



UC Irvine Susan Samueli
Integrative Health Institute

2024-2025

ANNUAL REPORT

Where health optimization happens at the intersection of science, education, care, and community.





Whole-Person Health

Whole-person or integrative health involves consideration of the whole person – not just separate organs or body systems – and evaluating multiple factors that contribute to either health or disease. It means helping and empowering individuals, families, communities, and populations to improve their health in multiple interconnected biological, behavioral, social and environmental areas. Whole-person health focuses on restoring health and promoting resilience in those facing an illness as well as preventing diseases across a lifespan.

(Modified from source: National Center for Complementary and Integrative Health)

Circle of Wellness

The Circle of Wellness underscores the importance of self-empowered health. It highlights the interconnectedness of key components of whole-person health, encompassing prevention and treatment, physical health, and mental and emotional well-being.



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A Message From the Executive Director



"These accomplishments are reflections of our shared vision: a future where **health care treats the whole person** and optimal health is not only possible but achieved. As we look ahead, that future is closer than ever."

Shaista Malik, MD, PhD, MPH, FACC
Founding Executive Director, Samueli Institute
Founding Associate Vice Chancellor, Integrative Health
Professor, Division of Cardiology, Department of Medicine
Medical Director, Integrative Cardiology & Cardiac Rehabilitation
Susan & Henry Samueli College of Health Sciences and UCI Health

Dear friends,

As I reflect on the past year at the Susan Samueli Integrative Health Institute, I am inspired by the depth of our impact and the unwavering commitment of our community. This has been a year of growth, collaboration, and innovation — one that has reaffirmed our dedication to transforming healthcare through a multidisciplinary, evidence-informed, whole-person approach to health and wellness.

Thanks to the tremendous efforts of our clinicians, researchers, educators, and administrative teams, we have made significant progress across every dimension of our mission: from advancing patient-centered care and producing high-quality research, to training current and future practitioners and expanding access to whole-person care across our region.

This year, we continued to see strong growth in patient care, an encouraging sign that integrative health is becoming more deeply embedded within our broader health system. Ambulatory visits increased by 15%, and inpatient consults grew by 10%, reflecting the growing demand for whole-person care across clinical settings. These numbers are more than metrics. They represent real people whose lives are being enriched through a more compassionate, coordinated, and evidence-informed approach to health.

Among the many milestones this year, I am proud to highlight the appointment of Gary Deng, MD, PhD to our teams at UC Irvine. An internationally recognized leader in integrative oncology, Dr. Deng is serving as our director of clinical affairs and the Samueli Endowed Chair in Integrative Oncology. In partnership with the Samueli Institute, he is leading the new Integrative Oncology Program at the Chao Family Comprehensive Cancer Center (CFCCC) for UCI Health. His appointment represents a powerful affirmation of our mission and a significant

step forward in our commitment to supporting patients throughout their cancer journey with evidence-informed, integrative care. I look forward to seeing Dr. Deng's vision come to life, and I'm confident that his leadership will position the Samueli Institute and UCI Health at the forefront of integrative oncology.

This year brought significant advances in our educational initiatives as well. The Samueli Institute was awarded a $4 million grant from the Orange County Healthcare Agency to train county workers in health and wellness coaching. This transformative investment allows us to expand our mission of equipping local healthcare professionals with the skills to support meaningful behavior change and promote resilience in members of our community. It represents a powerful step toward a more equitable and integrative model of care, where every individual has access to the support they need to live healthier, more vibrant lives.

Additionally, our Integrative and Functional Medicine Fellowship further established itself as a cornerstone of our healthcare education efforts, thanks to the leadership of Tieraona Low Dog, MD. Exceeding our enrollment goals, we are proud to empower these clinicians to address the root causes of illness and deliver evidence-informed, patient-centered care, opening the opportunity to improve outcomes, increase patient satisfaction, and enhance community health.

Exploring the frontiers of integrative health research, Jeffrey Dusek, PhD, our director of outcomes research, led a large in-person NIH-funded meeting in at the University of Memphis for the Music Research Networks Investigator. Locally, he begun a creative partnership with the Pacific Symphony to study the effects of classical music on physical and mental health. It's exciting to think of the possibilities ahead, and I'm looking forward to seeing how Dr. Dusek and his team contribute to the vital evidence base for music therapy.

These accomplishments and others you will read about in this report are not just markers of a productive year. They are reflections of our shared vision: a future where health care treats the whole person, prevention is prioritized, and optimal health is not only possible but achieved. As we look ahead, that future is closer than ever. While much work remains, I am confident that with the continued support of our community, we will not only meet the challenges ahead but continue turning them into opportunities for lasting impact.

Thank you for your support and being a part of our story.

In health,



Shaista Malik, MD, PhD, MPH, FACC

Introduction

Who We Are

The UC Irvine Susan Samueli Integrative Health Institute is leading healthcare transformation through integrative health by addressing root causes of disease, lifestyle modification and patient empowerment. By complementing conventional treatments with a whole-person approach to care that is informed by science and incorporated into the training of future health professionals to advance a model of team-based care, the Samueli Institute is trailblazing integrative care to help patients achieve their best health.

Mission

Transform healthcare through the practice of integrative health by conducting rigorous research, promoting evidence-informed treatment modalities, educating the public and future healthcare professionals, providing individualized, patient-centered care and providing services to the community that focus on obtaining optimal health.

Vision

To be the preeminent national and international academic institute for pioneering multidisciplinary research, education and healthcare practices for the care of the whole person.



Strategic Plan 2021-2026

Discover

Build a robust integrative research program that advances the discovery of the scientific basis of integrative health approaches to optimize health and well-being.

Teach

Develop an academic integrative health educational curriculum which promotes innovation, academic rigor, collaboration, cultural humility and the development of leaders in the field of integrative health and whole-person care.

Heal

Provide comprehensive, whole-person healthcare and disease prevention to our community. Expand the team-based model of care to consist of collaborative integration across healthcare providers.

Serve

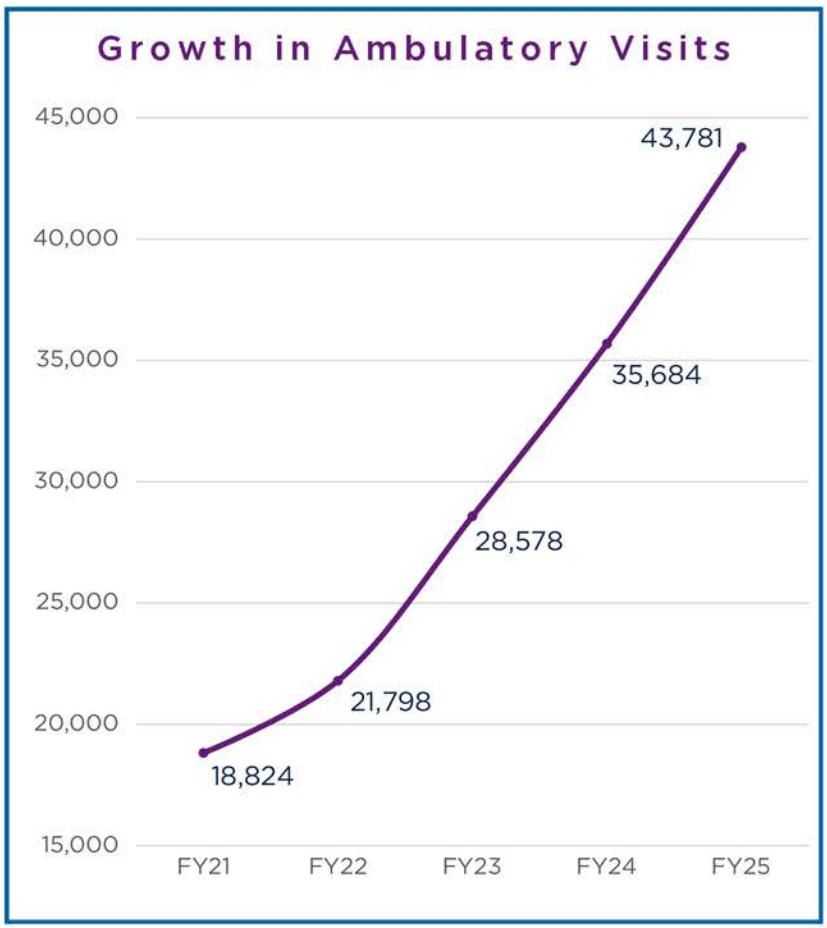
Advance and improve access to integrative care that addresses the dynamic, growing needs within our communities and beyond.

