

Ryan Bradley, ND, MPH
CURRICULUM VITAE

PROFESSIONAL PROFILE

Epidemiologist, clinical trialist, educator and clinician with 18 years of clinical and research experience in academic and private settings. Current academic affiliations include: Director of Research at the Helfgott Research Institute, Senior Investigator and Associate Professor at the National University of Natural Medicine (Portland, OR); Adjunct Assistant Professor in the Division of Preventive Medicine, Department of Family Medicine and Public Health, School of Medicine at the University of California, San Diego (La Jolla, CA); Associate Professor of Pharmaceutics, School of Pharmacy at the University of Washington (Seattle, WA); and Visiting Faculty in the University of Technology Sydney Australian Research Center in Complementary and Integrative Medicine (ARCCIM). Past clinical experience includes both private clinic and academic teaching practices focused on integrative primary care and diabetes specialty care. Training background includes: Master of Public Health in Epidemiology from the University of Washington ('09); 5 years of KL2 post-doctoral clinical research training in the Division of Cardiology at the University of Washington School of Medicine; 3 years of T32 post-doctoral training in complementary and integrative health research at Bastyr University; clinical residency at the Bastyr Center for Natural Health; Doctorate of Naturopathic Medicine from Bastyr University ('03) and a Bachelor of Science in Chemical Engineering and Biotechnology ('97) from North Carolina State University. Licensed to practice naturopathic medicine in Washington, Oregon and California.

CURRENT PROFESSIONAL POSITIONS

1. Director of Research and Senior Investigator | Helfgott Research Institute | National University of Natural Medicine
2220 SW 1st Ave | Portland, OR 97201
2. Adjunct Assistant Professor | University of California, San Diego | School of Medicine | Dept. of Family Medicine and Public Health | Division of Preventive Medicine | 9500 Gilman Dr. | La Jolla CA 92037
3. Associate Professor of Nutrition and Public Health | School of Graduate Studies | National University of Natural Medicine | 2220 SW 1st Ave | Portland, OR 97201
4. Adjunct Professor of Cardiology | College of Naturopathic Medicine | National University of Natural Medicine | 049 SW Porter St. | Portland, OR 97201
5. Adjunct Professor of Public Health | School of Naturopathic Medicine | Bastyr University | 14500 Juanita Dr., Kenmore, WA 98828
6. Affiliate Associate Professor | University of Washington | School of Pharmacy | Department of Pharmaceutics
1959 NE Pacific St. | Seattle, WA 98195¹¹_{SEP}
7. Visiting Faculty | Australian Research Center in Complementary and Integrative Medicine (ARCCIM) University of Technology, Sydney | Sydney, Australia.
8. Invited Adjunct Fellow | National Center for Naturopathy | Southern Cross University | Lismore, Australia

ACTIVE CLINICAL LICENSES & MEDICAL REGISTRATION INFORMATION

1. Naturopathic Physician (ND) | OR State license 4161; licensed since 2018
2. Naturopathic Doctor (ND) | CA state license ND-579; drug furnishing number NDF-579; licensed since 2013
3. Naturopathic Physician (ND) | WA State license NT1211; licensed since 2003

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4. Drug Enforcement Agency (DEA) registration #MB4547280
5. National Provider Identification (NPI) number: 1619965753

EDUCATION & RESEARCH TRAINING

- 4/2018 NIH Qualitative Research Short Course, hosted at National University of Natural Medicine
- 7/2007-6/12 KL2 CTSA Multidisciplinary Clinical Research Scholars Program
Institute for Translational Health Sciences (ITHS)
Division of Cardiology | University of Washington Medical Center; Seattle, WA
- 9/2006-4/09 Masters of Public Health (MPH)—Epidemiology
University of Washington; Seattle, WA
School of Public Health and Community Medicine
- 2/2004-6/07 T32 Research Training in Complementary and Alternative Medicine (CAM)
Bastyr University Research Institute; Kenmore, WA
- 9/2003-9/04 Residency- Bastyr University Center for Natural Health; Seattle, WA
CNME-approved clinical residency
- 9/1998-6/2003 Doctor of Naturopathic Medicine (ND)
Bastyr University; Kenmore, WA
- 8/1999 Licensed Massage Practitioner (LMP.)
Brenneke School of Massage; Seattle, WA
- 8/1994-6/97 Bachelor of Science (BS) in Chemical Engineering & Biotechnology
North Carolina State University; Raleigh, NC
Summa cum laude graduate
- 7/1995 Wilderness First Responder (WFR)
Wilderness Medicine Institute (WMI)
- 7/1995 National Outdoor Leadership School (NOLS) North Cascades Snow and Glacier Travel Course
North Cascades, WA
- 9/1993-6/1994 Freshman Chemistry/Chemical Engineering Student. Ithaca College; Ithaca, NY

PAST and PRESENT PROFESSIONAL COMMITTEES AND APPOINTMENTS

- 2019-Present Member, Research Advisory Board, RAND Center for Complementary and Integrative Health Research
- 2018-Present Member, UCSD Center of Excellence in Integrative Medicine Research
- 2017-Present National University of Natural Medicine Representative to the International Research Consortium of Naturopathic Academic Centers (IRCNAAC)
- 2017-Present National University of Natural Medicine Representative to the World Naturopathy Federation
- 2017-Present Representative to the World Naturopathy Federation Research Committee
- 2017-Present UCSD Dept. of Family Medicine Practice-based Research Committee
- 2016-Present Fellow to the International Leaders in Naturopathy Research Program at the Australian Research Center in Complementary and Integrative Medicine (ARCCIM)

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2015-Present Scientific Review Committee, National University of Natural Medicine
2013-Present Member: Diabetes Advisory Group for Prevention Magazine
2018-2020 Associate Director, UCSD Center of Excellence in Integrative Medicine Research
2016-2020 UCSD Krupp Endowment Research Committee
2012-2015 Chairman: Standards of Practice Subcommittee; American Association of Naturopathic Physicians House of Delegates
2011-2013 Member: Bastyr University Center for Health Policy and Research Advisory Committee
2010-Present Invited member: Technical Expert Panel (TEP): US Agency for Healthcare Research Quality (AHRQ) Dietary Supplements in Adults taking Cardiovascular Drugs; Coordinated by: University of Ottawa Evidence-based Practice Center (UO-EPC).
2010-2014 Member: Bastyr University Research Institute REDCap Advisory Committee
2010-2012 Member: Bastyr University Clinical Research Planning Committee
2009-2014 Member: Bastyr University Research Institute Appointments and Promotions Committee
2009-2014 Member: Bastyr University Research Institute Strategic Planning Task Force
2009-2012 Mentor & Member: Bastyr University T32 CAM Research Training Grant Advisory Committee
2009-2012 Member: Bastyr University Research Curriculum Development R25 Advisory Board
2007 Invited member: Puget Sound Health Alliance Prevention Clinical Improvement Team
2006-2007 Delegate: WA State Blue Ribbon Commission on Health Care Costs and Access
2005-2006 Invited member: Puget Sound Health Alliance Diabetes Clinical Improvement Team
2005-2006 Chairman: WANP Continuing Education (CE) Committee
2005-2008 Chairman: American Association of Naturopathic Physicians (AANP) Clinical Guideline Development Committee
2004-2008 Director: Washington Association of Naturopathic Physicians (WANP)
2004-2009 Member: WANP Legal, Legislative, and Insurance (LL&I) Committee
2004 Member: Naturopathic Medicine Research Agenda (NMRA) Diabetes Delphi Panel
2003 Member: Bastyr Center for Natural Health Quality Improvement Council
2001-2004 Member: Bastyr University Institutional Review Board (IRB)

PAST PROFESSIONAL POSITIONS

7/2015-12/2017 Assistant Director of Research | Helfgott Research Institute | National University of Natural Medicine
9/2013-6/2014 Associate Research Scientist | Bastyr University Research Institute
9/2012-9/2013 Assistant Director | Bastyr University Research Institute
9/2005-9/2013 Director | Center for Diabetes & Cardiovascular Wellness | Bastyr University
7/2007-9/2013 Clinical Research Assistant Professor | School of Naturopathic Medicine | Bastyr University
4/2004-6/2007 Adjunct Clinical Faculty | School of Naturopathic Medicine | Bastyr University Washington
6/2004-9/2006 Natural Products Consultant | Akesis Pharmaceutical, Inc.
3/2002-8/2004 Research Scientist | Salugenecists, Inc.

