



HELFGOTT PORTFOLIO 2010-2015: Projects, Publications, Presentations

CURRENT FUNDED STUDIES

Building Research across Interdisciplinary Gaps (BRIDG) Clinical Research Training Program. Funding: R90 NCCIH, 2015-2020

Mindfulness-based Stress Reduction for Multiple Sclerosis: Feasibility, Durability, and Clinical Outcomes. A. Senders, L. Shinto, D. Bourdette, B. Oken, H. Zwickey. (NIH-NCCAM, Submitted February 2014)

A Prospective Evaluation of an Ayurvedic Product on Safety, Adherence and Quality of Life in Adults with Hypertension. Funded by Ayush Herbs, Inc.

Effects of Topical Herbal Salve on Cutaneous Oxygenation and Peripheral Blood Flow. Funded by Pureremedy

Research CAMP: Research in Complementary and Alternative Medicine Program Renewal. H. Zwickey, E. Allen, C. Morris. Funding: R25 NCCAM, 2011-2015.

Effects of the Ketogenic Diet in Parkinson's Patients. A. Senders, E. Erlandsen, A. Mirka, H. Zwickey. Collaboration with Legacy-Good Samaritan Hospital. Food as Medicine Everyday Research (FAMER). K. Tippens, E. Erlandsen, H. Zwickey, R. Graybill.

PENDING GRANT SUBMISSIONS:

Community Acupuncture for Chronic Pain in Underserved Populations: A Pilot Study. K. Tippens, P. Carder, T. Amann, K. Sherman, S. Saha. (NIH-NCCAM, Submitted February 2014)

CURRENT PRELIMINARY STUDIES

Curcumin and Inflammation: Bench to Bedside. I. Chandranata, N. Vasilevsky.

CAM Modalities and Hashimoto's disease: A Case Series. T. Mulvaney, M. Schafer.

Effects on Blood Sugar of Pasteurized versus Unpasteurized Juice. S. Klenk, L. Menk Otto.

Meditative Neuroplasticity: The Effect of Qi Gong Meditation on Brain-Derived Neurotrophic Factor and Cortisol Levels. T. Whitney, M. Gard. H. Zwickey.

Patient Perspectives on Dietary Recommendations for Head Trauma Patients. H. Pearce, L. Fuller.

Amnion® Aquatics Therapy: A Case Series. K. David, W. Hodsdon.

Probiotics: Systematic Review. V. Sharma, N. Vasilevsky. Ginseng's Effect on the Phytochemistry of Sauerkraut. N. Coletto, K. Tippens.

Breast Cancer Cell Replication and Plant Extracts. E. Thorne, D. Tibbitts.

Peat Mud Therapy for Osteoarthritis of the Knee. L. Rogers, K. Beil.

Herbal Tinctures to Enhance or Replace Antibiotics. J. Corn, N. Vasilevsky.

IBS and Depression - A Systematic Review. R. Neuendorf, H. Wahbeh.

Escharotic Treatment for HPV. R. Barbour, K. Tippens. Citrus Pectin and Breast Cancer Cell Adhesion. N. Callan, E. Panutich

Case Series of Phage Therapy for SIBO. L. Mathewson, L. Menk Otto.

SIBO Delphi Panel. D. Saunders, L. Menk Otto. In Vitro Efficacy of Natural Spermicide. S. Wolfe, W. Hodsdon.

Case Series of Escharotic Treatment for CIN II/III. R. Barber, K. Windstar, K. Tippens.

Case Series of Naturopathic Treatment for Lyme Disease. J. Hatfield.

In Vitro Analysis of Medicinal Mushrooms for Cancer. M. Costa, E. Panutich, D. Tibbitts.

Immuno-modulatory effects of a Burdock, Slippery Elm, Sheep Sorrel and Indian Rhubarb Herbal Formula: an In vivo Pilot Study L. Matejka, K. Mudry, N. Vasilevsky, P. Kalnins.

Prospective Case Series Examining the Effects of Singing Bowl Therapy on Stress, Pain, and Reported Symptoms. N. Belikoff-Strads, W. Hodsdon.

Effects of MSM on Markers of Oxidative Stress and Muscle Damage Following Exhaustive Exercise. E. Withee, K. Tippens.

Osteoarthritis and Peat Mud Pack Therapy. H. Zwickey, M. Schafer, L. Rodgers

A Mixed-Methods Evaluation of Local Community Health Education on Food Intake and Behavior Change. K. Tippens, B. Graybill

Reliability of Three Constitutional Questionnaires in Ayurveda Diagnosis. C. Nygaard, C. Dunlap

The association between socioeconomic status and out-of-hospital obstetrical outcomes. J. Edwards, L. Galati

West African Birthing Perspectives: A Mixed-Methods Study of Obstetric Practices in Ghanaian Women in the Greater Accra Region. W. Hodsdon, M. Tuson-Turner

PENDING STUDIES

Impact of a Novel Omega-3 Dietary Supplement on Quality of Life in People with Chronic Pain. Sponsor: Metagenics

Impact of GI Sustain Medical Food on Gastrointestinal Quality of Life in People with Functional and Inflammatory Bowel Disorders. Sponsor: Metagenics

Bioavailability of Coconut-oil Conjugated Curcumin. Sponsor: Ayush Herbs, Inc.

Safety and Tolerability of a Fermented Soy Beverage in Health Humans. Sponsor: BESO, Inc.

COMPLETED FUNDED STUDIES

Development of the Sasang Constitutional Analysis Tool (SCAT) Among People of European Descent. S. Hourston. Funding: KIOM

Assay Development for Measurement of Acetylcholine in Human Serum. Funded by Endurance Products Company.