"Together, we are building a future where integrative health transforms care worldwide — pioneering discoveries, training the next generation, and setting the standard for whole-person healing."

SHAISTA MALIK, MD, PHD, MPH

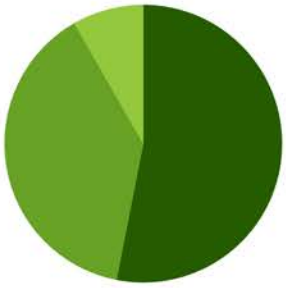
FOUNDING EXECUTIVE DIRECTOR

The Year in Review



113,329

total integrative health visits in FY25



15%

increase from FY24

- Ambulatory Visits
- Inpatient Acupuncture Visits
- Integrative Nursing Interventions

69,548

total inpatient volume in FY25

10%

increase from FY24

$13M+

in active research funding in FY25



- NIH-Funded
- Non-Federal

THE BREAKDOWN

60,166
integrative nursing interventions in FY25

43,781
ambulatory visits in FY25

9,382
inpatient acupuncture visits in FY25

1,753
acupuncture visits at FQHC in FY25




American
Heart
Association.
Go
Red


octane
octane
octane
octane










WELLNESS



DISCOVER

Science that leads the way
to better health

Funding for Research



The Samueli Institute continues to receive strong public and private funding for innovative research. National Institutes of Health (NIH) is the largest public funder of biomedical research in the world.

Acupuncture in the Emergency Department for Pain Management: A BraveNet Multi-Center Feasability Study, PI: Jeffrey Dusek, PhD, National Center for Complementary and Integrative Health (Case Western Reserve University Subaward)

Cannabinoid Interactions with central and peripheral pain mechanisms in osteoarthritis of the knee, PI: Richard Harris, PhD, National Center for Complementary and Integrative Health (University of Michigan Subaward)

Effective Network to advance Scientific Evidence related to Mechanisms of music-Based interventions for pain and support coLlaborative Efforts (ENSEMBLE), PIs: Jeffery Dusek, PhD, Shaista Malik, MD, PhD, MPH, National Center for Complementary and Integrative Health

Effects of Energy Medicine on Central Pain Processing in Fibromyalgia Study, PI: Richard Harris, PhD, Samueli Foundation

Exploring pathways for fetal programming of offspring cancer risk through prenatal diet, PI: Karen Lindsay, RDN, PhD, UC Cancer Research Coordinating Center

Explosive Synchronization of Brain Network Activity in Chronic Pain, PI: Richard Harris, PhD, National Center for Complementary and Integrative Health (University of Michigan Subaward)

Integrative Cardiometabolic Care Approach compaRative Effectiveness (ICARE) Study, PI: Shaista Malike, MD, PhD, MPH, Mussallem Gift

Mindfulness and cardiometabolic health for low-income Latina pregnant women: A mixed-method and community-informed pilot study, PI: Karen Lindsay, RDN, PhD, National Institute of Minority Health and Health Disparities, Southern California Center for Chronic Health Disparities in Latino Children and Families

Multi-Site Feasibility RCT – Music Therapy in Sickle Cell Disease (Multi-MUSIQOLS), PI: Jeffery Dusek, PhD, National Institutes of Health

Neural Mechanisms of Colored Light Driven Analgesia, PI: Richard Harris, PhD, National Institutes of Health (University of North Carolina at Chapel Hill Subaward)

Neural substrates of electroacupuncture in cardiovascular control, PI: Shaista Malik, MD, PhD, MPH, Adolf Coors Foundation

Neuroimmune mechanisms underlying electroacupuncture effect on vascular function, PI: Shaista Malik, MD, PhD, MPH, National Center for Complementary and Integrative Health

Pre-Pregnancy Whole-Person Care Pilot Program, PI: Karen Lindsay, RDN, PhD, The Beauchamp Family

Sex differences in Cannabidiol's effects on blood pressure in normotensive and hypertensive conditions, PI: Zhi-Ling Guo, MD, PhD, Center for Medicinal Cannabis Research, UCSD

Teaching Kitchen Multisite Study, PI: Shaista Malik, MD, PhD, MPH, Teaching Kitchen Collaborative

Topological Atlas and Repository for Acupoint research (TARA), PI: Richard Harris, PhD, National Center for Complementary and Integrative Health (Spaulding Rehabilitation Hospital Subaward)

3 New Samueli Endowed Chairs Bring Expertise in Oncology, Natural Therapeutics, and Health Technology

The Susan Samueli Integrative Health Institute was proud to welcome three new Samueli Endowed Chairs this year, who are leading pioneering research in integrative health. Their appointments underscore the institute's deep commitment to strengthening the scientific foundation of integrative medicine and driving meaningful change for patients, clinicians, and communities.



Gary Deng, MD, PhD

Deng joined the institute as the **Samueli Endowed Chair in Integrative Oncology**, as well as the director of clinical affairs, and program director of Integrative Oncology for UCI Health. He will lead research focused on non-pharmacological therapies that improve outcomes and quality of life for cancer patients. His work explores multi-modal, cost-effective care models and scalable, tech-enabled strategies to expand access. Current studies include investigating acupuncture's role in preventing sepsis progression in high-risk patients.

See page 24 to read more about Deng's background and clinical work.



Glenn Micalizio, PhD

Micalizio was appointed the **Samueli Endowed Chair in Integrative Health** as a nationally recognized leader in organic synthesis with professional experience at Dartmouth College, The Scripps Research Institute, and Yale University. His research focuses on developing new chemical reactions and synthesis strategies to create natural product-inspired compounds with therapeutic potential. His work has resulted in over 40 new chemical reactions that provide solutions to problems associated with the laboratory construction of a range of natural product classes, playing a central role in his research group's focus on natural product-inspired discovery of therapeutics. As a founding member of the Robert A. Mah Molecular Innovation Center (inside the Falling Leaves Foundation Medical Innovation Building), he will lead collaborative efforts to advance natural product-based therapeutics, supporting integrative approaches to health and medicine. "I'm excited to participate in the highly interdisciplinary environment that is central to the Susan Samueli Integrative Health Institute and look forward to developing natural product-inspired collaborative drug discovery projects on campus," Micalizio said.