PROFESSIONAL MEMBERSHIPS

2020-Present American Society of Nutrition (ASN)
2019-Present American Heart Association (AHA)
2005-Present American Diabetes Association (ADA)
2015-2019 Academy of Integrative Health & Medicine (AIHM)
2011-2012 European Association for the Study of Diabetes (EASD)

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1999-2012 American Association of Naturopathic Physicians (AANP)
1999-2011 Washington Association of Naturopathic Physicians (WANP)
1996-1997 Phi Kappa Phi Academic Honors Society
1993-1997 American Institute of Chemical Engineers (AIChE)

CURRENT GRANT- and CONTRACT-SUPPORTED RESEARCH ACTIVITIES

1. Co-Principal Investigator- “Xanthohumol Metabolism and Signature (Xmas)”. Multi-PI with Fred Stevens and Tom Metz from Oregon State University (OSU) and the Pacific Northwest National Laboratory (PNNL). Funded by NCCIH RO1.
2. Program Director- NIH-funded Building Research across Interdisciplinary Gaps (BRIDG) Clinical Research Training Program, in collaboration between the University of Washington and the National University of Natural Medicine. Funded by the National Center for Complementary and Integrative Health (NCCIH)
3. Principal Investigator- “International Cohort on Lifestyle Determinants of Health (INCLD Health)”. Funded by private philanthropy.
4. Principal Investigator- “Evaluation of gamma-Glutamyltransferase as a Biomarker of Chronic, Cardiometabolic Risk in the MESA Cohort”. Funded by the Diabetes Action Research and Education Foundation.
5. Co-Investigator- “Effects of Avocado Intake on the Nutritional Status of Families.” Funded by the Hass Avocado Board.
6. Co-Investigator- “Impact of Magnesium and Vitamin D3 replacement on Cerebrovascular Blood Flow in Metabolic Syndrome.” Funded by the Krupp Research Endowment of the University of California, San Diego.
7. Principal Investigator- “Effects of the Glutathione Support for Health Plan on Glutathione Status in Type 2 Diabetes.” Funded by the Krupp Research Endowment of the University of California, San Diego.

GRANT SUPPORT

07/17-Present Krupp Endowment Research Grant: Glutathione Support for Health (GSH) Program in Type 2 Diabetes: A Randomized Clinical Trial (Role: PI)

12/19-Present NCCIH RO1 “Xanthohumol Microbiome and Signature (Xmas)” (Role: Co-PI with Fred Stevens from OSU and Tom Metz from PNNL)

04/15-Present NCCIH R90/T90 research Training grant: Building Research across Inter-Disciplinary Gaps (BRIDG) Complementary Medicine Clinical Research Training Program (Role: co-PD)

06/14-Present Diabetes Action Research Grant: Impact of GGT on Diabetes Risk in MESA (Role: PI)

09/18-Present NHLBI and ODS Administrative Supplement: Impact of Dietary Supplements on Heart Failure (Role: co-I with Dr. Paul Mills)

06/16-12/19 Hass Avocado Board: Avocados in the Home (Role: co-I with Dr. Matt Allison)

06/16-12/17 NHLBI and ODS Administrative Supplement: Impact of Dietary Supplements on CAC Volume and Density (Role: co-I with Dr. Michael Criqui)

09/09-08/12 Diabetes Action Research Grant: Comparative Study of Vitamin D Supplements to Replete Serum 25-hydroxycolecalciferol: A Randomized Clinical Trial (Role: PI)

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- 09/09-08/11 Research Grant from Standard Process, Inc.: Effects of Mixed Carotenoids on Biomarkers of Cardiovascular Risk: A Randomized Clinical Trial (Role: PI)
- 09/07-08/10 NCCAM R21 Observational Study of Naturopathic Medicine in Type 2 Diabetes (Role: Co-I with Dr. Dan Cherkin)
- 07/07-06/12 KL2 Multidisciplinary Clinical Research Training Award (Role: Trainee at the University of Washington)
- 09/05-08/07 Diabetes Action Research Grant: Chromium plus Metformin in Type 2 Diabetes (Role: PI)
- 02/04-06/07 T32 Post-doctoral Research Training Fellowship in Complementary Medicine Research (Role: Trainee at Bastyr University)

PEER-REVIEWED RESEARCH AND CLINICAL PUBLICATIONS

62. Sharpe E, Farragher-Gnadt A, Igbunugo M, Huber T, Michelotti JC, Milenkowic A, Ludlam S, Walker M, Hanes D, **Bradley R**, Bou-Abdallah F. Comparison of Antioxidant Activity and Extraction Techniques for Commercially and Laboratory Prepared Extracts from Six Mushroom Species. *J. of Agriculture and Food Research*. *Accepted Feb. 24, 2021*.
61. Buttolph L, Corn J, Hanes D, **Bradley R**, Senders E. Community Qigong for People with Multiple Sclerosis: A Pragmatic Feasibility Study. *Journal of Alternative and Complementary Medicine*. *Accepted Feb. 11, 2021*.
60. Langley B, Ryan J, Phipps J, Hanes D, Stack E, Metz T, Stevens JF, **Bradley R**. Xanthohumol Microbiome and Signature in Healthy Adults (the XMaS Trial): Safety and Tolerability Results of a Phase I Triple-Masked, Placebo-Controlled Clinical Trial. *Molecular Nutrition & Food Research*. *Accepted Jan. 22, 2021*.
59. Rodriguez LA, Shiboski SC, Bradshaw PT, Fernandez A, Herrington D, Ding J, **Bradley R**, Kanaya AM. Predicting Non-Alcoholic Fatty Liver Disease for Adults Using Practical Clinical Measures from the Multi-Ethnic Study of Atherosclerosis (MESA). *J. of General Internal Medicine*. 2021. <https://doi.org/10.1007/s11606-020-06426-5>
58. **Bradley R**, Pickworth, CK, Wexler RS, Sadowski A, Buttolph L, Sarrar H, Moehle J, Torrens MT, Harnett J, McIntyre E, Schloss J, Steel A, Adams J. Protocol for The International Cohort on Lifestyle Determinants of Health (INCLD Health) Study: A Longitudinal Cohort Study of Complementary and Integrative Health Utilization in Post-Secondary Education Students. *Journal of Alternative and Complementary Medicine*. 2020. <https://doi.org/10.1089/acm.2020.0419>
57. Callan N, Hanes D, **Bradley R**. Early evidence of efficacy for orally administered SPM-enriched marine lipid fraction on quality of life and pain in an adult chronic pain population. *Journal of Translational Medicine*. 2020. 18:401. <https://doi.org/10.1186/s12967-020-02569-5>
56. **Bradley R**, Langley B, Ryan JJ, Phipps J, Stack E, Hanes D, Jansson JK, Metz TO, Stevens JF. Xanthohumol Microbiome and Signature (XMaS) in Healthy Adults: A Randomized, Placebo-controlled, Phase 1 Clinical Trial. *Trials*. 2020. 21:835. <https://doi.org/10.1186/s13063-020-04769-2>
55. **Bradley R** and Elder C. Addressing Vaccine Hesitancy. *Perm J*. 2020; 24:20.216 <https://doi.org/10.7812/TPP/20.216>
54. Sharpe E, Lacombe A, Hanes D, **Bradley R**. A Closer Look at Yoga Nidra: Sleep Lab Protocol. *International Journal of Yoga Therapy*. 2021. 31:1.