Organic Cotton vs. Rayon Blend Tampon Study. E. Panutich, H. Zwickey, C. Nygaard, H. Schiffke, H. Wild. Company Funding: Transitions for Health, Inc (dba Emerita).

FertilAid for Women. H. Zwickey, C. Nygaard, H. Wild. Company Funding: Fairhaven Health, LLC.

Effects of Hibiscus Sabdariffa on Diabetes and Insulin Resistance. H. Zwickey, H. Wild. Company Funding: Gaia Herbs, Inc.

Exhaled Breath Analysis: Non-Invasive Markers of Oxidant Tissue Injury and Repair. H. Zwickey, M. Cantu, H. Schiffke. Company funding: PulseHealth Research CAMP: Research in Complementary and Alternative Medicine Program. E. Connelly, P. Elmer, H. Zwickey, Funding: R25 NCCAM, 2007-2011.

Probiotics Literature Review. H. Zwickey, A. Ardishiri. Company Funding: Northwest Natural Products.
Tart Cherry Research Literature Review. R. Krebs, H. Zwickey. Company Funding: Michelle's Miracle
Medicinal Mushroom Research Literature Review. A. Guggenheim, H. Zwickey. Company Funding: Mushroom Science.

A health services research training program in CAM for a naturopathic physician. K. Tippens. Funding: F32 NIH NCCAM, 2009-2011.

Publications

2015

Ryan J, Hanes D, Schafer M, Mikolai J, Zwickey H. "Effect of the Probiotic *Saccharomyces boulardii* on Cholesterol and Lipoprotein Particles in Hypercholesterolemic Adults: A Single-Arm, Open-Label Pilot Study". *J Altern Complement Med.* 2015 May;21(5):288-93. doi: 10.1089/acm.2014.0063. Epub 2015 Apr 20. PMID:25893960

Hill J, Hodsdon W, Schor J, McKinney N, Rubin D, Seely D, Parmar G, Birdsall T, Alschuler L, Lamson Naturopathic Oncology Modified Delphi Panel. *Integr Cancer Ther.* 2015 Jul 24. pii: 1534735415589983. [Epub ahead of print] PMID:26209468

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Oberg E, Bradley R, Fritz H, Goldenberg J, Seely D, et al. Estimated Effects of Whole-system Naturopathic Medicine in Select Chronic Disease Conditions: A Systematic Review. *Altern Integr Med.* 2015, 4.
Bradley R, Oberg E, Givant C. Qualitative study characterizing patient and provider experiences with MTHFR polymorphisms and methylfolate. *Integrative Medicine Research*, 2015. 4(1):94.

Pellegrini M, Parent S, Altman L, Bradley R. Quercetin for Acute Glucose Tolerance in Type 2 Diabetes. *Integrative Medicine Research*, 2015. 4(1):21-22

Ryan JJ1, Hanes DA, Schafer MB, Mikolai J, Zwickey H. Effect of the Probiotic *Saccharomyces boulardii* on Cholesterol and Lipoprotein Particles in Hypercholesterolemic Adults: A Single-Arm, Open-Label Pilot

Study. *J Altern Complement Med.* 2015 May;21(5):288-93. doi: 10.1089/acm.2014.0063. Epub 2015 Apr 20 PMID:25893960

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Needham BL, Roux AD, Bird C, Bradley R, Fitzpatrick A, Jacobs D, Ouyang P, Seeman T, Thurston R, Vaidya D, and Wang S. In press. "A Test of Biological and Behavioral Explanations for Gender Differences in Telomere Length: The Multi-Ethnic Study of Atherosclerosis." *Biodemography and Social Biology.* 2014;60(2):156-73.

Sharpe E, Bradley R, Frasco T, Jayathilaka D, Marsh A, Andreescu S. Metal oxide based multisensor array and portable database for field analysis of antioxidants. *Sensors and Actuators B: Chemical.* 2014.193(31):552-562.

Beil, K., Hanes, D., & Zwickey, H. (2014). Environmental influence on holistic health measures. *Explore (New York, N.Y.)*, 2014 10(2), 115-7.

Bradley R, Fitzpatrick AL, Lee DH, Swords-Jenny N, Jacobs DR, Herrington D. Associations between γ -glutamyltransferase (GGT) Activity and Atherosclerosis: The Multi-Ethnic Study of Atherosclerosis (MESA). *Atherosclerosis.* 2014. doi: 0.1016/j.atherosclerosis.2014.01.010

Sun GC, Ding X, Andrew Zhou XH, Putiri A, Bradley R. Effects of Yi Ren Medical Qigong on Body Weight in People with Type 2 Diabetes Mellitus: A Secondary Analysis of a Randomized Controlled Pilot Study. *J. Integrative Med Ther.* 2014;1(1): 5.

Oberg EB, Thomas MS, McCarty M, Berg J, Burlingham B, Bradley R. Older Adults Perspectives on Naturopathic Medicine's Impact on Healthy Aging. *Explore.* 2014. 10(1): 34-43.

Chamberlin S, Oberg E, Calabrese C, Hanes DA. Naturopathic Practice at North American Academic Institutions: description of 300,483 visits and comparison to conventional primary care. *Integrative Medicine Insights* 2014; 9:7-15. doi: 10.4137/IMI.S14124

Senders A, Bourdette D, Hanes D, Yadav V, Shinto S. Perceived stress in multiple sclerosis: The potential

role of mindfulness in health and wellbeing. *Journal of Evidence-Based Complementary & Alternative Medicine* 2014; 19(2):104-11. 2156587214523291.