Amir Rahmani, PhD

Rahmani's expertise lies at the intersection of technology and health, bringing an interdisciplinary perspective to his role as **Samueli Endowed Chair of Integrative Nursing**. A professor of nursing and computer science at the UC Irvine Sue & Bill Gross School of Nursing, Rahmani leads the Health SciTech Group and serves as associate director of UC Irvine's Institute for Future Health. His research focuses on leveraging mobile health (mHealth), wearable technologies, and data science to enable personalized, real-time health monitoring and intervention. With expertise in artificial intelligence, biosignal processing, and health informatics, Rahmani is advancing the development of intelligent systems that empower individuals to take a more active role in their well-being, paving the way for a more connected, predictive, and patient-centered approach to integrative health. "I strongly believe in building systems that prioritize health care, not just sick care — proactively supporting well-being rather than reacting only to illness. I'm especially excited about the real-world impact our work can have — developing scalable, personalized, and data-driven solutions that empower patients, caregivers, and clinicians in meaningful ways," Rahmani said.



Dusek Pilot Studies Evaluate Feasibility and Effects of Live Classical Music in Outpatient Care:

Partnering With the Pacific Symphony

The Pacific Symphony's string quartet performs in the Palmer Family Research and Conference Room. Credit: Pacific Symphony

Listening to classical music is known to have positive health effects. How, where, and under what conditions it is most effective is less understood, however. Jeffery Dusek, PhD, the director of outcomes research at the Samueli Institute, aims to close that gap. As part of an exciting collaboration with the Pacific Symphony, Dusek is determining the feasibility of studying whether listening to live classical music in either a small or large setting can help improve acute pain, stress and anxiety levels – and by how much – in an outpatient population.

Dusek first assessed the effects of listening to chamber music, or classical music played by a small group of musicians in an intimate setting. Over the course of four weeks between November and December 2024, participants gathered in the Palmer Family Research and Conference Room to watch a Pacific Symphony quartet or duet. Dusek's intervention consisted of six 45-minute sessions, and a total of 24 individuals participated. Additionally, nearly all of the participants completed assessments to measure stress, mood, and physical symptoms before and after the six-week intervention.

In addition to demonstrating the feasibility of the study design, the survey results were encouraging. The live music experience in the Palmer Room was associated with improvements in perceived stress, pain intensity, and depression symptoms. The survey results also suggested that live chamber music may also positively influence anxiety, fatigue, and social engagement. It's important to note, however, that given the small sample size, the results are preliminary and only point to what improvements can be expected with a larger study.

"Our team and our Pacific Symphony collaborators were all very encouraged by the initial pilot study, as it clearly demonstrated our capacity to collaborate. Additionally, the survey results were very promising," said Dusek.

Dusek worked closely with John Forsyte, president of the Pacific Symphony, and Mary Hawkes, senior director of community engagement for the symphony, to bring this pilot study to life. In addition, the project was funded by the Samueli Foundation.

Forsyte reflected on his organization's collaboration with Dusek and the Samueli Institute: "Dr. Jeffrey Dusek is a naturally curious, caring, and highly inquisitive scientist. His quest for answers has brought our work with the Susan Samueli Integrative Health Institute to even greater heights. With a natural inclination for collaboration, he has shown a deep respect for Pacific Symphony's artistic expertise, working with us as colleagues to discover if – and how – live music performance can be used for its therapeutic potential."

Dusek and his team then extended their inquiry into a larger setting: a concert hall. A total of 34 people attended a 2.25-hour classical music performance by the Pacific Symphony at the Renée and Henry Segerstrom Concert Hall in May 2025. The goal was to assess whether the benefits of live music observed in the more intimate concerts could be replicated—or even enhanced—in a grander public venue.

In addition to exploring feasibility, this study introduced a new dimension: half of the participants received brief mindfulness instructions before the concert, encouraging them to watch and listen to the music with intention and awareness. The other half did not receive this guidance.

“As a researcher of mediation and integrative interventions for nearly 30 years, I was interested in whether individuals’ focus on the elements of the music would be comparable to the mediative focus on the breath,” Dusek explained.

Participants reported immediate improvements in stress, anxiety, and pain following the concert compared to their scores just before the concert. One week later, they also reported a significant improvement in depression symptoms. Audience feedback was overwhelmingly positive, with many describing feelings of relaxation, calm, joy, praise and comfort.

The concert hall survey results suggest that even a single, live orchestral experience may offer meaningful short-term relief for stress-related symptoms.

“These results affirm what my colleagues and I have seen in the acute care hospital where music provided in headphones or by a board-certified music therapist that music-based interventions are able to improve an individual's perception of pain, anxiety and stress, to name a few areas,” Dusek said.

While these are very early findings, between the chamber music and concert hall studies, they point to the potential benefits of expanding the study to a larger, controlled trial that explores the underlying mechanisms driving classical music’s therapeutic benefits, as well as how different modes of listening might influence the effects.

“Our next step will be to conduct randomized controlled trials (the gold standard of research) of music to replicate our preliminary findings. Thereafter, we really need to explore and understand the mechanisms (physical, psychological or physiological) of how music-based interventions decrease pain and improve other outcomes,” Dusek said.

"What is so special about Dr. Dusek is his insistence on looking deeper, on asking further why these results are happening. His approach is defined by a unique combination of scientific integrity and human compassion. We think his spirit of inquiry will be critical to the future of integrative health and the impact of music therapy as an important tool for better health,” Forsyte added.

These pilot studies were incorporated into Dusek’s work as principal investigator on the project ENSEMBLE (Effective Network to advance Scientific Evidence related to Mechanisms of music-Based interventions for pain and support coLlaborative Efforts). This project, funded by a five-year U24 grant from the National Institutes of Health’s (NIH) National Center for Complementary and Integrative Health (NCCIH), aims to establish a collaborative network of experts to help expand the scientific evidence for how music-based interventions (MBIs) help relieve pain.

Other lead investigators on ENSEMBLE include Shaista Malik, MD, PhD, MPH, founding executive director of the Samueli Institute; Joanne Loewy, DA, LCAT, MT-BC, professor at Mount Sinai Icahn School of Medicine and founding director of the Louis Armstrong Center for Music and Medicine at Mount Sinai Health System; Manoj Bhasin, PhD, director of genomics, proteomics, bioinformatics and systems biology at Children’s Healthcare of Atlanta.



Cooking Up Better Health: The TKC Multisite Trial

The Samueli Institute concluded the first phase of the Teaching Kitchen Collaborative (TKC) "Teaching Kitchen – Multisite Trial'' (TK-MT) this year, which aimed to improve the health outcomes of adults at-risk of cardiometabolic disease through the delivery of culinary and lifestyle interventions.

The TKMT is a multisite collaboration between the Samueli Institute, UCLA, Dartmouth Hitchcock Medical Center, and University of Texas Health in Houston, with Harvard University as the coordinating site. TKMT aims to assess the feasibility and preliminary impact of the TKC curriculum on health outcomes and wellbeing.



The TKMT curriculum is an interactive year-long program that teaches culinary skills, nutrition education, mindfulness, and stress reduction, promotes movement, and optimizes behavior change through health coaching strategies.

