



EXPLORING THE SCIENCE OF HEALING

ADVANCING THE SCIENCE OF HEALING WORLDWIDE BY:

- Applying academic rigor to research on the science of healing, well-being and resilience.
- Translating evidence into action for U.S. Military and large-scale health systems.
- Fostering wellness through self-care to create a flourishing society.
- Offices and staff in Washington, D.C.; Los Angeles, Calif.; Fort Bliss, Texas; Fort Hood, Texas; Camp Lejeune, N.C.; and Berlin, Germany.
- Directing more than 150 programs at more than 50 universities worldwide.

SELECT PARTNERS:

- RAND Corporation
- Harvard School of Public Health
- Culinary Institute of America

SELECT CLIENTS:

- Department of Defense
- Veteran's Health Administration
- InspireHealth Oncology Clinic
- Cape Coral Hospital
- Dow



WAYNE B. JONAS, MD







President & CEO

- Retired U.S. Army Lt. Colonel
- Director, NIH Office of Alternative Medicine (1995-1998)
- Director, WHO Traditional Medicine Center (1997-1999)
- Director, Medical Research Fellowship, Walter Reed Army Medical Center (1992-1995)
- Professor of Family Medicine, Georgetown University
- Published more than 150 peer-reviewed journal articles on evidence base for integrative medicine

SAMUELI INSTITUTE'S GOAL IS TO CREATE A:



FLOURISHING SOCIETY

THROUGH	FOR	TO
 RESEARCH	 INDIVIDUALS	<ul style="list-style-type: none"> • IMPROVE PERFORMANCE
 INNOVATION	 WARFIGHTERS	<ul style="list-style-type: none"> • REDUCE CHRONIC SYMPTOMS
 EDUCATION	 SYSTEMS	<ul style="list-style-type: none"> • ENHANCE WELLNESS

THE FUTURE AT RISK



INDIVIDUALS



1 IN 2 AMERICANS
has a chronic disease*



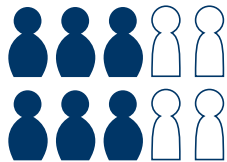
7 OF 10 DEATHS
are from preventable
chronic diseases†



WARFIGHTERS



MORE THAN 300,000
service members suffer
from PTSD or severe
depression§



MORE THAN 60%
of potential recruits are
unfit for duty**



SYSTEMS



LESS THAN 5%
of every health care
dollar is spent on
prevention or
public health††



\$1.2 TRILLION
of our annual health care
costs could be avoided
by changing lifestyle
practice

(Milken Institute) (diabetes,
obesity, hyper tension, heart
disease, cancer, etc.)§§

THE SOLUTION AT HAND



RESEARCH



Established **3**
INTERNATIONAL
RESEARCH CENTERS:

Washington, D.C.
Central Operations &
Government Programs

Los Angeles, California
Integrative Medicine
Programs

Berlin, Germany
Environmental &
Mindfulness Research



Funded more than **150**
RESEARCH PROJECTS
at more than **50**
UNIVERSITIES AND
INSTITUTIONS around
the world resulting in
more than **600 ARTICLES**
in peer-reviewed journals
since 2001



INNOVATION

WIN

Advanced a public-
private partnership to
improve the nation's
health through
WELLNESS INITIATIVE
FOR THE NATION
(WIN)



**COUPLING CUTTING-
EDGE TECHNOLOGY**
WITH TRADITIONAL
AND INTEGRATIVE
MEDICINE

to build smart-home
devices that empower
patients with traumatic brain
injury and stroke



EDUCATION



CREATED A
CURRICULUM to teach
military medical students
how integrative medicine
can help patients reduce
stress, heal from trauma
and flourish



TRAINED HOSPITAL
EXECUTIVES in principles
of building an optimal
healing environment

IN CONCLUSION



Our work creates a world in which
healing processes are the formative
concept for improving performance,
enhancing wellness and reducing
chronic symptoms.

* "Chronic Care in America," Robert Wood Johnson Foundation and Johns Hopkins University, 2012

† Health Affairs, Nolte and McKee, 2008

§ RAND, 2008

** "Mission: Readiness," 2010

†† CMS National Health Expenditures, 2009

§§ Milken Institute, 2007

SAMUELI INSTITUTE'S RESEARCH IS FOCUSED ON FIVE KEY AREAS:



Military Medical Research

Our research and evaluations with all branches of the U.S. Military serve to expand drugless pain management, alleviate post-traumatic stress, develop resilience and promote Total Force Fitness. The integrative approaches we are exploring include practitioner-dependent modalities (acupuncture, chiropractic) and self-care skills (sleep, hygiene, nutrition, activity, meditation, yoga, and other relaxation techniques).



Brain, Mind and Healing

Samueli Institute's Center for Brain, Mind and Healing explores the frontiers of science and healing. Through fundamental and applied studies we are expanding the understanding of consciousness, spirituality, mind-body relationships and placebo effect as well as body-brain physiology and their interplay in the healing process.



Optimal Healing Environments

Our hope for the future is a world in which the places we live, work and receive health care are focused on building and sustaining our inherent healing capacity, and that our measures of success in business and health consider all aspects of an Optimal Healing Environment, including internal, interpersonal, behavioral and external factors.



Health Research & Education

This center is dedicated to lifestyle research related to health outcomes. Our research seeks to enhance healthful lifestyles for people worldwide by providing the highest quality science into communities by bridging the gap between research and practice. It spans health outcomes related to diet, nutrition, dietary supplements and physical activity.



Health Information Technology

Through innovative collaborations with leading technology companies and academic institutions, Samueli Institute is working to develop cost-effective technological solutions to empower patients and remove the patient/doctor divide, including evaluating home-based tools to support smart home care for Service members suffering with Traumatic Brain Injury.



Research Services

Learn how we can help you evaluate, understand and implement healing practices through our systematic reviews, program evaluations, expert speakers, research services and leadership trainings. More information at SamueliInstitute.org/Services.

A DECADE OF RESEARCH

Since 2001 Samueli Institute researchers have published more than:



600
Peer-reviewed
Articles



25
Books



130
Book Chapters

RESEARCH DATABASE

A searchable database on the science of healing—including studies on pain and stress management, and integrative approaches such as acupuncture and manipulation—is available now at SamueliInstitute.org/Publications.

SERVICES

Learn how we can help you evaluate, understand and implement healing practices through our systematic reviews, program evaluations, expert speakers, research services, and executive and leadership trainings.

Connect with Us

Access research and sign up to receive our latest news at:

www.SamueliInstitute.org/Connect



Main Office

1737 King Street,
Suite 600
Alexandria, VA 22314-2847
t 703 299 4800
f 703 535 6752

West Coast Office

2101 East Coast Highway,
Suite 300
Corona Del Mar, CA 92625
t 949 760 4400
f 949 760 4100

European Office

P.O. Box 1786
15207 Frankfurt (Oder), Germany
t +49 335 5534 2380/-2738