Thorne T, Hanes D, Wild H, Colbert A. Direct Moxibustion to Treat Spleen Qi and Yang Deficiency Fatigue: A Pilot Study. *Journal of Acupuncture and Meridian Studies* 2014; 7(2):76-82. <http://dx.doi.org/10.1016/j.jams.2013.04.003>

Tippens KM, Purnell JQ, Gregory WL, Connelly E, Hanes D, Oken B, Calabrese C. Expectancy, self-efficacy, and placebo effect of a sham supplement for weight loss in obese subjects. *Journal of Evidence-Based Complementary & Alternative Medicine* 2014; 19(3):181-188.

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Kimberly Windstar, MEd, ND; Corina Dunlap, BA; Heather Zwickey, PhD. Escharotic Treatment for ECC-positive CIN3 in Childbearing Years: A Case Report. *Integrative Medicine • Vol. 13, No. 2 • April 2014* Ali A1, Calabrese C, Lee R, Salmon D, Zwickey H. Vaccination attitudes and education in naturopathic medicine students. *J Altern Complement Med.* 2014 May;20(5):A115-6. doi: 10.1089/acm.2014.5307.abstract. (<http://www.ncbi.nlm.nih.gov/pubmed/24805422>)

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Erlandsen, A., Senders, A., Zwickey, H. "The Importance of Research Literacy Developing the critical skill of interpreting medical research" *Natural Medicine Journal.* August 2014 Vol. 6 Issue 8

Hill, J., Hodsdon, W. "In Utero Exposure and Breast Cancer Development: An Epigenetic Perspective" *Journal of Environmental Pathology, Toxicology and Oncology,* 33(3):239–245 (2014)

Beil, K. Population--based Analysis of the Relationship between Green Space and Mental Health in Wisconsin (Review & Commentary) *Natural Medicine Journal.* 2014 Sept; 6(9)

Senders A, Hanes D, Bourdette D, Whitham R, Shinto L. Reducing survey burden: Feasibility and validity of PROMIS measures in Multiple Sclerosis. *Multiple Sclerosis Journal* 2014; 20(8):1102-1111.

Teaching Evidence-Based Medicine at Complementary and Alternative Medicine Institutions: Strategies, Competencies, and Evaluation. Zwickey H, Schiffke H, Fleishman S, Haas M, Cruser DA, LeFebvre R, Sullivan B, Taylor B, Gaster B. *J Altern Complement Med.* 2014 Nov 7. PMID: 25380144

Sturgeon JA, Zwickey H, Wood LJ, Hanes D, Zava D, Mackey SC, Darnall BD. Pro-Inflammatory Cytokines and DHEA-S in Women with Fibromyalgia: Impact of Psychological Distress and Menopausal Status. *Journal of Pain Research.* December 2014 Volume 2014:7 Pages 707—716

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Ryan J, Hanes D, Schafer M, Mikolai J, Zwickey H. "Effect of the Probiotic *Saccharomyces boulardii* on Cholesterol and Lipoprotein Particles in Hypercholesterolemic Adults: A Single-Arm, Open-Label Pilot Study". *The Journal of Alternative and Complementary Medicine.* doi:10.1089/acm.2014.0063. <http://online.liebertpub.com/doi/full/10.1089/acm.2014.0063>

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Beil K, Hanes D. The Influence of Urban Natural and Built Environments on Physiological and Psychological Measures of Stress— A Pilot Study *Int. J. Environ. Res. Public Health* 2013, 10, 1250-1267; doi:10.3390/ijerph10041250

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Thorne T, Hanes D, Wild H, Colbert A (2013) Direct Moxibustion to Treat Spleen Qi and Yang Deficiency Fatigue: A Pilot Study. *Journal of Acupuncture and Meridian Studies* <http://dx.doi.org/10.1016/j.jams.2013.04.003>

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Jennifer Faith, Sheryl Thorburn, Kimberly M. Tippens, Examining CAM use disclosure using the Behavioral Model of Health Services Use, *Complementary Therapies in Medicine*, Volume 21, Issue 5, October 2013, Pages 501-508, ISSN 0965-2299, <http://dx.doi.org/10.1016/j.ctim.2013.08.002>.

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Webb-Girard A, Self JL, McAuliffe C, Olude O. "The effects of household food production strategies on the health and nutrition outcomes of women and young children: a systematic review." *J Paediatr Perinat Epidemiol*, 2012.

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Haendel MA, Vasilevsky NA, and Wirz JA. (2012) Dealing with Data: A case study on information and data management literacy. *PLoS Biol* 10(5): e1001339. doi:10.1371/journal.pbio.1001339. published 29 May 2012

Tippens KM, Oberg E, Bradley R. A dialogue between naturopathy and critical medical anthropology: toward a broadened conception of holistic health. *Med Anthropol Q.* 2012 Jun;26(2):257-70.

Chao M, Tippens KM, Connelly E. Utilization of group-based, community acupuncture clinics: A comparative study with a nationally representative sample of acupuncture users. *J Altern Complement Med.* 2012 Jun;18(6):561-6.

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Carlson H, Colbert AP, Frydl J, Arnall E, Elliott M, Carlson N. Nonsurgical management of carpal tunnel syndrome for maximal functional potential. *Int J Clin Rheumatol* 2010;5(1):129-142.

McCollum G, Hanes DA (2010) Symmetries of the central vestibular system: Forming movements for gravity and a three-dimensional world. *Symmetry* 2: 1544-1558.

Hodsdon, W., H. Zwickey. Reproducibility and Reliability of Two Food Allergy Testing Methods. *Natural Medicine Journal*. March 2010; 2(3): 8-13.