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53. Anderson C and **Bradley R**. The potential of novel plant protein foods to improve dietary patterns and markers of cardiovascular health. *American Journal of Clinical Nutrition*. <https://doi.org/10.1093/ajcn/nqaa253>
52. **Bradley R**, Schloss J, Brown D, Celis D, Finnell J, Hedo R, Honcharov V, Pantuso T, Pena H, Lauche R, Steel A. The effects of Vitamin D on acute viral respiratory infections: a rapid review. *Advances in Integrative Medicine*. 2020 Aug 3. <https://doi.org/10.1016/j.aimed.2020.07.011>
51. Moonaz S, Sullivan M, Nault D, Bright-Dunn I, **Bradley R**. Characteristics of Clients Seeking Yoga Therapy in a University-Based Student Clinic. *International Journal of Yoga Therapy*. 2021. *30:1*. <https://doi.org/10.17761/2021-D-20-00003>
50. Steel A, Rickwood C, **Bradley R**, Foley H, Joanna E Harnett JE. Australian Naturopaths' approach to caring for people with cardiovascular disease and associated risk factors: a qualitative study of the providers' perspective. *Journal of Alternative and Complementary Medicine*. *Accepted May 26, 2020*. <https://doi.org/10.1089/acm.2020.0095>
49. Iván Parra-Izquierdo I, **Bradley R**, Aslan JE. Platelets get gutted by PAG. *Platelets*. 2020 Apr 29;1-3. <https://doi.org/10.1080/09537104.2020.1759793>.
48. Steel A, Foley H, **Bradley R**, Van De Venter C, Lloyd I, Schloss J, Wardle J, Reid R. Overview of international naturopathic practice and patient characteristics: results from a cross-sectional study in 14 countries *BMC Complementary Medicine and Therapies*. 2020. 20(59). <https://doi.org/10.1186/s12906-020-2851-7>
47. Corroon J, Michelle Sexton M, **Bradley R**. Indications and Administration Practices amongst Medical Cannabis Healthcare Providers: A Cross-Sectional Survey. *BMC Fam Pract*. 20, 174 (2019). <https://doi.org/10.1186/s12875-019-1059-8>
46. **Bradley R**, Harnett J, Cooley K, McIntyre E, Goldenberg J, Adams J. Naturopathy as a Model of Prevention-Oriented, Patient-Centered Primary Care: A Disruptive Innovation in Health Care. *Medicina*. 2019. 55(9): 603. <https://doi.org/10.3390/medicina55090603>
45. Ryan JJ, Hanes DA, **Bradley R**, Contractor N. Effect of a Nutrition Support Formula in Adults with Inflammatory Bowel Disease (IBD): A Pilot Study. *Global Advances in Health and Medicine*. 2019. 8:1-8. <https://doi.org/10.1177/2164956119867251>
44. **Bradley R**. CTIM special issue on type 2 diabetes mellitus. *Complementary Therapies in Medicine*. 2019. <https://doi.org/10.1016/j.ctim.2019.07.004>
43. Schloss J, Cooley K, **Bradley R**, Reid R, Goldenberg J, Hawrelak J, McIntyre E, Harnett J, vn de Venter C. Steel A. Lessons from outside and within: Exploring advancements in methodology for naturopathic medicine clinical research. *Journal of Alternative and Complementary Medicine*. 2019. 25(2): 135-40. <https://doi.org/10.1089/acm.2018.0403>
42. **Bradley R**, Booth-LaForce C, Hanes D, Scott C, Lin Y, Sherman K, Zwickey H. "Design of a Multi-Disciplinary Training Program in Complementary and Integrative Health Clinical Research: Building Research across Inter-Disciplinary Gaps (BRIDG)". *Journal of Alternative and Complementary Medicine*. 2019. 25(5):509-516. <https://doi.org/10.1089/acm.2018.0454>

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41. Pickworth C, Corroon J, Deichert D, **Bradley R**. Randomized Controlled Trials Investigating the Relationship between Dietary Pattern and High-sensitivity C-reactive Protein: A Systematic Review. *Nutrition Reviews*. 2019. 77(6): 363-75.
40. Corroon J, Erlandsen A, Taylor J, Hanes D, **Bradley R**. Effects of a Topical Botanically-enriched Salve on Cutaneous Oxygenation. *J. of Wound Care*. 2019. 28(s2).
39. Neuendorf R, Corn J, Hanes D, **Bradley R**. Impact of Food IgG-based Elimination Diet on Subsequent Food IgG and Quality of Life in Overweight/Obese Adults. *Journal of Alternative and Complementary Medicine*. 2019. 25(2): 241-248.
38. Ryan J, Corroon J, Taylor J, Hanes D, **Bradley R**. Prospective Safety Evaluation of a Cardiovascular Health Dietary Supplement in Adults with Prehypertension and Stage I Hypertension. *Journal of Alternative and Complementary Medicine*. 2019. 25(2): 249-256.
37. **Bradley R** and Walter B. Opioid Prescribing Patterns by Naturopathic Physicians in Oregon. *Pain Medicine*. Nov. 22, 2018. <https://doi.org/10.1093/pm/pny235>
36. Goldenberg JZ, Steel A, Day A, Yap C, **Bradley R**, Cooley K. Naturopathic Approaches to Irritable Bowel Syndrome: Protocol for a Prospective Observational Study in Academic Teaching Clinics. *Integrative Medicine Research*. 2018. 7(3): 279-286.
35. Simon TG, Trejo MEP, McClelland R, **Bradley R**, Blaha MJ MD, Zeb I, Corey KE, Budoff MJ, Chung RT. Circulating interleukin-6 predicts coronary atherosclerosis in nonalcoholic fatty liver disease: results from the Multi-Ethnic Study of Atherosclerosis. *Int. J. Cardiology*. 2018. May 15;259:198-204. doi: 10.1016/j.ijcard.2018.01.046.
34. Corroon J, Pillsbury C, Wojcikiewicz A, Huyck A, Saenz C, Takakura M, Milkis S, **Bradley R**. Pilot Clinical Trial of Constitutional Hydrotherapy in HIV+ Adults. *Advances in Integrative Medicine*. 2017. <https://doi.org/10.1016/j.aimed.2017.12.004>.
33. Kumar Reddy B; Prashanth Shetty; Lakshmeesh D R; Selva Kumar G; **Bradley R**. Effects of Sheetal and Sheetkari pranayamas on blood pressure and autonomic function in patients with hypertension: A randomized controlled trial. *Integrative Medicine: A Clinician's Journal*. 2017. 16(5):24-29.
32. Sanchez OA, Lazo-Elizondo M, Zeb I, Russell TP, **Bradley R**, Duprez DA, Bahrami H, Peralta CA, Daniels LB, Jacobs DR, Budoff MJ. Computerized tomography measured liver fat is associated with low levels of NT-proBNP. *Multi-Ethnic Study of Atherosclerosis. Metabolism*. 2016. 65(5): 728-35.
31. Sharpe E, Huaa F, Schuckersa S, Andreescua S, **Bradley R**. Effects of brewing conditions on the antioxidant capacity of twenty-four commercial green tea varieties. *Food Chemistry*. 2016. 192 (1): 380–387.
30. Oberg E, Givant C, Fisk B, Parikh C, **Bradley R**. Epigenetics in clinical practice: characterizing patient and provider experiences with MTHFR polymorphisms and methylfolate. *J. of Nutrigenetics and Nutrigenomics*. 2015. 3:124. doi:10.4172/jcmg.1000124
29. Lakshmeesha D R, Shetty P, **Bradley R**, Lakshmi RR. Type 2 diabetes using Naturopathy & Yoga as a first-line treatment. *Naturopathic Doctors News and Review*. July 15, 2015.

