

E-References for print article

- e1. Bolla KI, Brown K, Eldreth D, et al: Dose-related neurocognitive effects of marijuana use. *Neurology* 2002;59:1337–1343.
- e2. Solowij N, Stephens RS, Roffman RA, et al: Cognitive functioning of long-term heavy cannabis users seeking treatment. *JAMA* 2002;287:1123–1131.
- e3. Messinis L, Kyrianiou A, Malefaki S, et al. Neuropsychological deficits in long-term frequent cannabis users. *Neurology* 2006;66:737–739.
- e4. Honarmand K, Tierney MC, O'Connor P, Feinstein A. Effects of cannabis on cognitive function in patients with multiple sclerosis. *Neurology* 2011;76:1153–1160.
- e5. Ghaffar O, Feinstein A. Multiple sclerosis and cannabis: a cognitive and psychiatric study. *Neurology* 2008;71:164–169.
- e6. Langdon DW, Thompson AJ, Johnson KP, et al. The psychological effects of cannabis in MS: impact on cognition, pain, mood and fatigue (abstract). *Mult Scler ECTRIMS* 2003;9:S27.
- e7. Lovera J, Bagert B, Smoot K, et al. Ginkgo biloba for the improvement of cognitive performance in multiple sclerosis: a randomized, placebo-controlled trial. *Mult Scler* 2007;13:376–385.
- e8. Lovera JF, Kim E, Heriza E, et al. Ginkgo biloba does not improve cognitive function in MS. *Neurology* 2012;79:1278–1284.
- e9. Johnson SK, Diamond BJ, Rausch S, Kaufman M, Shiflett SC, Graves L. The effect of ginkgo biloba on functional measures in multiple sclerosis: a pilot randomized controlled trial. *EXPLORE: The Journal of Science & Healing* 2006;2:19–24.
- e10. Diamond BJ, Johnson SK, Kaufman M, Shiflett SC, Graves L. A randomized controlled pilot trial: the effects of Egb 761 on information processing and executive function in multiple sclerosis. *Explore (NY)* 2013;9:106–107.
- e11. Fisk JD, Pontefract A, Ritvo PG, Archibald CJ, Murray TJ. The impact of fatigue on patients with multiple sclerosis. *Can J Neurol Sci* 1994;21:9–14.
- e12. Torkildsen O, Wergeland S, Bakke S, et al. ω-3 fatty acid treatment in multiple sclerosis (OFAMS Study): a randomized, double-blind, placebo-controlled trial. *Arch Neurol* 2012;69:1044–1051.
- e13. Weinstock-Guttman B, Baier M, Park Y, et al. Low fat dietary intervention with omega-3 fatty acid supplementation in multiple sclerosis patients. *Prostaglandins Leukot Essent Fatty Acids* 2005;73:397–404.
- e14. Bates D, Cartlidge NE, French JM, et al. A double-blind controlled trial of long chain n-3 polyunsaturated fats in the treatment of multiple sclerosis. *J Neurol Neurosurg Psychiatry* 1989;52:18–22.
- e15. Loder C. Standing in the Sunshine: Story of the MS Breakthrough. Post Falls, ID: Century; 1996.
- e16. Wade DT, Young CA, Chaudhuri KR, Davidson DL. A randomised placebo controlled exploratory study of vitamin B-12, lofepramine, and L-phenylalanine (the “Cari Loder regime”) in the treatment of multiple sclerosis. *J Neurol, Neurosurg, Psychiatry* 2002;73:246–249.
- e17. Sharrack B, Hughes RA. The Guy's Neurological Disability Scale (GNDS): a new disability measure for multiple sclerosis. *Mult Scler* 1999;5:223–233.

- e18. Kurtzke JF. Rating neurologic impairment in multiple sclerosis: an expanded disability status scale (EDSS). *Neurology* 1983;30:299–302.