Beil, K. "Nature as a Therapeutic Agent". *Green Living Journal*. April 2010

Darnall B., Zwickey H., M.Aickin. A pilot study of inflammatory responses following a negative imaginal focus: Analysis by gender. *Gender Med*. 2010 Jun;7(3):247-60.

Beil, K. "Mental Health Outdoors: The Benefits of Nature". *Rural Connections: Western Rural Development Center Publication*. Sept 2010

Connelly, E. N., Elmer, P. J., Morris, C. D., H. Zwickey. The Vanguard Faculty Program: Research Training for Complementary and Alternative Medicine Faculty. *Journal of Alternative and Complementary Medicine*. 2010 Oct;16(10):1117-23.

Hammer, BU, Gregory, WL, Brown, KA, Ilioi, EC, Colbert, AP. Neurofeedback for Insomnia Psychosomatic Medicine Volume 72, Number 3, 2010 Abstract

Beil, K. "Access to Nature". *The Portland Plan: Health and Human Safety (Collaboration)*. Dec 2010

Colbert AP, Markov MS, Carlson N, Gregory WL, Carlson H, Elmer PJ. Static magnetic field therapy for carpal tunnel syndrome: a feasibility study. *Arch Phys Med Rehabil* 2010;91: 1098-1104.

PRESENTATIONS AND POSTERS

2014 Presentations

Bradley, R. "Naturopathic Care Impacts Patients and Clinical Risk in Cardiometabolic Disease. Academy of Integrative Health & Medicine, San Diego, CA. 2014
Bradley, R. "Epigenetics in clinical practice: qualitative study characterizing patient and provider experiences with MTHFR polymorphisms and methylfolate". Academy of Integrative Health & Medicine, San Diego, CA. 2014

Guggenheim, A. "Naturopathic Management of Autoimmune Disease: Clinical Updates on Rheumatoid Arthritis and Systemic Lupus Erythematosus". California Naturopathic Doctors Association Pharmacy Webinar. November 18, 2014
Lee R (Student), Schafer M, Hanes D, Gard M, Wahbeh H. Forgiveness therapies for cardiovascular disease (CVD) and its strong risk factors: a systematic review with potential implications for public health. Presentation, 2014 Fall Global Psychology Forum. October 10-11, 2014. Los Angeles, CA.

Oberg, E. "Nutritional Deficiencies: refining clinical assessment through lab, exam, interview" Aug 2014, AANP Conference, Phoenix AZ

Beil K. "Psychophysiological evidence of Biophilic Ecopsychology". Nature, Health & Access – Forum. Lewis & Clark College, Portland, OR. June 28th 2014

Vasilevsky, N. The Role of Libraries in Data Management and Curation. American Library Association, Las Vegas, NV. June 2014.

Bradley, R. "Mixed Carotenoids Alter Lipid-related Risk Factors In Vivo". International Research Congress on Integrative Medicine and Health. Miami, FL. May 13-16, 2014

Senders, A. "Improving the Patient-reported Outcome Experience for Participants and PIs: Feasibility and Validity of PROMIS". IRCIMH. Miami, FL. May 13-16, 2014

Maria T. Chao, Larissa G. Duncan, Kimberly M. Tippens, Paula Gardiner, Danielle Dresner, Katherine Gergen-Barnett. "S04: Methodological Innovation in Integrative Medicine Research Targeting Health Disparities". IRCIMH. Miami, FL. May 13-16, 2014

Guggenheim, A. "Updates on Rheumatoid Arthritis and SLE". NCNM Resident Grand Round. May 15, 2014
Wirz J, Vasilevsky N, Champieux R, Laraway B, Banerjee K and Hannon T. Data Wrangling workshop. OHSU, Portland, OR. May 2014.

Haendel M and Vasilevsky N. Research Efficiency & Reproducibility: Leveraging Research Resources. Elsevier webinar. April 2014.

Oberg, E. "Where does naturopathic medicine integrate with the chronic disease healthcare system?" Grand Rounds. April 2014, Center for Integrative Medicine, UCSD

Oberg, E. "Integrative Medicine and the Affordable Care Act" UCSD pre-med student keynote presentation. March 2014, San Diego, CA

Beil K. "Inclusion of Restorative Green Spaces in Urban Planning and Design". Design and Well-Being in the Built Environment – Symposium. University Of Warwick, Coventry, UK. March 9, 2014

Guggenheim, A. "The Wobbly Toddler: Clinical Manifestations and Approach to Juvenile Idiopathic Arthritis". Institute of Women's Health and Integrative Medicine CME Conference. February 1, 2014

2014 Posters

Martone ME, Haenel MA, Mungall CJ, Vasilevsky N, Washington N, Hochheiser H, Lewis S, Gupta A, Grethe J. The Monarch Initiative: A system for translating phenotypes between model organisms and human disease. Society for Neuroscience 2014.

Rachel Neuendorf (Student) "Depression and Anxiety in Inflammatory Bowel Disease: a Systematic Review" 2014 Advances in Inflammatory Bowel Diseases: Crohn's & Colitis Foundation's Clinical and Research Conference in Orlando, Florida on December 4 – 6, 2014.

Jade Hatfield (Student), Morgan Schafer, Carolyn Nygaard. "Atypical Presentation of Lyme disease in a Clinical Setting". ILADS Lyme Disease Annual Scientific Conference. Washington, DC. October 2014

Bandrowski A, Martone M, Vasilevsky N, Brush M and Haendel M. Identifying research resources in biomedical literature should be easy. Neuroinformatics Conference August 2014.

