



HELFGOTT RESEARCH INSTITUTE 2017–2018

Projects, Publications & Presentations

CURRENT STUDIES

NIH-Funded Research

Building research across interdisciplinary gaps (BRIDG) clinical research training program. Zwickey H, Bradley R. Funding: NCCIH R90, 2015-2020.

The effect of respiration rate during pranayama practice on the autonomic nervous system. Lacombe A, Bradley R. Funding: NCCIH R90, 2015-2020.

Mindfulness-based stress reduction for multiple sclerosis: feasibility, durability, and clinical outcomes. Senders A, Shinto L, Bourdette D, Oken B, Zwickey H. Funding: NCCIH K23, 2015-2020.

Privately-Funded Research

Safety and Tolerability Study of Divinia water on Liver and Renal Function. Bradley, R., Phipps, J., Hanes, D.

Evaluation of a targeted methylation-balancing intervention on biomarkers of methylation and quality of life. Erlandsen A, Bradley R.

Multi-biomarker exploration of SIBO: an observational study. Menk Otto L, Saunders D, Bradley R.

Prospective safety and tolerability assessment of intravenous vitamin C for Lyme disease. Erlandsen A, Tichauer C.

Current Preliminary Studies

Associations between nutritional factors and hsCRP in adults with pre-diabetes. Pickworth K, Bradley R.

Blood micronutrient analysis, dietary habits, and Parkinson's disease symptom severity: a cross-sectional study. Fiordalisi C, Zwickey H.

Case report: use of the classical Chinese science of bazi suanming in a Chinese medicine clinical setting. Littlefield R, Zwickey H.

Herbal tinctures to enhance or replace antibiotics. Corn J, Vasilevsky N.

Intestinal permeability and its relationship with food sensitivity and autoimmunity. Tiroke N, Bradley R.

In vitro analysis of medicinal mushrooms for cancer. Costa M, Panutich E, Tibbitts D.

Meditative neuroplasticity: the effect of qi gong meditation on brain-derived neurotrophic factor and cortisol levels. Whitney T, Gard M, Zwickey H.

A mixed-methods evaluation of local community health education on food intake and behavior change. Tippens K, Graybill R.

Natural treatments for type 2 diabetes management and their effects on insulin-like growth factor 1 receptor (IGF1R) in colorectal cancer cell lines. Thompson B, Tibbitts D.

Recently Completed Preliminary Studies

A prospective evaluation of an ayurvedic product on safety, adherence and quality of life in adults with hypertension. Ryan J, Bradley R. Funding: Ayush Herbs, Inc.

Effect of a comprehensive nutrition support product on the nutritional status of adults with inflammatory bowel disease. Ryan J, Bradley R.

Impact of IgG food sensitivity elimination diet in an overweight/obese population: a mixed methods evaluation of local community health education on food intake and behavior change. Graybill R, Tippens K.

Nutritional status and quality of life in women with polycystic ovary syndrome. Dunlap C, Bradley R.

Amnion® aquatics therapy: a case series. David K, Hodsdon W.

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

- Breast cancer cell replication and plant extracts. Thorne E, Tibbitts D.
- CAM modalities and Hashimoto's disease: a case series. Mulvaney T, Schafer M.
- Case series of escharotic treatment for CIN II/III. Barber R, Windstar K, Tippens K.
- Case series of naturopathic treatment for Lyme disease. Hatfield J.
- Conceptualizing integrative medicine: a qualitative study using focus groups. Taxman E, Tippens K.
- Curcumin and inflammation: bench to bedside. Chandranata I, Vasilevsky N.
- Effects of the combined use of n-acetyl cysteine (NAC), probiotics, and metronidazole gel on recurrence of chronic bacterial vaginosis. Conlon E, Dunlap C.
- Effects of MSM on markers of oxidative stress and muscle damage following exhaustive exercise. Withee E, Tippens K.
- Effects on blood sugar of pasteurized versus unpasteurized juice. Klenk S, Menk Otto L.
- Empathy and burnout among naturopathic medical students. Hicks M, Gard M.
- Escharotic treatment for HPV. Barbour R, Tippens K.
- Citrus pectin and breast cancer cell adhesion. Callan N, Panutich E.
- Ginseng's effect on the phytochemistry of sauerkraut. Coletto N, Tippens K.
- IBS and depression: a systematic review. Neuendorf R, Wahbeh H.
- The impact of popular and social media on perceptions of healthy meals and food purchasing decisions among mothers of preschoolers. Anderson S, Reeder J.
- In vitro efficacy of natural spermicide. Wolfe S, Hodsdon W.
- Patient perspectives on dietary recommendations for head trauma patients. Pearce H, Fuller L.
- Peat mud therapy for osteoarthritis of the knee. Rogers L, Beil K.
- Prospective case series examining the effects of singing bowl therapy on stress, pain, and reported symptoms. Belikoff-Strads N, Hodsdon W.
- Qi gong for multiple sclerosis: a feasibility study. Buttolph L, Senders A.
- Reliability of three constitutional questionnaires in Ayurveda diagnosis. Nygaard C, Dunlap C.
- Secular trends in health-related quality of life among older women with breast cancer, 1998-2013. Speers A, Tibbitts D.
- SIBO delphi panel. Saunders D, Menk Otto L.
- Systematic review-integrating yoga into the body project: a mixed methods feasibility study. Beccia A, Senders A.
- West African birthing perspectives: a mixed-methods study of obstetric practices in Ghanaian women in the Greater Accra Region. Hodsdon W, Tuson-Turner M.

