

WAYNE JONAS, MD

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- Integrative Health Expert, Family Physician, Researcher, and Author
- Former Director Office of Alternative Medicine, NIH
- Former Director World Health Organization Center for Traditional Medicine
- Former Director of Medical Research Fellowship at Walter Reed Army Institute of Research
- Retired Lt. Colonel United States Army Medical Corps
- Practicing Family Physician at Fort Belvoir Community Hospital Pain Clinic

DR. JONAS is a practicing family physician, an expert in integrative health and health care delivery, and a widely published scientific investigator. Dr. Jonas is the Executive Director of Samueli Integrative Health Programs, an effort supported by Henry and Susan Samueli to increase awareness and access to integrative health. Additionally, Dr. Jonas is a retired Lieutenant Colonel in the Medical Corps of the United States Army. From 2001-2016, he was President and Chief Executive Officer of the Samueli Institute, a non-profit medical research organization supporting the scientific investigation of healing processes in the areas of stress, pain and resilience.

Dr. Jonas was the Director of the Office of Alternative Medicine at the National Institutes of Health (NIH) from 1995-1999, and prior to that served as the Director of the Medical Research Fellowship at the Walter Reed Army Institute of Research. He is a Fellow of the American Academy of Family Physicians.

His research has appeared in peer-reviewed journals such as the Journal of the American Medical Association, Nature Medicine, the Journal of Family Practice, the Annals of

Internal Medicine, and The Lancet. Dr. Jonas received the 2015 Pioneer Award from the Integrative Healthcare Symposium, the 2007 America's Top Family Doctors Award, the 2003 Pioneer Award from the American Holistic Medical Association, the 2002 Physician Recognition Award of the American Medical Association, and the 2002 Meritorious Activity Prize from the International Society of Life Information Science in Chiba, Japan.

DR. JONAS' RESEARCH PORTFOLIO

Dr. Jonas has led and participated in hundreds of research studies beginning with his time as Director of the National Institutes of Health Office of Alternative Medicine. While serving as CEO and President of the non-profit research organization Samueli Institute, his work set the bar for evidence-based research in the areas of pain, stress and human performance.

For a library of Dr. Wayne Jonas' articles, visit Samueli.org/Research. Other articles, books and textbooks are available through the respective publishers.

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The New York Times

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Medscape

Hyperbaric Oxygen No Better Than Sham After Concussion

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Alternative Therapies Found to Significantly Reduce PTSD in Military

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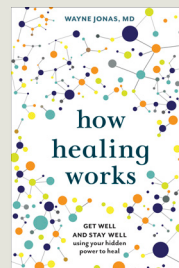
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HOW HEALING WORKS



How Healing Works draws on Dr. Jonas' work as a researcher and family physician to change the way doctors and patients approach healthcare—away from a disease treatment model to an integrative system that incorporates the best of evidence-based conventional, complementary and self-care approaches.

Follow along with Dr. Jonas as he explores the cases of dozens of his patients as they find the key to unlock each of their own healing potential.

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Pain and Opioids in the Military: We Must Do Better

Authored by Wayne B. Jonas, MD and Eric Schoomaker, MD, PhD, Lieutenant General, U.S. Army (RET) in Journal of the American Medical Association Internal Medicine

“For reasons of current and future national strength, and most important, the suffering of service members and veterans, we must transform ourselves in the way we manage pain. We can and must be better.”

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Salutogenesis: The Defining Concept for a New Healthcare System

Authored by Wayne B Jonas, MD; Ronald A Chez, MD; Katherine Smith, MPH; Bonnie Sakallaris, PhD in Global Advances in Health and Medicine

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To what extent are surgery and invasive procedures effective beyond a placebo response? A systematic review with meta-analysis of randomised, sham controlled trials

Authored by Wayne B Jonas, Cindy Crawford, Luana Colloca, Ted J Kaptchuk, Bruce Moseley, Franklin G Miller, Levente Kriston, Klaus Linde, Karin Meissner in BMJ Open

“The evidence from available sham controlled trials indicates that invasive procedures are not clearly more effective than sham procedures for various chronic pain conditions including endometriosis, back pain, arthritis, angina and migraine. There is evidence to support surgical interventions for GERD and limited evidence to support the use of balloon insertion for obesity.”

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The Ritual of Hyperbaric Oxygen and Lessons for the Treatment of Persistent Postconcussion Symptoms in Military Personnel

Authors: Charles W. Hoge, MD; Wayne B. Jonas, MD

Published in the Journal of the American Medical Association (JAMA) Internal Medicine

“This is an exemplary clinical trial that teaches us important lessons. Hyperbaric oxygen treatment does not work, but the ritual of the intervention does.”

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