Washington N, Vasilevsky N, Chesler E, Bogue M and Haendel M. Investigating the relationship between standard laboratory mouse strains and their mutant phenotypes. Phenotype Day, Intelligent Systems for Molecular Biology, Boston, MA. July 2014.

Beil, K. "Consideration of Personal and Environmental Variables in the Measurement of Psychophysiological Stress Response to Different Environmental Settings" poster. IRCIMH. Miami, FL. May 13-16, 2014

Hourston, S. "Micronutrient Levels in Adults with Autism Spectrum Disorders" poster. IRCIMH. Miami, FL. May 13-16, 2014

Ryan, J. "Effect of the Probiotic *Saccharomyces boulardii* on Cholesterol Levels and Additional Cardiovascular Biomarkers in Hypercholesterolemic Adults" poster. IRCIMH. Miami, FL. May 13-16, 2014

Senders, A. "The Relationship between Mindfulness and Pain in Multiple Sclerosis" poster. IRCIMH. Miami, FL. May 13-16, 2014

Kirsten Wright (Student), Morgan Schafer, Kelly Shaw, Paul Kalnins, Heather Zwickey. "Evidence for Phytochemical Synergism in Classical Chinese Herbal Pairs". IRCIMH. Miami, FL. May 13-16, 2014

Steve Chamberlin (Student), Kim Tippens. "Complementary and Alternative Medicine Practice Patterns for MD and DO, 2006-2010". IRCIMH. Miami, FL. May 13-16, 2014

Robin Champieux, Nicole Vasilevsky and Jackie Wirz. Research Communication Workshop. Online Northwest, 2014. <http://onlinenorthwest.org/about/blog/2014/3/6/research-communication-workshop>

2013 Presentations

Beil K. "Stress Moderating Effects of Environmental Variables" Amer. Assoc. of Naturopathic Physicians Conf. (Keystone, CO) July 13, 2013

Kurt Beil, ND, MSOM, MPH, Nature, Health + Ecology: A UN World Environment Day Forum, "The Environment of Health: An Ecological Approach to Well-Being." (June 1, 2013)

Tippens K. "Addressing Health Disparities with Acupuncture: Thoughts on the Community Acupuncture Model". SPARC 2013. Portland, OR. May 4, 2013

Nicole Vasilevsky, PhD, Wirz J. and Haendel MA. Data Management. SPARC Conference Portland, Ore. 03 and 04 May 2013

Nicole Vasilevsky, PhD, On the reproducibility of science: Unique Identification of Research Resources in the Biomedical Literature. OHSU Research Week. OHSU, Portland, Ore. May 2013.

Kimberly M. Tippens, ND, MSAOM, MPH, Sue Fleishman, A. Russell, Heather Zwickey, PhD, Society for Acupuncture Research, "Acupuncture and Oriental Medicine (AOM) Practitioners Conducting Research: Preliminary Findings for Interviews to Inform Workforce Training." Ann Arbor, Mich. (April 18, 2013)

Beil K. "Natural and Built Environments as Determinants of Health" 5th Northwest Environmental Health Conference (Portland, OR) March 15, 2013

Heather Zwickey, PhD, NW Pain Society – SPINE Symposium "Psychoneuroimmunology of Pain: How Personality, Nutrition, and Behavior Shape Experience." Vancouver, Wash. (March 2013)
Alena Guggenheim, ND, Institute of Women's Health and Integrative Medicine continuing education conference, "Controversies in Childrearing: Sleep, Extended Breastfeeding, Rewards and Discipline." (January 26, 2013)

Heather Zwickey, PhD, International Association of Medical Science Educators, "Curriculum Design to Promote Research Literacy." International Webinar. (January 2013)

2013 Student Presentations

Steve Chamberlin (NCNM Student) "Descriptions and comparisons of 300,000 naturopathic visits sourced from academic clinical administrative data, 2006-2010". SPARC 2013. Portland, OR. May 4, 2013

Sarah Hourston, ND Student, International Congress on Complementary Medicine Research, Poster: "Micronutrient Levels in Adults with Autism Spectrum Disorders." London, Eng. (April 11-13, 2013)

2013 Investigator Posters

Kurt Beil, ND, MSOM, MPH, Symposium for Portland Area Research on Complementary & Alternative Medicine, Poster: "Ability of Natural and Built Environments to Influence Measures of Psychophysiological Stress." Portland, Ore. (May 4, 2013)

Helané Wahbeh, ND, MCR, Symposium for Portland Area Research on Complementary & Alternative Medicine, Poster: "Mindfulness meditations effect on heart rate variability in combat veterans with posttraumatic stress disorder." Portland, Ore. (May 4, 2013)

2013 Student Posters

Robert Lee, MA, MSiMR/ND Student, Symposium for Portland Area Research on Complementary & Alternative Medicine Student Research Pre-Conference, Poster: "Acceptability and Generalizability of Forgiveness and Mindfulness Therapy: A Survey Questionnaire." Portland, Ore. (May 3, 2013)

Erin Thorne, MSiMR/ND Student, Symposium for Portland Area Research on Complementary & Alternative Medicine Student Research Pre-Conference, Poster: "IV Vitamin C and Weekly Chemotherapy Administration." Portland, Ore. (May 3, 2013)

Cassandra Robinson, MSiMR/ND Student, Symposium for Portland Area Research on Complementary & Alternative Medicine Student Research Pre-Conference, Poster: "Hypertension: The Effects of a Naturopathic Medical Approach" Portland, Ore. (May 3, 2013)

Lindsay Rodgers, MSiMR/ND Student, Symposium for Portland Area Research on Complementary & Alternative Medicine Student Research Pre-Conference, Poster: "Osteoarthritis and Peat." Portland, Ore. (May 3, 2013)

Jennifer J. Ryan, ND, MSiMR Student, Symposium for Portland Area Research on Complementary & Alternative Medicine Student Research Pre-Conference, Poster: "Effect of the Probiotic *Saccharomyces boulardii* on Lipid Levels and Other Cardiovascular Biomarkers." Portland, Ore. (May 3, 2013)

2012 Presentations

Nicole Vasilevsky, PhD, eagle-i Software Demonstration. Western Association of Core Directors. Portland, Ore. 01 November 2012.