- e19. Hughes CM, Smyth S, Lowe-Strong AS. Reflexology for the treatment of pain in people with multiple sclerosis: a double-blind randomised sham-controlled clinical trial [Published online ahead of print October 13, 2009]. *Mult Scler* 2009;15:1329–1338.
- e20. Siev-Ner I, Gamus D, Lerner-Geva L, Achiron A. Reflexology treatment relieves symptoms of multiple sclerosis: a randomized controlled study. *Mult Scler* 2003;9:356–361.
- e21. Miller L, McIntee E, Mattison P. Evaluation of the effects of reflexology on quality of life and symptomatic relief in multiple sclerosis patients with moderate to severe disability; a pilot study. *Clin Rehab* 2013;27:591–598.
- e22. Mackereth PA, Booth K, Hillier VF, Caress AL. Reflexology and progressive muscle relaxation training for people with multiple sclerosis: a crossover trial [Published online ahead of print October 1, 2008]. *Complement Ther Clin Pract* 2009;15:14–21.
- e23. Roland M, Fairbank J. The Roland-Morris Disability Questionnaire and the Oswestry Disability Questionnaire. *Spine* 2000;25:3115–3124.
- e24. Hobart J, Cano S. Improving the evaluation of therapeutic interventions in multiple sclerosis: The role of new psychometric methods. *Health Technol Assess* 2009;13:1–200.
- e25. Beck AT, Ward CH, Mendelson M, Mock J, Erbaugh J. An inventory for measuring depression. *Arch Gen Psychiatry* 1961;4:561–571.
- e26. Wesselius T, Heersema DJ, Mostert JP, et al. A randomized crossover study of bee sting therapy for multiple sclerosis. *Neurology* 2005;65:1764–1768.
- e27. Fischer JS, Rudick RA, Cutter GR, Reingold SC. The Multiple Sclerosis Functional Composite Measure (MSFC): an integrated approach to MS clinical outcome assessment. *Mult Scler* 1999;5:244–250.
- e28. Alberts M, Smets EMA, Vercoulen JHMM, Garssen B, Bleijenberg G. ‘Shortened fatigue questionnaire’: a practical aid in scoring fatigue. *Ned Tijdschr Geneeskd* 1997;141:1526–1530.
- e29. Fisk JD, Ritvo PG, Ross L, Haase DA, Marrie TJ, Schlech WF. Measuring the functional impact of fatigue: initial validation of the Fatigue Impact Scale. *Clin Infect Dis* 1994;18 (Supplement 1):S79–S83.
- e30. Ware JE, Sherbourne CD. The MOS 36-Item Short Form Health Survey (SF-36) I. Conceptual framework and item selection. *Med Care* 1992;30:473–483.
- e31. Piatkowski J, Kern S, Ziemssen T. Effect of BEMER magnetic field therapy on the level of fatigue in patients with multiple sclerosis: a randomized, double-blind controlled trial. *J Altern Complement Med* 2009;15:507–511.
- e32. Richards TL, Lappin MS, Acosta-Urquidi J, et al. Double-blind study of pulsing magnetic field effects on multiple sclerosis. *J Alt Complem Med* 1997;3:21–29.
- e33. Lopes de Carvalho ML, Motta R, Konrad G, Battaglia MA, Brichetto G. A randomized placebo-controlled cross-over study using a low frequency magnetic field in the treatment of fatigue in multiple sclerosis *Mult Scler* 2012;18:82–89.
- e34. Mostert S, Kesselring J. Effect of pulsed magnetic field therapy on the level of fatigue in patients with multiple sclerosis: A randomized controlled trial. *Mult Scler* 2005;11:302–305.
- e35. Lappin MS, Lawrie FW, Richards TL, Kramer ED. Effects of a pulsed electromagnetic therapy on multiple sclerosis fatigue and quality of life: A double-blind, placebo controlled trial. *Altern Ther Health Med* 2003;9:38–48.