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28. Oberg E, **Bradley R**, Fritz H, Goldenberg J, Seely D, et al. Estimated Effects of Whole-system Naturopathic Medicine in Select Chronic Disease Conditions: A Systematic Review. *Altern Integr Med*. 2015, 4.
27. Needham BL, Roux AD, Bird C, **Bradley R**, Fitzpatrick A, Jacobs D, Ouyang P, Seeman T, Thurston R, Vaidya D, and Wang S. In press. "A Test of Biological and Behavioral Explanations for Gender Differences in Telomere Length: The Multi-Ethnic Study of Atherosclerosis." *Biodemography and Social Biology*. 2014;60(2):156-73.
26. Traub ML, Finnell JS, Bhandiwad A, Oberg E, Suhaila L, and **Bradley R**. Impact of Vitamin D3 Dietary Supplement Matrix on Clinical Response. *The Journal of Clinical Endocrinology & Metabolism*. 2014. 99(8):2720-8.
25. Sun GC, Ding X, Andrew Zhou XH, Putiri A, **Bradley R**. Effects of Yi Ren Medical Qigong on Body Weight in People with Type 2 Diabetes Mellitus: A Secondary Analysis of a Randomized Controlled Pilot Study. *J. Integrative Med Ther*. 2014. 1(1): 5.
24. **Bradley R**, Fitzpatrick AL, Lee DH, Swords-Jenny N, Jacobs DR, Herrington D. Associations between γ - glutamyltransferase (GGT) Activity and Atherosclerosis: The Multi-Ethnic Study of Atherosclerosis (MESA). *Atherosclerosis*. 2014. doi: 0.1016/j.atherosclerosis.2014.01.010
23. Sharpe E, Bradley R, Frasco T, Jayathilaka D, Marsh A, Andreescu S. Metal oxide based multisensor array and portable database for field analysis of antioxidants. *Sensors and Actuators B: Chemical*. 2014.193(31):552-562.
22. Oberg EB, Thomas MS, McCarty M, Berg J, Burlingham B, **Bradley R**. Older Adults Perspectives on Naturopathic Medicine's Impact on Healthy Aging. *Explore*. 2014. 10(1): 34-43.
21. **Bradley R**, Fitzpatrick AL, Lee DH, Swords-Jenny N, Jacobs DR. Associations between Total Serum γ - Glutamyltransferase (GGT) Activity and Metabolic Risk: MESA. *Biomarkers in Medicine*. 2013. 75(5):709-721.
20. Seely D, Szczurko O, Cooley K, Fritz H, Aberdour S, Herrington C, Herman P, Rouchotas P, Lescheid D, **Bradley R**, Gignac T, Bernhardt B, Zhou Q, Guyatt G. Naturopathic medicine for the prevention of cardiovascular disease: a randomized trial. *CMAJ*. 2013.
19. Oberg EB, Rempe M, **Bradley R**. Self-directed Mindfulness Training and Improvement in Blood Pressure, Migraine Frequency, and Quality of Life. *Global Advances in Health and Medicine*. 2013. 2(2): 20-25.
18. Oberg EB, **Bradley R**, Sherman K, Calabrese C, Hsu C, Catz S, Cherkin DC. Patient-Reported Experiences with First-Time Naturopathic Care for Type 2 Diabetes. *PLoS ONE*. 2012. 7(11): e48549. doi:10.1371/journal.pone.0048549
17. **Bradley R**, Sherman KJ, Catz S, Calabrese C, Oberg EB, Jordan L, Grothaus L, Cherkin DC. Adjunctive naturopathic care for type 2 diabetes: Patient-reported and clinical outcomes after one year. *BMC Complementary and Alternative Medicine*. 2012. 12:44. doi:10.1186/1472-6882-12-44
16. Mischley L, Allen J, **Bradley R**. CoQ10 Deficiency in Parkinson's Disease. *Journal of Neurological Sciences*. 2012. July 15; 318(1-2):72-5.
15. Hellquist Kristin, **Bradley R**, Grambart S, Kapustin J, Loch J. Collaborative Practice Benefit Patients: An Examination of Interprofessional Approaches to Diabetes Care. *Health & Interprofessional Practice*. 2012. 1(2): eP1017.
14. Tippens K, **Bradley R**, Oberg EB. A dialogue between naturopathy and critical medical anthropology: toward a broadened conception of holistic health. *Medical Anthropology Quarterly*. 2012. 26(2).
13. **Bradley R**, Sherman KJ, Catz S, Calabrese C, Jordan L, Grothaus L, Cherkin DC. Survey of CAM Interest, Self-care, and Satisfaction with Health Care in Type 2 Diabetes. *BMC Complementary and Alternative Medicine*. 2011. 11:121.

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12. Oberg EB, **Bradley R**, Allen J, McCrory MA. CAM: Naturopathic dietary intervention for patients with Type 2 diabetes. *Complementary Therapies in Clinical Practice*. 2011.17(3): 157-161.
11. Allen J and **Bradley R**. Effects of Oral Glutathione Supplementation on Systemic Oxidative Stress Biomarkers in Human Volunteers. *J. of Altern. Complement Med*. 2011. 17(9): 827-833.
10. Putiri A, Lovejoy J, Gillham S, Sasagawa M, **Bradley R**, Sun GC. Psychological Effects of Yi Ren Medical Qigong and Progressive Resistance Training in Adults with Type 2 Diabetes Mellitus: A Randomized, Controlled Pilot Study. *Alt. Ther. Health Med*. 2011.
9. **Bradley R**. HMG-CoA Reductase Inhibitors for Reduction of Cardiovascular Risk. *IMCJ*. 2011. 10(3).
8. Ritenbaugh C, Aicken M, **Bradley R**, Caspi O, Grimsgaard S, Musial F. Whole Systems Research Becomes Real: New Results and Next Steps. *J Altern Complement Med*. Jan. 14 2010. [Epub ahead of print].
7. **Bradley R**, Kozura E, Kaltunas J, Oberg EB, Probstfield J, Kitzpatrick AL. Observational Evaluation of Naturopathic Treatment of Hypertension. *Evidence-based Complement Altern Medicine*. 2010; doi: 10.1093/ecam/nep219 [Epub ahead of print].
6. Sun GC, Lovejoy J, Gillham S, Putiri A, Sasagawa M, **Bradley R**. The Effects of Qigong on Glucose Control in Type 2 Diabetes- A Randomized, Controlled Pilot Trial. *Diabetes Care*. 2010. 33(10): e8.
5. **Bradley R**, Eva K, Buckle H, Kaltunas J, Tais S, Standish, LJ. Description of Clinical Risk Factor Changes During Naturopathic Care for Type 2 Diabetes. *J Altern. Complement. Med*. 2009.15(5): 1-7.
4. **Bradley R**, Oberg, EB. Integrative Treatments to Reduce Risk for Cardiovascular Disease. *IMCJ*. Feb/Mar. 2009. 8(1): 15-21.
3. **Bradley R**, Oberg EB. Are Additional Lipid Risk Factors Useful?: A Review of Cardiovascular Epidemiology for the Integrative Clinician. *IMCJ*. Dec. 2008/Jan. 2009. 7(6): 18-24.
2. **Bradley R**, Oberg EB, Calabrese C, and Standish LJ. Algorithm in CAM Practice and Research in Type 2 Diabetes. *J Altern Complement Med*. Jan/Feb. 2007. 13(1): 159-175.
1. **Bradley R** and Oberg EB. Naturopathic Medicine and Type 2 Diabetes: A Retrospective Analysis from an Academic Clinic. *Alt Med Rev*. 2006.11(1): 30-39.