Alena Guggenheim, ND, Institute of Women's Health and Integrative Medicine continuing education conference, "Incorporating Naturopathic Principles Into Parenting Intervention." (October 28, 2012)

Vasilevsky N and Schaffer M. Educating Naturopathic Medicine Students in Basic Science Laboratory Skills and Data Analysis. 2012 International Congress for Educators in Complementary and Integrative Medicine. Washington DC. October 25, 2012.

Kimberly M. Tippens, ND, MSAOM, MPH, Sue Fleishman, A. Russell, Heather Zwickey, PhD, International Congress for Educators in Complementary & Integrative Medicine, "CAM Practitioners Conducting Research: Preliminary Findings from a Survey and Interviews to Inform Workforce Training." D.C. (October 23, 2012)

Beil K. "Biophilic Medicine: The Preventive, Therapeutic and Restorative Power of Contact with Nature" Calif Assoc. of Naturopathic Med Merging Med Conf XIII, La Jolla, CA. -October 14, 2012

Erlandsen A. "Food for Health: Tips and Tricks for Healthy Childhood Nutrition" Parent Teacher Organization (PTO) Meeting. Holy Trinity Catholic School Beaverton, OR. Oct. 8th, 2012

Beil K. "Green Space: Multiple Health Benefits for Underserved Populations" Integrative Medicine for the Underserved, Santa Clara, CA. -September 8, 2012

Tippens KM, Chao M. Examining Disparities in Complementary and Alternative Medicine Use Through Practice-Based Research in Community Acupuncture Clinics. Integrative Medicine for the Underserved (IM4Us) Conference, September 7th, 2012, Santa Clara, CA.

Beil K. "Ecological Therapeutics: Contact with Nature in the 21st Century" Amer. Assoc. of Naturopathic Physicians Conf., Bellevue, WA. August 16, 2012

Nicole Vasilevsky, PhD, Harvard University, "eagle-i Network Training." Boston, Mass. (25-27 July 2012)

Vasilevsky N "Data and Information Management: Teaching Best Practices" International Association of Medical Science Education Meeting, Portland, OR. 25 June 2012.

Zwickey H. "Case Reports: Translating Clinical Insights into Science" Featured Symposium: Clinical Research Literacy Curriculum. International Association of Medical Science Educators. Portland, OR. June 2012

Beil K. "Effects of Environmental Settings on Measures of Holistic Health" International Making Cities Livable Conference, Portland, OR. Presenter – May 21, 2012

Tippens KM, Chao M, Connelly E, Locke A. Assessing Patient Perspectives on Quality of Care in Community Acupuncture Clinics. International Research Congress on Integrative Medicine and Health, May 17th, 2012, Portland, OR.

Tippens KM, Elmer PJ, Szybala C, Saha S. Patient Perspectives on Provider Communication, Self-Management and Alternative Medicine in Conventional and Naturopathic Diabetes Care. International Research Congress on Integrative Medicine and Health, May 16th, 2012, Portland, OR.
Zwickey H. "State of the Science of Naturopathic, Chiropractic, and Asian Oriental Medicine" International Research Congress on Integrative Medicine and Health. Portland, OR. May 2012

International Research Congress Integrative Medicine and Health (IRCIMH) 2012. Pre-Conference Workshop Evidence-based CAM: State of the Science of Chiropractic, Naturopathic and Asian & Oriental Medicine Organizers: Heather Zwickey, Roni Evans, Cyndy Long, and Ryan Milley

Beil K. "Biophilia and Health: Why Contact with Nature is Good for You" Earth & Spirit Council for Indigenous Education: Earth Day. Presenter—April 21, 2012

Beil K. "Health in Nature: If it is so obvious, why aren't we doing it?" NCNM HealthBiz Expo, Portland, OR. Presenter – April 21, 2012

Vasilevsky N "The semantic web is changing research and library science" Oregon Library Association Annual Meeting, Bend, OR. 27 April 2012

Beil K. "Environmental Settings & Health Effects (ESHE) Study" 4th Northwest Environmental Health Conference, Portland, OR. Presenter – Feb 10, 2012

Beil K. Nature and Health: Gardens as Healing Spaces. Portland Japanese Gardens Guest Speaker Series, Portland, OR. Presenter – Feb 9, 2012

Mikolai J. "Basic Treatment Guidelines for the Heart (high blood pressure, cholesterol)" Heart Health, Naturally – NCNM Clinic Open House, Portland, OR – Speaker, Feb 2012

Mikolai J. "Bugs and Broken Hearts: acute and chronic cardiovascular infections, integrative treatment and management" Acute and Chronic Infections in Women, Institute of Women's Health & Integrative Medicine, Portland, OR – Featured Speaker, Jan. 2012

2012 Investigator Posters

Molecular Determinants of Persistent Cancer Related Fatigue In Breast Cancer Survivors. Suzanna M. Zick, Ananda Sen, Heather Zwickey, Lisa Wood, Brad Foerster, Richard E. Harris University of Michigan Medical School Ann Arbor, MI; National College of Natural Medicine Portland, OR; Oregon Health Sciences University Portland, OR. "Cancer Survivorship Research: Translating Science to Care" June 14th -16th at Crystal Gateway Marriott, Arlington, VA.

