns Hopkins Road).

INFO: Participation is voluntary, and participants will be compensated up to \$200, with additional money for travel. Participants also will receive a one-time \$25 discount on Tai Sophia clinical services and a \$25 gift card to The Meeting Point bookstore. Transportation is available for groups; please call for details.

SIGN-UP: For additional information and to sign up, please call 410-888-9048 ext. 6711 or send an e-mail to research@tai.edu.

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About Tai Sophia Institute

Tai Sophia Institute, a private, nonprofit academic institution based in Laurel, MD, is a leading center for wellness-based education, client care and public policy discourse. Tai Sophia offers the nation's first and only Master of Science in Herbal Medicine. Tai Sophia is accredited by the Middle States Commission on Higher Education (www.msche.org). All of the Institute's master's degree and graduate certificate programs are approved by the Maryland Higher Education Commission (www.mhec.state.md.us). The Institute's practitioners provide more than 35,500 treatments and consultations yearly.

Founded in 1974, Tai Sophia Institute has evolved into a diverse health and wellness resource, providing accredited graduate academic programs, continuing education, community wellness programs, and clinical services in acupuncture, nutritional counseling, herbal medicine, and more. The Institute's 12-acre main campus also houses a bookstore, a library, herb and meditation gardens, and the Himmelfarb Gallery – all of which are open to the public, as well as an herbal dispensary for Tai Sophia clinicians and their clients.

(NOTE TO REPORTERS/EDITORS: This announcement is a new call for participants for a study that began in early November 2009. The study is running two separate cohorts, one in November-December and one in January-February. Through this announcement, Tai Sophia is now seeking a second group of participants to participate in the January - February 2010 cohort.)

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