“After all, the ultimate goal of all research is not objectivity, but truth.”

—Helene Deutsch

PUBLICATIONS

2018

- Impact of mindfulness-based stress reduction for people with multiple sclerosis at 8 weeks and 12 months: A randomized clinical trial. Senders A, Hanes D, Bourdette D, Marshall L, Shinto L. Multiple Sclerosis Journal. In Press.
- Maturation of Nutritive Sucking in Preterm and Full-Term Infants. Scherman A, Wiedrick J, Lang W, Rdesinski R, Lapidus J, Abu-Shamieh A, et al. *Pediatr Res*. In Press.
- Constipation and diarrhea during the menopause transition and early postmenopause: observations from the Seattle Midlife Women's Health Study. Callan NGL, Mitchell ES, Heitkemper MM, Woods NF. *Menopause N Y N*. 2018;25(6):615-624.
- Stool and urine trefoil factor 3 levels: associations with symptoms, intestinal permeability, and microbial diversity in irritable bowel syndrome. Heitkemper MM, Cain KC, Shulman RJ, Burr RL, Ko C, Hollister EB, Zia J, Han CJ, Jarrett ME, Callan NGL. *Benef Microbes*. 2018;9(3):345-355. doi:10.3920/BM2017.0059 doi:10.1097/GME.0000000000001057
- Multifactorial: Pain in the Menopause Transition. Callan NGL, Woods NF. *Menopause N Y N*. 2018;25(9).
- Surfactant-enhanced disinfection of the human norovirus surrogate, Tulane virus, with organic acids and surfactant. Lacombe A, Niemira BA, Gurtler JB, Kingsley DH, Li X, Chen H. *J Food Prot*. 2018;81(2):279-283.
- Prepregnancy Extreme Obesity Is Associated with Increased Steroid Dispensing in Early Childhood. MacDonald KD, Scherman A, Vesco K, Funk K, Markwardt S, Lapidus J, et al. *Pediatr Allergy Immunol Pulmonol*. 2018;31(2):84-90. doi:10.1089/ped.2017.0858
- Smoking cessation in pregnancy: a continuing challenge in the United States. Scherman A, Tolosa JE, McEvoy C. *Ther Adv Drug Saf*. 2018. doi:10.1177/2042098618775366
- Naturopathic Approaches to Irritable Bowel Syndrome: Protocol for a Prospective Observational Study in Academic Teaching Clinics. Goldenberg J, Steel A, Day A, Yap C, Bradley R, Cooley K. *Integr Med Res*. June 2018. doi:10.1016/j.imr.2018.06.001
- Circulating Interleukin-6 is a biomarker for coronary atherosclerosis in nonalcoholic fatty liver disease: Results from the Multi-Ethnic Study of Atherosclerosis. imon TG, Trejo MEP, McClelland R, Bradley R, Blaha MJ MD, Zeb I, et al. *Int J Cardiol*. 2018;259:198-204. doi:10.1016/j.ijcard.2018.01.046

Pilot clinical trial of constitutional hydrotherapy in HIV+ adults. Corroon J, Pillsbury C, Wojcikiewicz A, Huyck A, Saenz C, Takakura M, Milkis S, **Bradley R.** *Adv Integr Med.* 2018;5(1):23-28. doi:10.1016/j.aimed.2017.12.004

Meals, Mindfulness, & Moving Forward: A feasibility study to a multi-modal lifestyle approach in early psychosis. Usher C, Thompson A, Griebeler M, **Senders A,** Moser C, Bourdette D, et al. *Early Interv Psychiatry.* March 2018. doi:10.1111/eip.12546