Shaista Malik, MD, PhD, MPH, executive director of the Samueli Institute, was the principal investigator for the study, with Karen Lindsay, RDN, PhD, registered dietitian nutritionist and Early-Career Samueli Endowed Chair, as co-principal investigator. Other team members included Jessica VanRoo, CCMP, NBC-HWC, executive chef; Theresa Nutt, MA, BSN, HNB-BC, NBC-HWC, health coach and administrative director of education; Sarah Meier, MS, NBC-HWC, health coach and educator; Efrain Cerrato, MBA, ACSM-EP, integrative cardiac rehabilitation program manager, as the study's exercise physiologist, and Mirian Kang, research coordinator.

Sixty individuals participated in this randomized controlled trial at the Samueli Institute. The intervention group participated in a year-long program, which included 16 weekly classes followed by eight monthly classes. The control group participated in two classes and then received recordings of classes after the 12-month mark. Outcomes were assessed at the beginning of the program as well as at four months, 12 months, and 18 months.

VanRoo led interactive culinary education sessions, covering recipes and topics such as healthy fats, proteins, building a health plate, how to repurpose food, and how to eat out in healthy ways. The other study team members also incorporated lessons from their respective areas of expertise during each class.

VanRoo remembered an empowering moment with one participant: "We introduced participants to frozen vegetables. For some, this was a surprising moment, as they believed that healthy eating had to consist of fresh, expensive, and time-consuming ingredients. One woman wasn't aware that frozen vegetables were considered healthy. I took this as an opportunity to explain that frozen vegetables are picked at peak ripeness, retain their nutrients, and can go from the freezer to the plate in just minutes. She went home and cooked dinner later that week with frozen veggies, excited about the simplicity of this healthy ingredient. This shows that sometimes the smallest shifts in perception can lead to significant changes in behavior. It's about empowering people with the tools and skills to take charge of their health and build sustainable lifestyle habits."

Looking at early results across the four study sites, the intervention was found to exert a statistically significant benefit in the following measures on the intervention group versus the control group:

- Dietary quality
- Cooking confidence
- Mindful eating behavior
- Self-efficacy

There was also a non-significant trend towards decreased blood glucose, lipid and triglyceride levels in the intervention group versus control.

"These preliminary results suggest that a lifestyle intervention centered around culinary medicine has the potential to empower individuals with poor metabolic health to improve health behaviors and prepare more meals in the home," Lindsay said. "The trend towards improved blood markers is promising and indicate that this type of intervention may contribute towards reduced risk of cardiometabolic diseases, although further research with larger sample sizes is required."

As the trial draws to a close across all sites, further analyses are underway to determine if behavior changes can be sustained at 18 months among participants in the intervention group. Qualitative interviews conducted with the intervention group participants will also help the researchers to understand which components of the trial were most feasible, acceptable, and what may have been lacking. Understanding barriers and limitations to engaging in intensive lifestyle interventions is important to inform future larger studies of this nature with the goal of reducing risk for downstream chronic disease.

Samueli Institute Co-Sponsors International Society for Acupuncture Research Conference

The Samueli Institute co-sponsored the 2025 Society for Acupuncture Research (SAR) International Research Conference, held April 3-6, 2025, in Newport Beach. Richard Harris, PhD, Samueli Endowed Chair in Integrative Health at the Samueli Institute, is co-president of the Society for Acupuncture Research and helped lead thought-provoking discussions on strengthening connections within acupuncture and Traditional East Asian Medicine (TEAM) research.

The conference brought together nearly 300 participants from around the world for presentations on original research, as well as symposia and workshops that explored how these findings can inform evidence-based clinical practice.



Hosted by Shaista Malik, MD, PhD, MPH, founding executive director of the Samueli Institute, SAR also arranged a special site visit to the institute. More than 50 professors, acupuncturists, TEAM practitioners, postdoctoral researchers, and students from across the world toured the Samueli Institute's Irvine campus and learned about its innovative clinical, research, and educational programs.

Reflecting on this visit, Harris shared, "This tour was highly impactful for the attendees as it showcased our groundbreaking institute that furthers clinical care, teaching, and research of integrative healing modalities. It also gave the Samueli Institute more visibility to international SAR attendees. Many attendees said that the Samueli Institute is a leading institute for integrative health care and is amongst the best and most unique in the world."



TEACH

Integrative education
that empowers

Education At-a-Glance

20
total graduates of **Naturopathic Post-Graduate Training Program**, since inception

52
total fellows in the **Integrative & Functional Medicine Fellowship**

350+
total **UC Irvine medical students trained in culinary medicine**, since inception

700+
total **UC Irvine students/residents trained in culinary medicine**, since inception



Learning to Optimize Patient & Personal Health

Creating Health Bootcamp Seminar Series Educates Orange County Clinicians

This year, more than 130 people participated in the Susan Samueli Integrative Health Institute's Creating Health Bootcamp, a dynamic Continuing Medical Education (CME) program offered at no cost to Orange County clinicians in partnership with CalOptima. Participants gained insight into the latest evidence-informed strategies for optimizing both patient and personal health.

Grounded in whole-person health principles, the bootcamp included 10 monthly virtual seminars that provided a deep dive into topics such as cognitive behavioral motivation, culinary medicine, pain reprocessing therapy, strategic thinking, sleep, clinician happiness, and more. Participants received practical tools they could immediately apply to their clinical practices.

Each seminar was led by expert faculty and healthcare professionals, such as Manijeh Berenji, MD, MPH, chief of occupational health at the VA Long Beach Healthcare System; Robert McCarron, DO, DFAPA, FAIHM, director of education at the Samueli Institute; Karen Lindsay, PhD, RDN, nutrition counselor and Early Career Samueli Endowed Chair at the Samueli Institute; Kim Hecht, DO, medical director of inpatient and ambulatory services at the Samueli Institute.

The Creating Health Bootcamp series was co-sponsored by NAMI Orange County, OC Health Care Agency, and Orange County Medical Association.



SSIHI Awarded $4M Grant to Train OC Healthcare Professionals in Health & Wellness Coaching

As part of an ambitious initiative to help transform behavioral health services across the region and increase access to coordinated, whole-person care, the Samueli Institute was awarded a $4 million grant this year from the OC Health Care Agency (HCA) to train 400 county healthcare professionals in health and wellness coaching over three years.

Through this unique partnership, the Samueli Institute is delivering a tailored, evidence-informed curriculum to two cohorts of county employees each year, equipping them with practical tools for empowering clients to make sustainable lifestyle changes. With a unique focus on supporting those with behavioral health conditions, the program trains individuals how to recognize those conditions, address them through appropriate communication techniques, and support clients through whole-person approaches.
"This training helps bridge the gap between clinical services and everyday life, especially for people managing both physical and behavioral health needs. The support makes it easier for individuals to take meaningful steps toward lasting wellness," said Veronica Kelley, director of the HCA.

The training is embedded within the Samueli Institutes Academic Integrative Medicine (AIM) Health & Wellness Coaching (AIM-HWC) Certificate Program. The comprehensive curriculum includes more than 80 hours of live and asynchronous learning, emphasizing real-world application and cultural relevance. The AIM-HWC program has already trained over 70 healthcare professionals from a variety of backgrounds such as nursing, pharmacy, athletics, obstetrics and gynecology, nutrition, and more.