- e36. Nielsen JF, Klemar F, Hansen HJ, Sinkjaer T. A new treatment of spasticity with repetitive magnetic stimulation in multiple sclerosis. *J Neurol Neurosurg Psychiatry* 1995;58:254–255.
- e37. Pedroso JL, Henriques Aquino CC, Esorcio Bezerra ML, et al. Ginkgo biloba and cerebral bleeding: a case report and critical review. *Neurologist* 2011;17:89–90.
- e38. Klarskov P, Heely E, Nyholdt I, Rottensten K, Nordenbo A. Biofeedback treatment of bladder dysfunction in multiple sclerosis. A randomized trial. *Scand J Urol Nephrol Suppl* 1994;157:61–65.
- e39. Schmid W, Aldridge D. Active music therapy in the treatment of multiple sclerosis patients: a matched control study. *J Mus Ther* 2004;41:225–240.
- e40. Wiens ME, Reimer MA, Guyn HL. Music therapy as a treatment method for improving respiratory muscle strength in patients with advanced multiple sclerosis: a pilot study. *Rehab Nursing* 1999;24:74–80.
- e41. Grossman P, Kappos L, Gensicke H, et al. MS quality of life, depression, and fatigue improve after mindfulness training: a randomized trial. *Neurology* 2010;75:1141–1149.
- e42. Jensen MP, Ehde DM, Gertz KJ, et al. Effects of self-hypnosis training and cognitive restructuring on daily pain intensity and catastrophizing in individuals with multiple sclerosis and chronic pain. *Int J Clin Exp Hypn* 2011;59:45–63.
- e43. Edge R. Padma 28. In Micromedex 2.0 [online]. Available at: http://www.thomsonhc.com/micromedex2/librarian/ND_T/evidenceexpert/ND_PR/evidencexpert/CS/178BE3/ND_AppProduct/evidenceexpert/DUPLICATIONSHIELDSYNC/EA84A6/ND_PG/evidenceexpert/ND_B/evidenceexpert/ND_P/evidenceexpert/PFActionId/evidencexpert.IntermediateToDocumentLink?docId=DC0148&contentSetId=61&title=PADMA+28&servicesTitle=PADMA+28. Accessed August 24, 2012.
- e44. Badrnajew V Jr, Brzosko WJ, Debrowski MP, Dgbrowska-Bernstein BK. Padma 28: an immunoregulatory substance *in vitro*. Abstract of the Second International Conference on Immunopharmacology; 1982; Washington.
- e45. Korwin-Piotrowska T, Nocoń D, Stańkowska-Chomicz A, Starkiewicz A, Wójcicki J, Samochowiec L. Experience of padma 28 in multiple sclerosis. *Psychother Res* 1992;6:133–136.
- e46. Millar JH, Zilkha KJ, Langman MJ, et al. Double-blind trial of linoleate supplementation of the diet in multiple sclerosis. *Brit Med J* 1973;1:765–768.
- e47. Paty DW. Double-blind trial of linoleic acid in multiple sclerosis. *Arch Neurol* 1983;40:693–694.
- e48. Bates D, Fawcett PR, Shaw DA, Weightman D. Trial of polyunsaturated fatty acids in non-relapsing multiple sclerosis. *Brit Med J* 1977;2:932–933.
- e49. Harbige LS, Sharief MK. Polyunsaturated fatty acids in the pathogenesis and treatment of multiple sclerosis. *Br J Nutr* 2007;98 Suppl 1:S46–S53.
- e50. Lambert CP, Archer RL, Carrithers JA, Fink WJ, Evans WJ, Trappe TA. Influence of creatine monohydrate ingestion on muscle metabolites and intense exercise capacity in individuals with multiple sclerosis. *Arch Phys Med Rehabil* 2003;84:1206–1210.
- e51. Malin SK, Cotugna N, Fang CS. Effect of creatine supplementation on muscle capacity in individuals with multiple sclerosis. *J Diet Suppl* 2008;20:20–32.