2017

Effects of Methylsulfonylmethane (MSM) on exercise-induced oxidative stress, muscle damage, and pain following a half-marathon: a double-blind, randomized, placebo-controlled trial. Withee ED, Tippens KM, Dehen R, Tibbitts D, Hanes D, Zwickey H. *J Int Soc Sports Nutr.* 2017;14:24. doi:10.1186/s12970-017-0181-z

Mindfulness-based eating disorder prevention programs: A systematic review and meta-analysis. Beccia AL, Dunlap C, Hanes D, Courneene BJ, Zwickey HL. *Ment Health Prev.* 2018;9:1-12. doi:10.1016/j.mhp.2017.11.001

Reliability of self-reported constitutional questionnaires in Ayurveda diagnosis. Dunlap C, Hanes D, Elder C, Nygaard C, Zwickey H. *J Ayurveda Integr Med.* 2017;8(4):257-262. doi:10.1016/j.jaim.2017.04.011

The Association between pain and mindfulness in multiple sclerosis: a cross-sectional survey. Senders A, Borgatti A, Hanes D, Shinto L. *Int J MS Care.* May 2017. doi:10.7224/1537-2073.2016-076

Effects of Sheetal and Sheetkari pranayamas on blood pressure and autonomic function in patients with hypertension: A randomized controlled trial. Kumar RB, Prashanth S, Lakshmeesh DR, Selva KG, **Bradley R.** *Integr Med Clin J.* 2017;16(5):24-29.

Building research across interdisciplinary gaps (BRIDG) clinical research training program. Bradley R, Booth-LaForce C, Zwickey H. Published Abstracts of the: World Congress on Integrative Medicine and Health. 2017 May;BMC CAM.

The potential of berries to serve as selective inhibitors of pathogens and promoters of beneficial microorganisms. Lacombe A, Wu V. *Food Quality and Safety.* 2017;1(1):3-12. doi:10.1093/fqs/fyx001.

The association between pain and mindfulness in multiple sclerosis: a cross-sectional survey. Senders A, Borgatti A, Hanes D, Shinto L. *International Journal of MS Care.* 2017. doi.org/10.7224/1537-2073.2016-076.

ORAL AND POSTER PRESENTATIONS

2018

eHealth Literacy Characteristics Among Herbal Supplement Users in the National Health Interview Survey (NHIS). Nault D, Maty S, Hanes D. Poster presented at the: Society for Epidemiological Research Annual Conference; June 2017; Seattle, WA.

Women's Experiences with Integrative Medicine-Based Eating Disorder Treatment: A Mixed Methods Study. Beccia A, Dunlap C, Tippens K, Bhimbira S, Zwickey H. Poster presented at the: International Conference for Eating Disorders (ICED); April 2018; Chicago, IL.

Constipation and Diarrhea During the Menopause Transition and Early Postmenopause: Observations from the Seattle Midlife Women's Health Study. Callan N, Woods NF, Heitkemper M. Oral presentation presented at the: International Menopause Society World Congress; Vancouver, BC.

Prenatal Maternal Hair Cortisol and Child Wheeze Among Smokers and Nonsmokers. Scherman A, Spindel E, Park B, Morris C, McEvoy C. Presented at the Pediatric Academic Society Annual Meeting; 2018; Toronto, Ontario.

A Novel Nutritional Formulation Containing the Human Milk Oligosaccharide 2'-Fucosyllactose Reduces Gastrointestinal Symptoms and Beneficially Alters the Gut Microbiome in Adults with Gastrointestinal Dysfunction. Ryan J. Poster presented at the: International Congress on Integrative Medicine and Health; 2018; Baltimore MD.

Prospective Safety Evaluation of a Dietary Supplement Commonly Recommended

by Integrative Healthcare Providers to Support Blood Pressure Levels. Ryan J, Hanes D, Bradley R. Poster presented at the: International Congress on Integrative Medicine and Health; 2018; Baltimore MD.

Short-and Long-Term Impact of Mindfulness-Based Stress Reduction for People with MS: A Randomized Clinical Trial. Senders A. Oral presentation presented at the: Consortium for Multiple Sclerosis Centers; 2018; Nashville, TN.

Nanoparticle-based antioxidant analysis of mushroom extracts: Preliminary testing of mushroom variety, brew time, and re-infusion. Sharpe E, Huber T, Walker M, Ludlam S, Andreescu S, **Bradley R.** Poster presented at the: Northeast Nanomaterials Meeting; 2018; Lake Placid, NY.

Paper-Based Colorimetric Analysis of Mushroom Extracts: Effects of Mushroom Variety, Brew Time, Re-Infusion, and Extraction Method on Antioxidant Activity. Sharpe E, Andreescu S, **Bradley R.** Poster presented at the: International Congress on Integrative Medicine and Health; 2018; Baltimore MD.