"As part of our mission to expand whole-person care in our community, we are excited to have this grant in partnership with HCA," said Theresa Nutt, MA, BSN, HNB-BC, NBC-HWC, administrative director of education at the Samueli Institute. "We are expanding care by training the healthcare workforce in coaching skills that are grounded in evidence-informed behavior change techniques, lifestyle interventions, and whole-person wellness. We are also expanding the workforce so Orange County can reach more individuals that struggle with behavioral health challenges."

Robert McCarron, DO, DFAPA, FAIHM, director of education at the Samueli Institute, echoed Nutt's sentiment, saying, "This one-of-a-kind training program is unique in that it actually creates a de-novo workforce in both prevention and behavioral health. We are training a talented group of people who will help grow more effective, team-based care."

In partnership with the OC Health Care Agency, the Samueli Institute is helping to shape a new kind of healthcare workforce, one equipped to address behavioral health challenges and chronic conditions through whole-person care that supports the unique needs of diverse communities.

100+

total **graduates of HWC program** since inception

HEAL-IM Graduate Reflects on Program That 'Enriched' Medical Education

Part of the Samueli Institute's mission is to provide future physicians with a sound foundation in the principles, philosophy and evidence-informed practices of integrative medicine. Therefore, students in the UC Irvine School of Medicine have the opportunity to participate in the Health Education to Advance Leaders in Integrative Medicine (HEAL-IM) program, which is offered in partnership with the Samueli Institute. This four-year longitudinal training track is designed to provide medical students with additional education in whole-person care.

90+

total medical student **participants in HEAL-IM program**, since inception

Remy Slomoff, MD, completed the HEAL-IM program and graduated from the School of Medicine in May 2025. Now completing her residency training at UCI Health in the Department of Psychiatry, Slomoff reflected on her experience learning about integrative medicine and how it transformed the way she approaches patient care.

"As a medical student in the HEAL-IM program, I have been fortunate to learn from clinicians who embody the art of whole-person care. The MS1 and MS2 didactics grounded me in nutrition, mind-body techniques, and evidence-based integrative therapies, while my MS4 rotations at the Susan Samueli Integrative Health Institute brought these principles to life in clinical practice. I saw first-hand how evidence-informed integrative approaches to care can improve patient outcomes and deepen the therapeutic alliance. These experiences have not only enriched my medical education but also solidified my commitment to continuing this work as a future integrative psychiatrist. I am passionate about addressing mental health through a lens that honors and focuses on the mind-body connection, cultural context, and the full spectrum of healing."



Remy Slomoff, MD, speaks on Match Day while holding her young daughter who was born during her fourth year of medical school. Slomoff's older son, left, was just 10 months old when she began medical school.
Photo by: Steve Zylius, UC Irvine

Distinguished Faculty Convene for CME Conference on Nutrition and Supplementation, Hosted by SSIHI

In January, the Susan Samueli Integrative Health Institute hosted the Nutrition & Supplementation in Clinical Care conference (NSCC), marking a significant step forward in the Institute's commitment to advancing integrative and functional medicine education for a variety of healthcare professionals.

Held in Carlsbad, California, the three-day conference convened clinicians and health



enthusiasts from across the country for in-depth, evidence-informed training on the clinical application of nutrition and dietary supplements. The agenda featured expert-led sessions and case discussions on topics including herbal pharmacology, supplement quality and regulation, dosing strategies, and patient engagement in nutrition-focused care. The Samueli Institute partnered with the UC Irvine School of Medicine Office of Continuing Medical Education (CME) to provide eligible participants with AMA PRA Category 1 Credit™.

This was the first annual event under the NSCC name and was a collaboration between co-directors Shaista Malik, MD, MPH, PhD, founding executive director of the Samueli Institute; Robert Bonakdar, MD, FAAFP, FACN, ABOIM, director of pain management at Scripps Center for Integrative Medicine; and Mimi Guarneri MD, FACC, ABOIM, medical director of Guarneri Integrative Health, Inc. NSCC builds off the long history that Bonakdar and Guarneri have of hosting CME conferences in the integrative and nutrition space.

As Bonakdar notes, "When the chance came to partner with Dr. Malik, the Samueli Institute and the UC Irvine School of Medicine, we were thrilled. We know that this is an area of interest for the busy clinician as well as one that is not traditionally covered in their medical education. The opportunity to collaborate with a team well-versed in integrative and functional medicine to bring together a world-renowned group of clinicians, researchers, and hands-on teachers was a dream come true. We look forward to a growing relationship where we can help educate current and future clinicians on the transformative power of nutrition."

The keynote speaker was Jeffrey Bland, PhD, known internationally as the founder of the functional medicine movement. Bland is an expert in the field of science-based nutrition and has dedicated his career to establishing a model of care that is grounded in systems biology and informed by research. He has helped to establish standards for evidence-based formulations, quality ingredient sourcing, and ethical manufacturing practices that are used today. Bland was an especially auspicious guest having been an early graduate of UC Irvine.

Other speakers included Dale Bredesen, MD, a global figure in neurodegenerative disease research; Mark Blumenthal, the founder and executive director of the American Botanical Council; and Geoffrey Abbott, PhD, a Samueli Scholar noted for his rigorous research into botanical medicine. Additionally, Malik presented about how teaching kitchens can serve as practical, educational spaces that equip both clinicians and patients with the knowledge and skills to make sustainable, food-based lifestyle changes that support long-term health.

Additionally, a pre-conference session was held at the San Diego Botanic Garden. Participants toured the garden with Blumenthal and David Kiefer, MD, medical director of the Integrative Health Clinic at UW Health, to learn about the botanical origins of modern pharmaceutical agents and gain insights into environmental factors that can impact the potency and effectiveness of natural supplements.

The conference also featured a vibrant exhibit hall, where attendees engaged directly with leading supplement manufacturers and clinical organizations. Exhibitors included Metagenics, Designs for Health, Apex Energetics, New Earth Life Sciences, Big Bold Health, Hardy Nutritional, and more.

The Samueli Institute looks forward to hosting the conference again in January 2026, and more information can be found on the institute's website.

HEAL

Powerfully personalized
integrative care

CLINICAL SERVICES

Clinical Programs

Integative Concierge Care
Executive Health
UCI Health Weight Management

Integrative Specialties

Cardiology
Cancer
Children's Health
Dermatology
Gastroenterology
Gynecology
Pain Management
Primary Care
Women's Health

Integrative Services

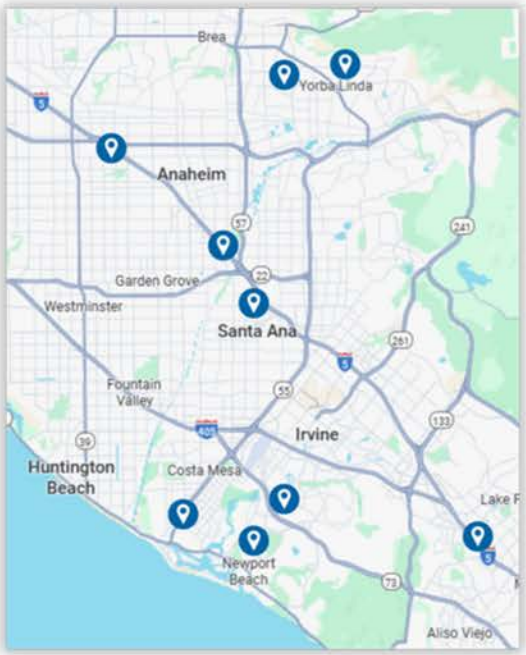
Acupuncture
Behavioral Health
Biofeedback/Neurofeedback
Cardiac Rehabilitation
Health and Wellness Coaching
Inpatient Acupuncture
Inpatient Integrative Nursing
Massage Therapy
Mindfulness
Naturopathic Care
Nutrition
Pharmacy
Physicial Therapy
Weight Management