SCIENTIFIC ABSTRACT PUBLICATIONS

34. Rodriguez LA, Shiboski S, Bradshaw P, Fernandez A, Herrington DM, Ding J, **Bradley R**, Kanaya AM. A Simple Clinical Scoring System Using Readily Available Clinical Measures for Prediction of Non-alcoholic Fatty Liver Disease: Evidence From the Multi-Ethnic Study of Atherosclerosis (MESA). *Circulation*. 2020. 141:s1.
33. Ryan J, Hanes D, **Bradley R**. Long-term Effects of a Cardiovascular Health Supplement on Blood Pressure in Adults with Prehypertension and Stage 1 Hypertension. *Advances in Integrative Medicine* 6, S41
32. Ryan JJ, Hanes D, **Bradley R**, Contractor N. Effect of a Nutrition Support Formula in Adults With Inflammatory Bowel Disease: A Pilot Study. *Global advances in health and medicine*. 8.
31. Ryan JJ, Hanes DA, **Bradley R**, Contractor N. Nutrition Support Formula May Have Impacted Improved Folate, Red Blood Cell Distribution Width and Neutrophil Counts in a Pilot Study of Adults with Crohn's Disease and Ulcerative Colitis. *Gastroenterology* 156 (3), S34.

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30. McClure C, Ryan J, Hanes D, Tibbitts D, **Bradley R**. Effects of Pau d'Arco on primary dysmenorrhea. *Advances in Integrative Medicine*. 6: S81 2019.
29. **Bradley R**, Corn J, Harnett J, Erica McIntyre E, Schloss J, Steel A. International Cohort on Lifestyle Determinants of Health (INCLD HEALTH) Study. *Advances in Integrative Medicine*. 2019. 6:s1. 2019.
28. Zwickey H, **Bradley R**, Booth-LaForce C. Development of Online Integrative Medicine Research Curriculum. *Advances in Integrative Medicine*. 2019. 6:s1. 2019.
27. Sharpe E, Alison Lacombe A, Butler M, Soltanzadeh R, **Bradley R**. A closer look at Yoga Nidra: sleep lab analyses. *Advances in Integrative Medicine*. 2019. 6:s1. 2019. S99.ISSN 2212-9588.
26. Alison Lacombe A, Herr R, Hanes D, Phipps J, Sharpe EM, **Bradley R**. The Effects of Pranayama on the Autonomic Nervous System. *Global Advances in Health and Medicine Volume 7: 1–285*. Published abstracts of the: International Consortium for Integrative Medicine & Health (ICIMH). Baltimore, MD. May 2018.
25. Moonaz S, Marlysa Sullivan M, **Bradley R**. Feasibility of Data Collection in a Student Yoga Therapy Clinic. *Global Advances in Health and Medicine Volume 7: 1–285*. Published abstracts of the: International Consortium for Integrative Medicine & Health (ICIMH). Baltimore, MD. May 2018.
24. Ryan JJ, Taylor J, Hanes D, **Bradley R**. Prospective Safety Evaluation of a Dietary Supplement Commonly Recommended by Integrative Health- care Providers to Support Blood Pressure Levels. *Global Advances in Health and Medicine Volume 7: 1–285*. Published abstracts of the: International Consortium for Integrative Medicine & Health (ICIMH). Baltimore, MD. May 2018.
23. **Bradley R**, Scott C, Booth-LaForce C, Zwickey H. Building Research Across Interdisciplinary Gaps Clinical Research Training Program in Complementary and Integrative Health. *Global Advances in Health and Medicine Volume 7: 1–285*. Published abstracts of the: International Consortium for Integrative Medicine & Health (ICIMH). Baltimore, MD. May 2018.
22. Sharpe EM, Tom Huber T, Sylvia Ludlam S, Walker M, Andreescu S, and **Bradley R**. Paper-based Colorimetric Analysis of Mushroom Extracts: Effects of Mushroom Variety, Brew Time, Reinfusion, and Extraction Method on Antioxidant Activity. *Global Advances in Health and Medicine Volume 7: 1–285*. Published abstracts of the: International Consortium for Integrative Medicine & Health (ICIMH). Baltimore, MD. May 2018.
21. **Bradley R**, Hanes D, and Menk Otto L. Impact of Lactulose Breath Testing Thresholds on the Diagnosis of Small Intestinal Bacterial Overgrowth. *Global Advances in Health and Medicine Volume 7: 1–285*. Published abstracts of the: International Consortium for Integrative Medicine & Health (ICIMH). Baltimore, MD. May 2018.
20. **Bradley R**, Booth-LaForce, C. Zwickey H. Building Research across Interdisciplinary Gaps (BRIDG) Clinical Research Training Program. Published abstracts of the: *World Congress on Integrative Medicine and Health (WCIMH)*. BMC CAM. May 2017.
19. Erlandsen A, Hanes D, **Bradley R**. Effects of a herbal/homeopathic combination topical salve on cutaneous oxygenation. *The Journal of Alternative and Complementary Medicine*. June 2016, 22(6): A1-A142. doi:10.1089/acm.2016.29003.abstracts.