A, Erlandsen. "In Vivo Immune Modulating Effects of *Withania somnifera*" International Research Congress on Integrative Medicine And Health (IRCIMH), Portland, OR. May 2012

Mikolai, J. "In Vivo Immune Modulating Effects of Ashwagandha (*Withania somnifera*)" International Research Congress on Integrative Medicine and Health, Portland, OR – Poster, May 2012

Webb-Girard A, Self JL, McAuliffe C, Olude O. "The effects of household food production strategies on the health and nutrition outcomes of women and young children: a systematic review." Presented at the annual Experimental Biology Conference; 22 April 2012.

McAuliffe C, Connelly E, Zwickey H. "Gender Differences in Childhood Stunting in Southwestern Tanzania." Presented at the annual Experimental Biology Conference; April 2011.

McAuliffe C, Webb-Girard A, Martorell R. "Un Kilo de Ayuda's nutrition education component: Program delivery and user's perceptions in Guerrero, Mexico." Presented at the Global Health Symposium, Rollins School of Public Health, Emory University; April 2011.

International Research Congress Integrative Medicine and Health (IRCIMH) 2012

Student Posters

Low Energy Neurofeedback System (LENS) for Stress, Anxiety, and Cognitive Function: an Exploratory Study - Sara Gillham, et al

Synergism of Herbs in Classical Chinese Medicine; evidence from HPLC - Kelly Shaw, et al
The Relationship Between CAM Use and Somatic Symptom Severity – Steve Chamberlin (using PROCAIM, Deb Ackerman's data)

'Skin Conductance at 24 Source (Yuan) Acupoints in 8637 Patients: Influence of Age, Gender and Time of Day' – Steve Chamberlin

Description of naturopathic practice from clinical administrative data on 400,000 visits in academic clinics – Steve Chamberlin (Carlo Calabrese)

Investigator Posters

Patient Perspectives on Quality of Care at Community Acupuncture Clinics – Kim Tippens, et al
Patient Perspectives on Provider Communication, Self-Management, and Alternative Medicine in Conventional and Naturopathic Diabetes Care. – Kim Tippens, et al

Clinical Utility of Electrodermal Activity at Acupuncture Points: a Narrative Review – Agatha Colbert, et al
Electrodermal Activity at Acupoints: Literature Review and Recommendations for Reporting Clinical Trials – Agatha Colbert, et al

2011 Presentations

eagle-i Network Curation Training, Harvard University, Boston, MA. 15-16 December 2011.

Self JL, McAuliffe C, Webb Girard A. "Community-engaged learning on food systems and public health." Presented at the annual meeting of the American Public Health Association; 1 November 2011.

Zwickey H. "Cancer and Immunity" Cancer Treatment Centers of America Integrative Medicine Conference. Tulsa, OK. Invited Keynote Speaker. November 2011

Tippens KM, Chao M. Practice-Based Research in Community Acupuncture Clinics: The Utility of Community-Based Participatory Research. Consortium of Academic Health Centers in Integrative Medicine Annual Research Day, October 26th, 2011, Los Angeles, CA.

Zwickey H. "Vaccines and the Immune System" Restorative Medicine Conference. Portland, OR. Invited Speaker: October 2011

Zwickey H. "Evidence for Mushrooms in Cancer" 7th Annual Pacific NW Excellence in Breast and Gynecologic Care Conference. Portland, OR. Invited Speaker: October 2011

Beil K. "Environmental Settings & Health Effects: Holistic Measures of Health". Healthy By Nature International Conference (Vancouver, BC) Presenter– Sept 22, 2011

Zwickey H. "Competency in Research Literacy" International Association of Medical Science Educators St. Petersburg, FL. June 2011

Andrews, Tracy. Presentation: Moving Toward Integration: Chinese Medicine and the Treatment of Dissociation. AAAOM Conference, student research symposium, May 13, 2011, Baltimore MD.
Seraphim, Aiden. Presentation: Chinese Medicine in Pediatric Oncology. AAAOM Conference, student research symposium. May 13, 2011.

McAuliffe C, Whitaker L, Webb Girard A. "Challenges to making local food accessible through farmers' markets and community supported agriculture: DeKalb County, Georgia." Presented at the annual Experimental Biology Conference; 21 April 2012. Presented at the 1st Annual Local Food Symposium at Rollins School of Public Health, Emory University; 4 May 2011.

Tippens KM. "Attitudes Toward and Experiences With Complementary and Alternative Medicine Among Adult Patients With Type 2 Diabetes (T2DM): Preliminary Data from Portland, Oregon." Symposium for Portland Area Research on Complementary and Alternative Medicine. April 16th, 2011, Portland, OR.

Tippens KM. "Investigating an Innovative Acupuncture Service Model: Characterization of Community Acupuncture Clients." Community Acupuncture Network Conference, April 9th 2011, Portland, OR.

Beil K. "Public Health Benefits of the Natural Environment". Portland Metro's Intertwine – A Regional System of Nature & Health – Cascade Bridges to Baccalaureate Seminar Series. Presenter. Apr 8, 2011

McAuliffe C, Webb-Girard A, Martorell R. "Un Kilo de Ayuda's nutrition education component: Program delivery and user's perceptions in Guerrero, Mexico." Presented at the annual Society of Applied Anthropology Conference; April 2011.