- e52. Tomassini V, Pozzilli C, Onesti E, et al. Comparison of the effects of acetyl L-carnitine and amantadine for the treatment of fatigue in multiple sclerosis: results of a pilot, randomised, double-blind, crossover trial. *J Neurolog Sci* 2004;218:103–108.
- e53. Gonsette RE, Sindic C, D'hooghe MB, et al. Boosting endogenous neuroprotection in multiple sclerosis: the Association of Inosine and Interferon beta in relapsing-remitting Multiple Sclerosis (ASIIMS) trial [Published online ahead of print March 3, 2010]. *Mult Scler* 2010;16:455–462.
- e54. Spitsin S, Hooper DC, Leist T, Streletz LJ, Mikheeva T, Koprowskil H. Inactivation of peroxynitrite in multiple sclerosis patients after oral administration of inosine may suggest possible approaches to therapy of the disease. *Mult Scler* 2001;7:313–319.
- e55. Toncev G. Therapeutic value of serum uric acid levels increasing in the treatment of multiple sclerosis. *Vojnosanit Pregl* 2006;63:879–882.
- e56. Markowitz CE, Spitsin S, Zimmerman V, et al. The treatment of multiple sclerosis with inosine. *J Altern Complement Med* 2009;15:619–625.
- e57. Hauser SL, Doolittle TH, Lopez-Bresnahan M, et al. An antispasticity effect of threonine in multiple sclerosis. *Arch Neurol* 1992;49:923–926.
- e58. Shaygannejad V, Janghorbani M, Savoj MR, Ashtari F. Effects of adjunct glucosamine sulfate on relapsing-remitting multiple sclerosis progression: preliminary findings of a randomized, placebo-controlled trial [Published online ahead of print March 10, 20120]. *Neurol Res* 2010;32:981–985.
- e59. Sharafaddinzadeh N, Moghtaderi A, Kashipazha D, Majdinasab N, Shalbafan B. The effect of low-dose naltrexone on quality of life of patients with multiple sclerosis: a randomized placebo-controlled trial [Published online ahead of print June 9, 2010]. *Mult Scler* 2010;16:964–969.
- e60. Cree BA, Korniyeyeva E, Goodin DS. Pilot trial of low-dose naltrexone and quality of life in multiple sclerosis. *Ann Neurol* 2010;68:145–150.
- e61. Gillson G, Richard TL, Smith RB, Wright JV. A double-blind pilot study of the effect of Prokarin on fatigue in multiple sclerosis. *Mult Scler* 2002;8:30–35.
- e62. Fischer BH, Marks M, Reich T. Hyperbaric-oxygen treatment of multiple sclerosis. A randomized, placebo-controlled, double-blind study. *New Engl J Med* 1983;308:181–186.
- e63. Barnes MP, Bates D, Cartlidge NE, French JM, Shaw DA. Hyperbaric oxygen and multiple sclerosis: short-term results of a placebo-controlled, double-blind trial. *Lancet* 1985;8424:297–300.
- e64. Wiles CM, Clarke CR, Irwin HP, Edgar EF, Swan AV. Hyperbaric oxygen in multiple sclerosis: a double blind trial. *Brit Med J* 1986;292:367–371.
- e65. Oriani G, Barbieri S, Cislagli G, et al. Long-term hyperbaric oxygen in multiple sclerosis: a placebo-controlled double-blind trial with evoked potentials studies. *J Hyperbar Med* 1990;5:237–245.
- e66. Harpur GD, Suke R, Bass BH, et al. Hyperbaric oxygen therapy in chronic stable multiple sclerosis: double-blind study. *Neurology* 1986 36:988–991.
- e67. Neiman J, Nilsson BY, Barr PO, Perrins DJ. Hyperbaric oxygen in chronic progressive multiple sclerosis: visual evoked potentials and clinical effects. *J Neurol Neurosurg Psychiatry* 1985;48:497–500.