Promoting research in CIH: a framework for undergraduate engagement. Tibbitts D, Schafer M, Golani M, Zwickey H. Poster presented at the: International Congress on Integrative Medicine and Health; 2018; Baltimore MD.

Impact on Lactulose Breath Testing Thresholds on the Diagnosis of SIBO. **Bradley R, Corroon J, Hanes D.** Poster presented at the: International Congress on Integrative Medicine and Health; 2018; Baltimore MD.

Dietary Approaches to C-Reactive Protein: A Systematic Review. Pickworth K, Corroon J, Diechert D, **Bradley R.** Poster presented at the: International Congress on Integrative Medicine and Health; 2018; Baltimore MD.

Building Research across InterDisciplinary Gaps (BRIDG) Clinical Research Training Program. **Bradley R, Booth-LaForce C, Zwickey H.** Poster presented at the: International Congress on Integrative Medicine and Health; 2018; Baltimore MD.

A Cross-Sectional Study of Cannabidiol Users. Corroon J. Poster presented at the: Cannabis and Health Symposium University of California San Diego (UCSD) Center for Medicinal Cannabis Research (CMCR) Symposium; 2018; San Diego CA.

Cannabis as a Substitute for Prescription Drugs. Corroon J. Poster presented at the: Cannabis and Health Symposium University of California San Diego (UCSD) Center for Medicinal Cannabis Research (CMCR) Symposium; 2018; San Diego CA.

2017

Qigong for Multiple Sclerosis: A Pragmatic, Randomized Feasibility Study. Buttolph L, Corn J, Hanes D, Senders A. Poster presented at the: National MS Society Meeting; May 2018; Nashville, TN.

BRIDGes to the Future: A Naturopathic Perspective on Integrative Medicine Research. Callan N. Oral presentation presented at the: Naturopathic Medical Student Association Conference; 2017; Phoenix, AZ.

Protocol for Testing the Mechanism of Pranayama on the Autonomic Nervous System. Lacombe A, Sharpe E, Hanes D, Phipps J, Heer R, Sadowski A, Rajurkar S, Bradley R. Presented at the: International Congress on Integrative Medicine and Health; May 2017; Baltimore MD.

A Novel Nutritional Formulation Containing the Human Milk Oligosaccharide 2'-Fucosyllactose Reduces Gastrointestinal Symptoms and Beneficially Alters the Gut Microbiome in Adults with Gastrointestinal Dysfunction. Ryan J. Oral presentation presented at the: American Association of Naturopathic Physicians Conference; 2017; Phoenix, AZ.

A Novel Nutritional Formulation Containing the Human Milk Oligosaccharide 2'-Fucosyllactose Reduces Gastrointestinal Symptoms and Beneficially Alters the Gut Microbiome in Adults with Gastrointestinal Dysfunction. Ryan J. Poster presented at the: American Association of Naturopathic Physicians Conference; 2017; Phoenix, AZ.

A Novel Nutritional Formulation Containing the Human Milk Oligosaccharide 2'-Fucosyllactose Reduces Gastrointestinal Symptoms and Beneficially Alters the Gut Microbiome in Adults with Gastrointestinal Dysfunction. Ryan J. Poster presented at the: Linus Pauling Institute Diet and Optimal Health Conference; 2017; Corvallis OR.

A Novel Nutritional Formulation Containing the Human Milk Oligosaccharide 2'-Fucosyllactose Reduces Gastrointestinal Symptoms and Beneficially Alters the Gut Microbiome in Adults with Gastrointestinal Dysfunction. Ryan J. Oral presentation presented at the: Linus Pauling Institute Diet and Optimal Health Conference; 2017; Corvallis OR.

MBSR for Stress Reduction in MS. Senders A. Oral presentation presented at the: OHSU Wellness Research in Multiple Sclerosis Symposium; 2017; Portland, OR.

Antioxidant Activity of Mushroom Extractions. Sharpe E, Huber T, Walker M, Ludlam S. Oral presentation presented at the: Adirondack Fungi Fest at Paul Smith's College; 2017; Paul Smiths, NY.

Building Research Capacity in Integrative Medicine. Bradley R. Oral presentation presented at the: Pan-American Health Organization Regional Health Meeting; 2017; Managua, Nicaragua.

Building Research across InterDisciplinary Gaps (BRIDG) Clinical Research Training Program. Bradley R, Booth-LaForce C, Zwickey H. Poster presented at the: World Congress on Integrative Medicine and Health (WCIMH); 2017; Berlin, Germany.

Dosing & Administration of Cannabinoids. Corroon J. Oral presentation presented at the: A4M Spring World Congress; 2017; Hollywood, FL.