Zwickey H. Pre-conference workshop: "Active Teaching Strategies". Workshop: "A Comparison of 6 Student Research Programs". Symposium for Portland Area Research in Complementary and Alternative Medicine (SPARC) Conference. Portland, OR. April 2011

Zwickey H. "How to Teach and Apply Evidence Based Practice". Association of Chiropractic Colleges Educational Conference and Research Agenda Conference. Las Vegas, NV. March 2011

Beil K. "The Intertwine HIA: The Public Health Benefits of Portland Metro's Parks, Trails and Natural Areas" 3rd Northwest Environmental Health Conference (Portland, Oregon). Presenter – Feb 11, 2011

Zwickey H. "Evidence for Mushrooms in Cancer Treatment" Integrative Medicine Grand Rounds – Legacy. Portland, OR. February 2011

2011 Posters

A, Erlandsen. "In Vivo Immune Modulating Effects of *Withania somnifera*" The American Association of Naturopathic Physicians Phoenix, AZ. Annual Conference of the AANP – Research Track. August 2011

Chamberlin, Steve. Poster: Skin conductance at 24 Source (Yuan) acupoints in 8,637 patients: influence of age, gender and time of day. AAAOM Conference. May 13, 2011.

McAuliffe C, Connelly E, Zwickey H. "Gender Differences in Childhood Stunting in Southwestern Tanzania." Presented at the annual Experimental Biology Conference; April 2011.

McAuliffe C, Webb-Girard A, Martorell R. "Un Kilo de Ayuda's nutrition education component: Program delivery and user's perceptions in Guerrero, Mexico." Presented at the Global Health Symposium, Rollins School of Public Health, Emory University; April 2011.

A, Erlandsen. Poster: "In Vivo Effects of Ashwagandha (*Withania somnifera*) on the Activation and Proliferation of Leukocytes". American Medical Student Association National Conference (AMSA). Washington, D.C. March 2011

T. Janisse, E. Sutherland, N. Vuckovic, J. Hsu, K. Tallman, R. Frankel, T. Stein, S.H. Sung. Practices of the Highest Performing Physicians by Patient Survey. Explanation to Understanding: 2011

2010 Presentations

Chao MT, Tippens KM, Connelly E. Enhancing access to acupuncture: a comparative study of national and community-based data. American Public Health Association 138th Annual Meeting, November 6-10, 2010, Denver, CO

Tippens KM, Chao M, Connelly E, Locke A, Lowery M, Murray M, Johnson R, Margitic M. Social justice and the community acupuncture movement: History and preliminary data from the Working Class Acupuncture clinics in Portland, Oregon. American Public Health Association Annual Meeting. November 6-10th 2010, Denver, CO.

Tippens KM, Assessing Student Perspectives on Diversity: The NCM Student Cultural Climate Survey. American Association of Naturopathic Physicians 25th Annual Convention. August 11th, 2010, Portland, OR California Association of Naturopathic Doctors Conference, Zwickey, Invited Speaker: Cytokines and Autoimmunity

Women's Health and Autoimmunity Conference, Zwickey, Invited Speaker: Autoimmunity: what goes wrong?

Current Research in Complementary and Alternative Medicine- Zwickey, St Olaf, May 2010

The Relationships between International Traditional Medicine and Complementary and Alternative Medicine Zwickey, St Olaf, May 2010

Hammer, BU, Brown, KA, Ilioi, EC, Colbert AP Neurofeedback for Insomnia Poster and oral presentation at SPARC, Portland, OR April 17, 2010.

SPARC April 2010 Dana Waichunas, Anne Thiel, Renae Rogers, Alana Peters, Casey Carpenter, Jamie Fields, Kimberly Brown, MSOM, Heather Zwickey, PhD, Carlo Calabrese, ND, MPH Physician-Guided Research Survey: Interests and Capacities in Clinical Research Among Naturopathic Physicians in Oregon and Washington

SPARC April 2010 NDI: Research in Clinical Practice in a Developing Country Tabatha Parker, ND; Christi Lane-Barlow²; Collective Wisdom; Kacy Borba²; Erin Friedman¹; Erin Connelly¹; Nicci Lambert¹; Carlo Calabrese¹, ND, MPH

SPARC April 2010 Joanna Fisher, Angela Knapp, Erin Mullaney, Kristin Odegard, Ose Okojie, Jessica

Sweet, Andrea Williams, Kimberly Brown, MSOM, LAc, Heather Zwickey, PhD Randomized Controlled Trial of the Anti-Inflammatory Diet for Psoriasis and Psoriatic Arthritis: A Pilot Study

SPARC April 2010 Ashley Haywood ND, MSOM, LAc1; Patricia Elmer, PhD1; Paula Amato, MD2; Will Gregory, PhD1; Scott Mist, PhD, MAcOM, MS, MA2; Heather Zwickey, PhD1 A Feasibility Study on the Effects of *Gymnema sylvestra* on Menstrual Cyclicity in Women with Polycystic Ovary Syndrome

Hammer, BU, Brown, KA, Ilioi, EC, Colbert AP Neurofeedback for Insomnia. 41st Annual meeting of the Association for Applied Psychophysiology and Biofeedback on March 27, 2010 in San Diego, CA.

Colbert AP, Chamberlin S, Larsen, A Thong T, Schiffke H, Gregory WL. Demonstrating lower skin impedance at acupuncture points compared to non-acupuncture sites may be influenced by distance between recording sites. Society for Acupuncture Research. March 19-21, 2010, Chapel Hill, North Carolina

Colbert AP. The Octopus and the AcuGraph - Skin Impedance Measurements at Acupuncture Points: a valid outcome measure? Society for Acupuncture Research March 19-21, 2010, Chapel Hill, North Carolina