SAMUELI INSTITUTE’S GOAL IS TO CREATE A:

Flourishing Society

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

THROUGH FOR TO

RESEARCH INDIVIDUALS
IMPROVE PERFORMANCE

INNOVATION WARLIGHTERS REDUCE CHRONIC SYMPTOMS

EDUCATION SYSTEMS
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§

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

Systems

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

$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.)§ §

Research

Established 3 INTERNATIONAL RESEARCH CENTERS:

Washington, D.C. Central Operations & Government Programs

Los Angeles, California Integrative Medicine Programs

Berlin, Germany Environmental & Mindfulness Research

Innovation

WIN

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

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, Noite and McKee, 2008
§ RAND, 2008
** “Mission: Readiness,” 2010
† † CMS National Health Expenditures, 2009
§ § Milken Institute, 2007

In conclusion

Our work creates a world in which healing processes are the formative concept for improving performance, enhancing wellness and reducing chronic symptoms.
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](http://SamueliInstitute.org/Services).

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**A DECADE OF RESEARCH**
Since 2001 Samueli Institute researchers have published more than:

- **600** Peer-reviewed Articles
- **25** Books
- **130** Book Chapters

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](http://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

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