See a list of clinicians by scanning the QR code or visiting: ssihi.uci.edu/meet-the-team/

CLINICAL LOCATIONS

The Susan Samueli Integrative Health Institute's flagship location is in Irvine, within the UC Irvine Susan & Henry Samueli College of Health Sciences. The Samueli Institute also serves patients at the following locations:

Anaheim
Costa Mesa
Laguna Hills
Newport Beach
Orange
Placentia
Santa Ana
Yorba Linda



NRC PATIENT SATISFACTION SCORES

The Samueli Institute has received strong National Research Corporation (NRC) patient satisfaction scores year after year, with an overall net promoter score of 89.7 for the 2025 fiscal year. Net Promoter Score is a metric used when asking patients for the likelihood they would recommend the clinic to a friend or family member. The SSIHI score is higher than the national average net promoter score of 84.3 for ambulatory clinics.

89.7

overall **net promoter score**



Additionally, as part of this score, the institute received a 90.1% rating for staff friendliness, a 100% rating for behavioral health care, and a 91.4% rating for integrative cardiology care.

PATIENT CARE AT-A-GLANCE

5,777

total UCI Health employees trained in integrative nursing

1,124

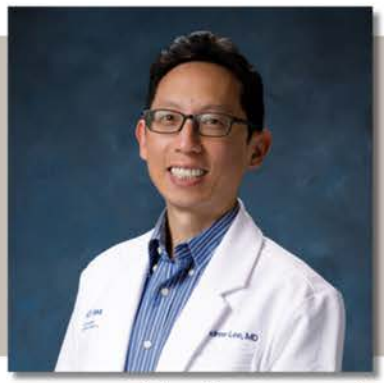
mindfulness participants

563

group medical visit appointments completed

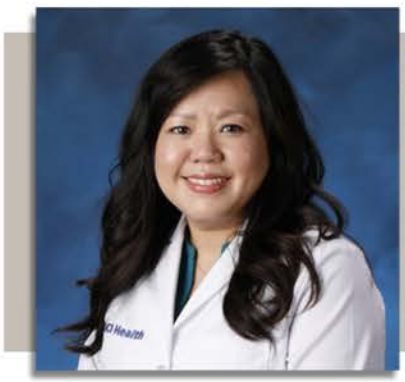


Expanding Integrative Pediatrics at the Samueli Institute:
Welcoming Dr. Andrew Lee



This year, the Samueli Institute expanded its integrative pediatric services to increase access to preventive, whole-person care starting at an early age. Lilian Au, ND, a naturopathic doctor at the Institute, has long provided integrative care for children and families with a variety of acute illnesses and chronic conditions. In 2025, the team welcomed Andrew Lee, MD, as an integrative pediatrician.

Lee is passionate about partnering with children and their families to foster healthy lifestyle habits, prevent illness, and promote whole-family wellness. His approach emphasizes uncovering the root causes of health concerns and prioritizing disease prevention as a cornerstone of integrative pediatric care.



Lee brings outstanding academic and clinical training to the role. He earned his undergraduate degree from Stanford University and his medical degree from Washington University in St. Louis School of Medicine. Lee completed his pediatric residency at Children's Hospital of Orange County (CHOC).

Together at the Samueli Institute, Au and Lee are helping children lay the foundation for a healthier future.

30+

new team members in FY25

Supporting Whole-Person Health Through Group Medical Visits:
Josie Garcia's Story

Carrying excess weight can raise the risk of serious health conditions, including cardiovascular disease, type 2 diabetes, depression, and more. After Josie Garcia noticed her weight steadily increasing, she knew she needed to take a proactive approach to keep her health under control. That mindset led the 30-year-old to the Susan Samueli Integrative Health Institute, where she joined the Healthy Weight Group Medical Visit (GMV) program.



The GMV program brings together individuals on similar health journeys, such as living with a cardiovascular condition, managing weight loss, or diagnosed with cancer. Patients meet at weekly shared medical appointments over the course of several weeks. Garcia appreciated the peer support she found, learning from and bonding over the questions and experiences of others.

"It's a very supportive, collaborative environment," Garcia said. "We're all dealing with the same thing and there's a lot of solidarity. It's a great community."

During her GMV appointments, Garcia spent extended time with the institute's integrative health clinicians, learning about whole-person health strategies that could not only help her manage weight but improve her overall health. Garcia said this helped her connect the dots between all the aspects of her health and well-being, such as stress, digestion, sleep and more.

Bavani Nadeswaran, MD, MBBS, is an internal and bariatric medicine physician at the Samueli Institute and leads the Health Weight GMV program. She echoed the program's strengths, saying, "Group medical visits for healthy weight management offer patients more than just clinical care — they provide a supportive environment where extended time with clinicians allows for deeper conversations, personalized education, and a whole-person approach to health. Addressing weight concerns in a group setting encourages patients to consider not just physical factors, but also emotional, social, and lifestyle components that influence well-being."

Because of her positive experience in the GMV, Garcia went on to also participate in nutrition counseling, health coaching, and biofeedback at the Samueli Institute.

"I truly feel like every appointment really changes my life and the things that I learn are actionable insights I can take with me," Garcia said.

Today, Garcia feels empowered with whole-person health tools she can carry forward and continue building upon outside of the clinic walls.

"I've been enlightened by so much wisdom to inform my health journey," Garcia said.

Nadeswaran added, "What's most powerful about Group Medical Visits is watching patients realize they're not alone. Both their struggles and their strengths are shared. In the Healthy Weight GMV, we have the time and space to explore the deeper factors that influence overall health, not just weight. Over time, patients begin to feel more empowered, informed, and supported. That transformation — in mindset, habits, and health — is what makes this approach so meaningful. The shared experience fosters a strong sense of community and peer support, empowering individuals to stay motivated, feel understood, and realize they are not alone on their journey to better health."



Dr. Gary Deng Joins SSIHI, UCI Health:

Pioneer in Whole-Person Care Leads Integrative Oncology Program

Oncology is entering a new era — one marked by innovation, precision, and whole-person care. Gary Deng, MD, PhD, a globally recognized pioneer in integrative medicine, is now leading the evolution of integrative oncology at UCI Health. In June, Deng was appointed the director of the new Integrative Oncology program at the UCI Health Chao Family Comprehensive Cancer Center, in collaboration with the Susan Samueli Integrative Health Institute.

Deng also serves as the Samueli Institute's director of clinical affairs and holds the Samueli Endowed Chair in Integrative Oncology. In addition, he is associate director of integrative oncology in the cancer center and professor of medicine at the UC Irvine School of Medicine.