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CURRICULUM VITAE

18. **Bradley R**, Oberg E, Givant C. Qualitative study characterizing patient and provider experiences with MTHFR polymorphisms and methylfolate. *Integrative Medicine Research*, 2015. 4(1):94.
17. Pellegrini M, Parent S, Altman L, **Bradley R**. Quercetin for Acute Glucose Tolerance in Type 2 Diabetes. *Integrative Medicine Research*, 2015. 4(1):21–22.
16. **Bradley R**, Smith B, Oberg E. Implementation of a Prospective Clinical Outcomes Study in a CAM/IM Teaching Clinic. *International Congress for Educators in Complementary & Integrative Medicine. Explore: The Journal of Science and Healing*. 2013. 5(9), 324.
15. M Traub, J Finnell, **R Bradley**. A comparative effectiveness trial of high-quality vitamin D3 nutritional supplements to replete serum vitamin D. *BMC complementary and alternative medicine*. 2012. 12 (1), P221.
14. **R Bradley**, K Sherman, S Catz, C Calabrese, E Oberg, D Cherkin. Self-care, use of CAM and satisfaction with health care in people with inadequately controlled Type 2 diabetes. *BMC complementary and alternative medicine*. 2012. 12 (1), O28
13. E Oberg, **R Bradley**, K Sherman, C Hsu, C Calabrese, D Cherkin. Patient-reported experiences with adjunctive naturopathic care for type 2 diabetes in CAM-naïve patients. *BMC complementary and alternative medicine*. 2012. 12 (S1), P412
12. **R Bradley**, K Sherman, S Catz, E Oberg, C Calabrese, D Cherkin. Adjunctive naturopathic care in type 2 diabetes: patient-reported and clinical outcomes. *BMC complementary and alternative medicine*. 2012. 12 (1), 1-1
11. E Sharpe, **R Bradley**. Impact of Brewing Conditions on the Antioxidant Capacity of Green Tea. *The FASEB Journal*. 2012. 26:s1. 823.43-823.43
10. **Bradley R**, Sonja Max, Amy Putiri, Philip Palmer, Paola Costa-Mallen, Megan McCrory, PhD, Antonio Ceriello, MD, Annette Fitzpatrick, PhD, Jeff Probstfield, MD. Mixed Carotenes Reduce Oxidized LDL in Human Volunteers. *Diabetologia*. 2011. 54: S1. p360.
9. Sun GC, Lovejoy J, Putiri A, Gillham S, Sasagawa, M and **Bradley R**. Qigong as a Complementary Therapy to Reduce Stress and Improve Glucose Control in Adults with Type 2 Diabetes. *Int. J. Behav. Med*. 2010. 17: s272-273.
8. Seeley D, Szczurko, Cooley K, Fritz H, Zhou Q, Herrington C, Aberdour S, Herman P, **Bradley R**, Rouchotas P, Gignac T, Lescheid D, Bernhardt B, Guyatt G. Naturopathic Treatment for the Prevention of Cardiovascular Disease: A Whole System Randomized Pragmatic Trial. *Nat Med J*. Sept. 2010.
7. **Bradley R**. Nancy Swords-Jenny. Duk-Hee Lee. David Jacobs, Jr. Annette L Fitzpatrick. Gamma-glutamyl-transferase (GGT) Is Strongly Associated with Metabolic Status in the MESA Cohort. *Diabetes*. 2010. 59:s1.
6. Sun GC, Gillham S, Putiri A, **Bradley R**, Sasagawa M and Lovejoy J. The effects of Qigong therapy on glucose management in patients with type 2 diabetes. *Alternative Therapies in Health and Medicine*. 2009. 15(3): 124.
5. Guan-Cheng Sun, Jennifer Lovejoy, **R Bradley**, Amy Putiri, and Sara Gillham. Qigong Therapy vs Progressive Resistance Exercise in Patients with Type 2 Diabetes: A Pilot Study. *FASEB J*. 2009 23:547.11
4. **Bradley R**. Risk Factor Improvements from CAM in Type 2 Diabetes: Preliminary Outcomes. *Diabetes*. 2008. 57(s1). A671.

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3. **Bradley R**, Eva Shen, Heather Buckle, Jennifer Kaltunas, Setareh Tais. “*Type 2 diabetes patients and treatment characteristics from a multidisciplinary CAM clinic*. Diabetes Research and Clinical Practice. March 2008. 79(s1):s52.
2. **Bradley R**, Heather Buckle, Paola Costa-Mallen, Sayed Sadrzadeh. “*Pilot Findings of N-Acetylcysteine in Type 2 Diabetes*.” Diabetes Research and Clinical Practice. March 2008. 79(s1):s33.
1. **Bradley R**, Oberg EB. “*Algorithmic Naturopathic Treatment of Type 2 Diabetes: An Evidence-Based Approach*.” Published within: “Report on the Research Awards from the 3rd Annual Natural Supplements Research Competition” Bonakdar RA. J Altern Complement Med. 2006 Jul-Aug;12(6):592..

ACKNOWLEDGEMENTS FOR CONTRIBUTIONS TO PEER-REVIEWED MANUSCRIPTS

1. Sharpe E, Frasco T, Andreescu D, Andreescu S. Portable ceria nanoparticle-based assay for rapid detection of food antioxidants (NanoCerac). Analyst. Nov 9 2012.

BOOKS, INVITED PUBLICATIONS & BOOK CHAPTERS

- 2017 Mara Caroline, MD, Mimi Guaneri, MD and Ryan Bradley, ND, MPH. Integrative Cardiology in Geriatrics. Oxford University Press.
- 2016 Ryan Bradley, ND, MPH. Gamma Glutamyltransferase (GGT) as a Biomarker of Atherosclerosis Chapter in: *Biomarkers in Cardiovascular Disease*. Springer: Oxford.
- 2015 Mimi Guaneri, MD and Ryan Bradley, ND, MPH. Integrative Nutrition for Cardiovascular Disease. Chapter in: *Integrative Nutrition Therapy*. Edited by: Gerald Mullins, MD. (2015)
- 2014 Mimi Guaneri, MD and Ryan Bradley, ND, MPH. Be the Willow: Stress, Resiliency and Diseases of the Heart. Chapter in: *Nutritional and Integrative Strategies in Cardiovascular Medicine*. Edited by: Stephen Sinatra, MD. (2014)
- 2012 Ryan Bradley, ND, MPH and Sonja Max, MS, RD. Food User Manual Volume 1: An Introduction. (2012) Seattle, WA; Publisher: Authors. www.foodusermanual.com
- 2011 NIH National Center for Complementary & Alternative Medicine (NCCAM) Coenzyme Q10 Public Resource Guide.
- 2010 Victor Sierpina, MD and Ryan Bradley, ND. The H.E.R.B.A.L Guide: Evidence-based Dietary Supplement Resource for Clinicians: A Case-based Approach. Diabetes. Lippincott. Williams and Wilkins Press, Philadelphia, PA.
- 2009 Bradley, RD. The Importance of Clinical Guidelines to the Present and Future of Naturopathic Practice. The Foundations of Naturopathic Medicine. Elsevier. 2010 (in press).
- 2009 Oberg EB, Bradley RD. Health Promotion In Practice. The Foundations of Naturopathic Medicine. Elsevier. 2010. (in press).
- 2007 Sierpina V and Bradley RD. Integrative Treatment in Diabetes. The Medical Journal of Houston. Sept. 2007.
- 2006 “Advising Patients on Fish Oil in Primary Care.” American Diabetes Association (ADA) Ask the Expert column in DOC News. March 2007.
- 2006 Diabetes Action Research and Education Foundation: Complementary Corner; Monthly online publication on evidence-based integrative medicine. www.diabetesaction.org/site/PageServer?pagename=complementary

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- 2004 “Clinical Pearls from the 11th International Symposium on Functional Medicine The Coming Storm: Reversing the Rising Pandemic of Diabetes and Metabolic Syndrome”. J of Integrative Medicine.
- 2003 “Naturopathic Medicine in the Treatment of Diabetes.” Naturopathic Medicine: Primary Care for the 21st Century. Research reviewer/editor.