- e68. Hammer A, Nilsagard Y, Forsberg A, Pepa H, Skargren E, Oberg B. Evaluation of therapeutic riding (Sweden)/hippotherapy (United States): a single-subject experimental

- design study replicated in eleven patients with multiple sclerosis. *Physiother Theory Pract* 2005;21:51–77.
- e69. Mackay-Lyons M, Conway C, Roberts W. Effects of therapeutic riding on patients with multiple sclerosis: a preliminary trial. *Physiother Canada* 1988;40:104–109.
- e70. Silkwood-Sherer D, Warmbier H. Effects of hippotherapy on postural stability, in persons with multiple sclerosis: a pilot study. *J Neurol Phys Ther* 2007;31:77–84.
- e71. Oken BS, Kishiyama S, Zajdel D, et al. Randomized controlled trial of yoga and exercise in multiple sclerosis. *Neurology* 2004;62:2058–2064.
- e72. Ahmadi A, Nikbakh M, Arastoo AA, Habibi A-H. The effects of a yoga intervention on balance, speed and endurance of walking, fatigue and quality of life in people with multiple sclerosis. *J Hum Kinet* 2010;23:71–78.
- e73. Velikonja O, Curić K, Ozura A, Jazbec SS. Influence of sports climbing and yoga on spasticity, cognitive function, mood and fatigue in patients with multiple sclerosis [Published online ahead of print April 4, 2010]. *Clin Neurol Neurosurg* 2010;112:597–601.
- e74. Garrett M, Hogan N, Larkin A, Saunders J, Jakeman P, Coote S. Exercise in the community for people with minimal gait impairment due to MS: an assessor-blind randomized controlled trial. *Mult Scler* 2012;19:782–789.
- e75. Hernandez-Reif M, Field T, Theakston H. Multiple sclerosis patients benefit from massage therapy. *J Bodywork Movement Ther* 1998;2:168–174.
- e76. Finch P, Becker P. Changes in the self-efficacy of multiple sclerosis clients following massage therapy. *J Bodywork Movement Ther* 2007;11:267–272.
- e77. McClurg D, Hagen S, Hawkins S, Lowe-Strong A. Abdominal massage for the alleviation of constipation symptoms in people with multiple sclerosis: a randomized controlled feasibility study. *Mult Scler* 2011;17:223–233.
- e78. Negahban H, Rezaie S, Goharpey S. Massage therapy and exercise therapy in patients with multiple sclerosis: a randomized controlled pilot study. *Clin Rehab* 2013 Jul 4 [Epub ahead of print].
- e79. Donnellan CP, Shanley J. Comparison of the effect of two types of acupuncture on quality of life in secondary progressive multiple sclerosis: a preliminary single-blind randomized controlled trial. *Clin Rehabil* 2008;22:195–205.
- e80. Quispe-Cabanillas JG, Damasceno A, von Glehn F, et al. Impact of electroacupuncture on quality of life for patients with relapsing-remitting multiple sclerosis under treatment with immunomodulators: a randomized study. *BMC Complement Altern Med* 2012;12:209.
- e81. Mackereth PA, Booth K, Hillier VF, Caress AL. Reflexology and progressive muscle relaxation training for people with multiple sclerosis: a crossover trial [Published online ahead of print October 1, 2008]. *Complement Ther Clin Pract* 2009;15:14–21.
- e82. Ghafari S, Ahmadi F, Nabavi M, Anoshirvan K, Memarian R, Rafatbakhsh M. Effectiveness of applying progressive muscle relaxation technique on quality of life of patients with multiple sclerosis. *J Clin Nurs* 2009;18:2171–2179.
- e83. Gibson RG, Gibson SL. Neural therapy in the treatment of multiple sclerosis. *J Altern Complement Med* 1999;5:543–552.
- e84. Shinto L, Calabrese C, Morris C, et al. A randomized pilot study of naturopathic medicine in multiple sclerosis. *J Altern Complement Med* 2008;14:489–496.