"I am thrilled to be joining the Samueli Institute, the Chao Family Comprehensive Cancer Center (CFCCC), and UCI Health. They have cultivated a robust integrative health community through years of dedicated work, and a vibrant ecosystem has emerged — bringing together individuals deeply committed to integrative and whole-person health," Deng said.

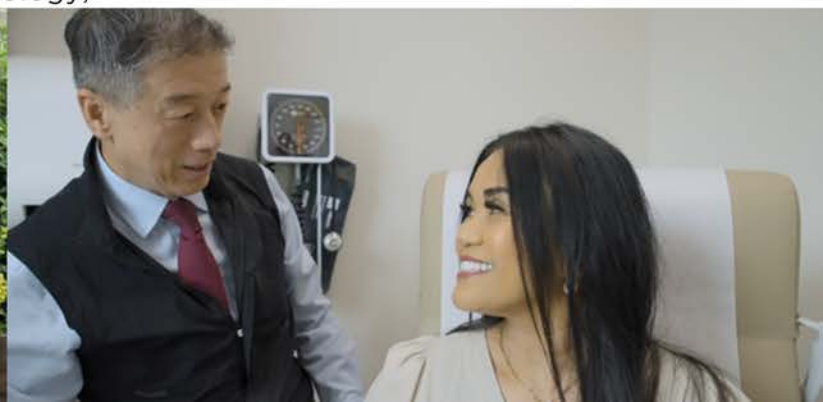
"It is a privilege to contribute to this shared vision, and I look forward to collaborating with colleagues to further elevate the Samueli Institute, the Chao Family Comprehensive Cancer Center, and UCI Health as national exemplars of integrative and whole-person care."

Deng brings a depth of experience merging conventional oncology and supportive integrative medicine. He spent over two decades building a robust and highly regarded integrative medicine program at Memorial Sloan Kettering Cancer Center. He is a past president of the Society for Integrative Oncology and a former professor of clinical medicine at Weill Cornell Medical College of Cornell University. Deng completed clinical training at the University of Texas Medical School at Houston and research training at the University of Texas MD Anderson Cancer Center.

Shaista Malik, MD, PhD, MPH, founding executive director of the Samueli Institute, called Deng's appointment a pivotal moment.

"Dr. Gary Deng is widely recognized not only for his deep clinical expertise and groundbreaking research but also his trusted leadership in advancing evidence-informed, whole-person cancer care," Malik said. "The appointment of Dr. Deng as our new Director of Clinical Affairs and Samueli Endowed Chair in Integrative Oncology marks a significant milestone for the Susan Samueli Integrative Health Institute and for the broader field of integrative oncology,"





Richard Van Etten, MD, PhD, director of the CFCCC, echoed Malik's sentiment, saying, "Dr. Deng is perfectly suited to coordinate integrative oncology and whole-person cancer care at our National Cancer Institute-designated comprehensive cancer center at UC Irvine and UCI Health. Together with the Susan Samueli Integrative Health Institute, we have the infrastructure – including supportive oncology, palliative care, and rehabilitation medicine – to transform the paradigm of this increasingly important area of cancer medicine."

Deng's vision for the Integrative Oncology program is to develop a model of care in which whole-person support is seamlessly integrated into each patient's standard cancer treatment plan. This includes personalized guidance in nutrition, physical activity, stress management, sleep, and social and emotional wellbeing, all of which will be aligned with each phase of treatment.

"From the moment patients enter UCI Health, we will walk alongside them, helping to ease symptoms, manage side effects, foster resilience, and support their physical and emotional well-being through and beyond treatment."

GARY DENG, MD, PHD

Director of Clinical Affairs

The long-term goal is to establish a replicable model that can set the standard for integrative cancer care nationwide.

"Over time, we will refine this approach and disseminate it as a scalable model for other cancer centers," Deng said.

Malik added, "His vision aligns powerfully with our mission to transform cancer care into a multidisciplinary, patient-centered approach that supports overall well-being, improves quality of life, and addresses the physical, emotional, and spiritual needs of each patient. I'm confident that Dr. Deng will help shape the future of how integrative oncology is practiced and studied here at UCI Health, and nationwide."

Alongside clinical care, Deng will expand the research underpinning integrative oncology. His work will focus on non-pharmacological interventions that improve clinical outcomes; multi-modal care packages that enhance both health outcomes and cost-effectiveness; and scalable, technology-enabled strategies to expand access and sustainability of integrative care.

For example, Deng is currently studying how acupuncture might help patients at risk of sepsis, working to see if administering the therapy can help reduce progression and ICU-level care. This critical work could help improve survival while lowering the overall cost of care.

"What excites me most about this next chapter is that the Integrative Oncology program, with Dr. Deng at the helm, has the potential to address the multidimensional burden of cancer — physical, emotional, and spiritual — that weighs heavily on individuals and the healthcare system and study the effects of such an approach," Malik added. "This program can not only empower patients to navigate treatment with greater resilience and renewed well-being, but it can also help alleviate system strain by promoting data-driven integrative cancer care."

Providing Acupressure for UCI Health Nurses During National Nurse's Week

Supporting the well-being of clinicians is a core priority of the Susan Samueli Integrative Health Institute. Through providing integrative services that promote resilience and reduce burnout, we are committed to caring for those who care for patients.

As part of this commitment, the Institute's acupuncturists offered ear seed acupressure sessions for nurses at the UCI Medical Center during National Nurses Week in May. Evidence suggests that acupressure may help relieve pain and promote relaxation.

"I am continually amazed by the fact that sticking a small seed on the outer ear can evoke a change in someone. Sometimes that change is just a general feeling relaxation or calmness. Other times the nurses report that a pain somewhere in their body has eased or gone away," said Scott Phelps, DAOM, LAc, inpatient acupuncture lead at the Samueli Institute.



"It is always an honor to support my fellow healthcare workers. When we prioritize our own well-being, we can foster a more supportive, energized environment not just for each other, but for the patients we care for every day."



11%

increase in **inpatient acupuncture visits** since last year

How Whole-Person Care Empowered Breast Cancer Survivor

Cancer affects more than just the body. For many patients, it challenges the mind, tests the spirit, and reshapes daily life. When 48-year-old Pam Tupy was diagnosed with breast cancer, she knew she was on an arduous path – and that having a care team capable of supporting her from every angle would be critical. At the Susan Samueli Integrative Health Institute, she found exactly what she was searching for. Today, after eight years and with "really good" test results, Tupy is reflecting on her cancer journey at the Samueli Institute with gratitude, sharing that her health is "better than ever."



After her diagnosis in 2018, Tupy joined the UCI Health Integrative Concierge Care program at the Samueli Institute, where she was struck by the depth of personalized attention she received. Her physician, Marcela Dominguez, MD, looked far beyond her cancer treatment. Together, they developed a highly personalized care plan that reflected her unique biology, lifestyle, and health goals. Designed to ease the physical and emotional side effects of cancer treatment while enhancing her overall wellbeing, the plan included stress management, massage therapy, nutritional counseling, and targeted dietary supplementation, all of which Tupy found deeply beneficial. She also had access to naturopathic care, culinary medicine, acupuncture, and more.

The Samueli Institute, Tupy said, "allows you to have such an individualized approach with your doctor and really look at all these different components."

As Tupy progressed through chemotherapy, surgery, and radiation, Dominguez continuously refined the plan to meet her evolving needs, ensuring that each stage of her journey was met with thoughtful support.