SCIENTIFIC PRESENTATIONS

- 2020 **Bradley R**, Pacheco L, Denenberg J, Anderson C, Allison M. Effects of Varying Avocado Intake on Energy and Nutrient Intake in Hispanic Families: A Cluster Randomized Trial. Nutrition 2020. Meeting of the American Society for Nutrition. Seattle, WA (Conference cancelled).
- 2020 **Bradley R**, Pruitt C, Pung MA, Wilson K, Mills PJ. Nutritional Status and Use of Omega-3, Vitamin D and CoQ10 Supplements amongst Cardiology Patients. Scripps Natural Supplements: An Evidence-based Update. La Jolla, CA.
- 2020 **Bradley R**, Booth-LaForce C, Linn Y, Zwickey H. Methods Training via Micro-Courses in Complementary Integrative Health (CIH) Clinical Research. International Conference on Integrative Medicine and Health (ICIMH), Cleveland, OH (Conference cancelled).
- 2020 Barber M, Zwickey H, **Bradley R**. Micro-course on natural product case reports: Guidance for publication. International Conference on Integrative Medicine and Health (ICIMH), Cleveland, OH (Conference cancelled).
- 2020 Ryan JJ, Hanes DA, Bradley R. Long-term Effects of a Cardiovascular Health Supplement on Blood Pressure Classification: A Secondary Analysis. International Conference on Integrative Medicine and Health (ICIMH), Cleveland, OH (Conference cancelled).
- 2020 Sharpe E, Farragher-Gnadt AP, Igbunugo M, Paliakkara JJ, Huber T, Michelotti JC, Milenkowic A, Ludlam S, Walker M, Hanes D, **Bradley R**, Bou-Abdallah F. Antioxidant Analysis of Medicinal Mushrooms: Species, Solvent and Stability. International Conference on Integrative Medicine and Health (ICIMH), Cleveland, OH (Conference cancelled).
- 2020 Pickworth K, Lita Buttolph L, Wexler R, Moehle J, Shoen J, Torrens MT, Sarrar H, Harnett J, McIntyre E, Janet Schloss, Amie SteelA, **Bradley R**. International Cohort on Lifestyle Determinants of Health (INCLD HEALTH) Study. International Conference on Integrative Medicine and Health (ICIMH), Cleveland, OH (Conference cancelled).
- 2020 Sharpe E, Butler M, Lacombe A, Soltanzadeh R, Hanes D, **Bradley R**. A Closer Look at Yoga Nidra: Sleep Lab Analyses. International Conference on Integrative Medicine and Health (ICIMH), Cleveland, OH (Conference cancelled).
- 2019 Bradley R, Pacheco L, Anderson C, Allison M. Impact of Nutrition Education and Varying Avocado Intake on Cardiometabolic Risk Factors in Spanish-speaking Families. Cardiovascular Epidemiology Seminar. University of California, San Diego (UCSD).
- 2019 Bradley R, Denenberg J, Criqui M. in Calcium Supplement Use and Coronary Artery Calcium Volume and Density in the Multi-Ethnic Study of Atherosclerosis (MESA) Cohort. Cardiovascular Epidemiology Seminar. University of California, San Diego (UCSD).

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- 2019 Bradley R, Corn J, Harnett J, Erica McIntyre E, Schloss J, Steel A. International Cohort on Lifestyle Determinants of Health (INCLD HEALTH). International Conference on Complementary Medicine Research (ICCMR). Brisbane, Australia
- 2019 Zwickey H, Bradley Ryan, Booth-LaForce C. Development of Online Integrative Medicine Research Curriculum. International Conference on Complementary Medicine Research (ICCMR). Brisbane, Australia
- 2019 Sharpe E, Alison Lacombe A, Butler M, Soltanzadeh R, **Bradley R.** A closer look at Yoga Nidra: sleep lab analyses. International Conference on Complementary Medicine Research (ICCMR). Brisbane, Australia
- 2018 Bradley R, Corroon J, Hanes D. "Impact on Lactulose Breath Testing Thresholds on the Diagnosis of SIBO". International Congress on Integrative Medicine and Health (ICIMH). Baltimore, MD
- 2018 Pickworth K, Corroon J, Diechert D, Bradley R. "Dietary Approaches to C-Reactive Protein: A Systematic Review." International Congress on Integrative Medicine and Health (ICIMH). Baltimore, MD
- 2018 Bradley R, Booth-LaForce, C. Zwickey H. "Building Research across InterDisciplinary Gaps (BRIDG) Clinical Research Training Program". International Congress on Integrative Medicine and Health (ICIMH). Baltimore, MD
- 2017 Bradley R, Booth-LaForce, C. Zwickey H. "Building Research across InterDisciplinary Gaps (BRIDG) Clinical Research Training Program". World Congress on Integrative Medicine and Health (WCIMH)-Berlin, Germany.
- 2016 Barber M, Bradley R, Riley D, and Tippens K. "A web-based tool for systematic clinical case reporting: NCNM-CR." International Congress for Integrative Health and Medicine (ICIMH)- Stuttgart, German.
- 2016 Barber M, Bradley R, Riley D, and Tippens K. "A web-based data collection tool for clinical case reporting: NCNM-CR". International Congress for Integrative Medicine and Health (ICIMH)- Las Vegas, N.
- 2016 Barber M, Bradley R, Riley D, and Tippens K. "Testing a web-based data collection tool for clinical case reporting: NCNM-CR." Academy for Integrative Health and Medicine (AIHM) Conference- San Diego, CA, 2015.
- 2016 Barber M, Bradley R, and Riley D. "Mobile case reporting (mCARE): a systematic tool for informing clinical practice and inter-professional collaboration." Institute for Healthcare Improvement (IHI) West Coast Conference- Portland, OR, 2015.
- 2016 R Bradley. "State of the Science for Naturopathy in Cardiometabolic Disease." International Congress for Integrative Health & Medicine (ICIMH), Stuttgart, Germany,
- 2016 R Bradley. "Building Research across Inter-Disciplinary Gaps (BRIDG) Clinical Research Training Program. International Congress on Integrative Medicine and Health (ICIMH). Las Vegas, NV.
- 2016 Andrew Erlandsen, Douglas Hanes, Ryan Bradley. Effects of a herbal/homeopathic combination topical salve on cutaneous oxygenation. International Congress on Integrative Medicine and Health (ICIMH). Las Vegas, NV.
- 2015 Sheetkari and Sheetal Pranayama for Hypertension. Oct 2015. Academy for Integrative Health & Medicine (AIHM), San Diego, CA.
- 2015 Oberg E and Bradley R. Epigenetics in clinical practice: qualitative study characterizing patient and provider experiences with MTHFR polymorphisms and methylfolate". Oct 2015. Academy for Integrative Health & Medicine (AIHM), San Diego, CA.
- 2015 Bradley R. "Strategies for Integrative Research to Rapidly Transform Payment and Delivery". Oct 2015. Academy for Integrative Health & Medicine (AIHM), San Diego, CA.