"Working within the Samueli Institute provides me many synergistic integrative medicine modalities of care customized to each of my patients. This comprehensive and personalized medical approach has shown over the years to give my patients their best medical care and outcomes, which is the best reward for my patient and myself," said Dominguez.

This multidisciplinary approach was one of the most remarkable aspects for Tupy. She said Dominguez was the guiding light of her care team, thoughtfully and expertly collaborating with all of Tupy's other specialists. Whether it was coordinating with her oncology team or recommending genetic testing for a tailored dietary supplementation plan, the level of coordination and communication provided Tupy peace of mind.

"Everybody's on the same page. There's really nothing else like that out there that I have experienced that gives you this kind of whole-person care with so many different professionals," Tupy said.

What made a true difference for Tupy was the time and attention that Dominguez was able to dedicate to her care.

"When Dr. Dominguez is in the room with me, she's fully present in the room with me. It really is a true partnership," Tupy said. "I always feel supported."

Today, Tupy says her health is "better than ever." Through her work with Dominguez and her oncology team, Tupy was able to manage stress, improve her nutrition and activity level, maintain a healthy lifestyle, and even lose over 100 pounds.

"There's [no other institution] out there that has this kind of care," Tupy said.

> "There's really nothing else ... that I have experienced that gives you this kind of whole-person care with so many different professionals."
>
> **Pam Tupy**
> Concierge Care Patient

SERVE

Whole-person health for
the whole community

Pre-Pregnancy Whole-Person Care Program Expanded:
Supporting More Families on the Journey to Parenthood



Following the overwhelming interest in the Samueli Institute's new Pre-Pregnancy Whole-Person Care Program last year, the team has been closely studying insights from the inaugural cohort and was proud to welcome a second group of patients this year, thanks to generous continued support from the Theresa and Richard Beauchamp family.

The program is led by Lilian Au, ND, MPH, a naturopathic doctor at the Samueli Institute, and Karen Lindsay, RDN PhD, a registered dietitian nutritionist and Early-Career Samueli Endowed Chair for Integrative Health at the institute. The goal of the program is threefold:

1. Provide comprehensive care to families from pre-conception through early childhood.
2. Utilize integrative health approaches to support fertility, healthy pregnancy outcomes, and infant development.
3. Promote sustainable healthy lifestyle practices that can have intergenerational impacts on health and disease risk.

Ten couples planning a pregnancy within the year participated in the first wave of the program, which lasted four months. They received three individual appointments with Au, comprehensive diagnostic lab tests, four nutritional education classes with Lindsay and a culinary educator, and an eight-week mindful self-compassion program.

Upon completion of the program, Lindsay and Au observed a notable drop in self-reported stress levels, improved eating behaviors and food skills, and correction of some key nutrient deficiencies that are known to impact fertility. While these observations are early, they indicate that a whole-person, pre-pregnancy intervention has the potential to provide significant health benefits for people wanting to start a family.

"We know that stress and suboptimal nutrition during pregnancy can exert profound effects on fetal development and influence future child health outcomes. By improving lifestyle factors among couples prior to conception, we can positively impact the health of future pregnancies as well as generations to come," said Lindsay.

When enrollment opened for the program's second cohort, Au and Lindsay again saw high interest and demand for pre-conception care.

Ten more women and their partners who were planning a pregnancy in the next year joined the program. This year, the team extended the program timeline from four to six months and added more services, including one-on-one nutrition counseling, acupuncture, exercise classes, and health and wellness coaching.

Looking ahead, the Samueli Institute aims to continue growing the program to serve a broader and more diverse population, with the long-term vision of offering a scalable model for pre-pregnancy care that can be integrated into clinical practices nationally. By combining personalized care with lifestyle and behavioral support, the team hopes to not only improve outcomes for parents and babies, but to help redefine reproductive health through a more comprehensive, preventive lens.



23rd Annual Women's Wellness Day


Keynote Speaker
Amy Shah, MD

The 23rd annual Women's Wellness Day was held on May 2, 2025, offering women a welcoming and empowering space to connect, reflect, and explore the unique health issues they face — all through the lens of integrative health. This year's theme, "Rooted in Resilience," invited attendees to reimagine what it means to work toward optimal health and truly thrive.

The keynote address was delivered by Amy Shah, MD, a double board-certified physician and nutrition specialist. She revealed five key lessons on women's health that she learned based on her 20 years of experience in the field and training at top institutions like Cornell, Harvard, and Columbia University.





More than 460 people gathered at the Balboa Bay Resort in Newport Beach. Throughout the day, guests enjoyed healthy and delicious food, including plated breakfast and lunch with nutritious snacks. Experiential activities included a meditation room with acupressure and massage, Qigoing, making your own herbal bath soak, and planting your own herbs. Tina Hung, a yoga instructor and sound healer, took the stage during the day as well to deliver a sound bath to attendees. Sound baths are a therapeutic practice rooted in ancient traditions, using instruments like Tibetan singing bowls, bells, and gongs to help promote relaxation, ease stress, and improve mood. Additionally, Jessica Drew de Paz, PsyD, led the group in a mindful letter writing exercise during the morning.

Speakers



Tieraona Low Dog, MD



Elisa Song, MD



Karen Lindsay, RDN, PhD
Lilian Au, ND, MPH



Ashley Koff, RD



Stephanie Karzon Abrams, MS Clin.Pharm.





Women's Wellness Day continues to be a beloved annual tradition, drawing a growing community from across Southern California and beyond who share a passion for integrative approaches to women's health. Next year's event is set to feature two days of interactive presentations, breakout sessions, engaging experientials, and more. The Samueli Institute looks forward to expanding this valued event.

APPENDIX

AWARDS & ACCOLADES

Joy in Medicine Recognition by American Medical Association



Shaista Malik, MD, PhD, MPH, named American Heart Association's Orange County Woman of Impact



Shaista Malik, MD, PhD, MPH, receives Vision and Leadership Award from Octane



Richard Harris, PhD, receives Athalie R. Clarke Achievement Award from the Samueli Institute



Bavani Nadeswaran, MD, named Castle Connolly Top Doctor for 10 Consecutive Years

Physicians of Excellence by the Orange County Medical Association

Ailin Barseghian El-Farra, MD
Anju Hurria, MD, MPH
Bavani Nadeswaran, MD
Robert McCarron, DO, DFAPA, FAIHM
Nimisha K. Parekh, MD, MPH, FACG, AGAF

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Janie Tsao
President of Miven and Co-Founder of Linksys

WELL-BEING CIRCLE



The Susan Samueli Integrative Health Institute Well-Being Circle is a community of philanthropists that shares the institute's passion for whole-person health. Well-Being Circle members support the institute with an annual philanthropic contribution. Through these gifts, they help to advance whole-person health in research labs, classrooms and clinics.

Throughout the year, Well-Being Circle members and their invited guests enjoy events and activities that deepen their understanding of the institute's role in helping people achieve optimal health.

Members learn from Samueli Institute experts and enjoy special activities like healthy cooking at the Mussallem Nutritional Education Kitchen. They deepen their understanding of topics like healing qualities of herbs from the garden and mindfulness practices, which contribute to their and the community's whole-person health and well-being.

For more information, scan the QR code or visit sihi.uci.edu/giving/wellbeing-circle/

PUBLISHED RESEARCH

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