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- 2015 Bradley R. Epigenetics in clinical practice: qualitative study characterizing patient and provider experiences with MTHFR polymorphisms and methylfolate". Aug 2015. American Association of Naturopathic Physicians (AANP). Oakland, CA.
- 2015 Bradley R. "Translating Integrative Medicine into Translational Clinical Research". June 2015; Preventive Medicine Seminar. University of California, San Diego (UCSD).
- 2015 Oberg E and Bradley R. Epigenetics in clinical practice: qualitative study characterizing patient and provider experiences with MTHFR polymorphisms and methylfolate". International Society for Complementary Medicine Research (ISCMR). May 2015. Jeju, Korea.
- 2015 Pellegrini M. and Bradley R. "Impact of Quercetin for Acute Glucose Tolerance in Type 2 Diabetes. International Society for Complementary Medicine Research (ISCMR). May 2015. Jeju, Korea.
- 2014 "Epigenetics in clinical practice: qualitative study characterizing patient and provider experiences with MTHFR polymorphisms and methylfolate". Academy of Integrative Health & Medicine, San Diego, CA.
- 2014 "Naturopathic Care Impacts Patients and Clinical Risk in Cardiometabolic Disease. Academy of Integrative Health & Medicine, San Diego, CA.
- 2014 "Mixed Carotenoids Alter Lipid-related Risk Factors *In Vivo*". International Research Congress on Integrative Medicine and Health. Miami, FL.
- 2013 "Systematic Review of Naturopathic Medicine". American Association of Naturopathic Physicians Conference. Keystone, CO.
- 2013 "Translating Naturopathic Practice into Clinical Research". Helfgott Research Institute National College of Natural Medicine. Portland, OR.
- 2012 "Implementation of a Prospective Clinical Outcomes Study in a CAM/IM Teaching Clinic". International Congress for Educators in Complementary & Integrative Medicine. Georgetown University, Washington DC.
- 2012 "Using EHR data to identify patients and estimate clinical outcomes in a prospective evaluation of adjunctive naturopathic care for type 2 diabetes. International Research Congress on Integrative Medicine & Health. Portland, OR.
- 2012 "Survey of CAM interest, self-care, and satisfaction with health care for type 2 diabetes". International Research Congress on Integrative Medicine & Health. Portland, OR.
- 2011 "Mixed-carotenenes May Lower Post-Prandial Oxidized LDLs". European Association for the Study of Diabetes (EASD) Annual Meeting. Lisbon, Portugal.
- 2011 "Feeding the Rainbow to Investigate Endothelial Dysfunction (FRIED): Preliminary Results". American Association of Naturopathic Physicians (AANP) Annual Convention; Phoenix, AZ.
- 2011 "CAM Interest May Reflect a Lack of Satisfaction with Healthcare in Sub-optimally Controlled Patients with Type 2 Diabetes." American Diabetes Association (ADA) Scientific Sessions. San Diego, CA.
- 2010 "gamma-Glutamyltransferase is Strongly Associated with Metabolic Status: The Multi-Ethnic Study of Atherosclerosis." American Diabetes Association (ADA) Scientific Sessions; Orlando, FL.
- 2010 "Observed Risk Reduction During Naturopathic Treatment for Hypertension in Patients with and without Type 2 Diabetes." International Congress for Complementary Medicine Research. Tromso, Norway.

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- 2009 “Observational Evaluation of Naturopathic Treatment for Hypertension.” American Association of Naturopathic Physicians Annual Convention. Phoenix, AZ.
- 2009 “Bringing Adjunctive Naturopathy to Diabetes (BAND): A Whole Systems Evaluation at Group Health Cooperative. North American Research Conference on Complementary and Integrative Medicine. Minneapolis, MN.
- 2008 “Biomarkers of Liver Congestion Impact Risk for Diabetes and Cardiovascular Disease.” American Association of Naturopathic Physicians Annual Convention. Phoenix, AZ.
- 2008 “Patient Characteristics for Patients Seeking Care for Type 2 Diabetes at an Integrative Clinic.” Bradley R, Buckle H, Shen E, Kaltunas J, Tais S, Standish L. International Diabetes Federation (IDF). Western Pacific Congress, Wellington, New Zealand
- 2008 Pilot Findings of N-Acetylcysteine in Type 2 Diabetes.” Bradley R, Costa-Mallen P, Zahria P, Buckle H, Sadrzadeh, S. International Diabetes Federation, Western Pacific Congress, Wellington, New Zealand.
- 2008 “Pilot Findings of N-Acetylcysteine in Type 2 Diabetes.” Bradley R, Costa-Mallen P, Zahria P, Buckle H, Sadrzadeh, S. Natural Supplements: An Evidence-based Update. Scripps Center for Integrative Medicine, La Jolla, CA.
- 2008 “Cardiometabolic Risk Factor Improvements in Type 2 Diabetes: Outcomes from an Integrative Clinic.” Bradley R, Buckle H, Shen E, Kaltunas J, Tais S, Standish L. Natural Supplements: An Evidence-based Update. Scripps Center for Integrative Medicine. La Jolla, CA.
- 2007 “N-Acetylcysteine in Type 2 Diabetes: A Pilot Proof-of-Concept Trial.” Bradley R, Sadrzadeh S, Standish L, Robertson P. Linus Pauling Institute Diet and Optimum Health. Portland, OR
- 2006 “Algorithmic Naturopathic Treatment of Type 2 Diabetes: An Evidence-Based Approach.” Bradley R and Oberg EB. Scripps Center for Integrative Medicine Natural Supplements: An Evidence-based Update, La Jolla, CA
- 2004 “Meeting Guidelines and Level of Evidence: Treatment of Type 2 Diabetes at the Bastyr Center for Natural Health”. R Bradley and Oberg EB. American Association of Naturopathic Physicians Convention, Seattle, WA

NIH STUDY SECTION PARTICIPATION

- 2019 NIH National Health, Lung and Blood Institute (NHLBI) RO3 Review
- 2016 NIH National Center for Complementary and Integrative Health (NCCIH) ZAT1 Review
- 2014 NIH National Center for Complementary and Alternative Medicine (NCCAM) ZAT1 Review
- 2012 NIH National Center for Complementary and Alternative Medicine (NCCAM) PK24 Review
- 2012 NIH National Center for Complementary and Alternative Medicine (NCCAM) PK23 Review
- 2011 NIH National Center for Complementary and Alternative Medicine (NCCAM) PK16 Review
- 2010 NIH National Center for Complementary and Alternative Medicine (NCCAM) PK12 Review

HONORS & AWARDS

- 2015 Best Clinical Research Poster, Academy of Integrative Health & Medicine
- 2011 Joe E. Pizzorno, Jr. Bastyr University Founder’s Day Award
- 2011 Best Research Presentation, American Association of Naturopathic Physicians
- 2010 Faculty Service Award, Bastyr University

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- 2009 Best Research Presentation, American Association of Naturopathic Physicians
2009 Marquis “Who’s Who in America.”
2008 Scripps Natural Supplements: An Evidence-based Update Third Place Clinical Research Award.
2007 NIH KL2 Multidisciplinary Clinical Research Career Development Award; Institute of Translational Health Sciences. University of Washington; KL2 RR023265-02
2006 Scripps Natural Supplements: An Evidence-Based Update First Place Research Award.
2005 Fellow, post-doctoral T32 National Center for Complementary and Alternative Medicine (NCCAM); Bastyr University; Kenmore, WA
2002 Fellow, pre-doctoral T32 National Center for Complementary and Alternative Medicine (NCCAM); Bastyr University Research Institute, Kenmore, WA
2000 Bastyr University Venture Grant Recipient “Exploration of Botanical Medicine in the United Kingdom”
2000 Bastyr University Scholar
1999 Bastyr University Scholar
1997 *Summa Cum Laude* Graduate in Chemical Engineering; North Carolina State University

JOURNAL REVIEW OR EDITORIAL BOARD MEMBERSHIP

- 2019-Present Editorial Board Member, J. of Complementary and Alternative Medicine
2018-Present Guest Editor: Naturopathy Special Issue, J. of Complementary and Alternative Medicine
2017-Present Guest Editor: Diabetes Special Issue: Complementary Therapies in Medicine
2017-Present Integrative Medicine: A Clinician’s Journal
2017-Present British Journal of Nutrition
2016-Present Editorial Board Member, Complementary Therapies in Medicine (CTIM)
2016-Present Food Chemistry
2014-Present Journal of Medicinal Food
2013-Present Complementary Therapies in Clinical Practice
2013-Present Food and Medicinal Chemistry
2012-Present Associate Editor, International Journal of Naturopathic Medicine
2012-Present BMC Complementary and Alternative Medicine
2011-Present Diabetes/Metabolism Research and Reviews
2010-Present Journal of Complementary and Alternative Medicine
2010-Present American Journal of Public Health
2009-Present International Journal of Naturopathic Medicine
2007-Present Phytotherapy Research
2007-Present Nutrition Research
2005-Present Alternative Therapies in Health and Medicine

DIDACTIC TEACHING EXPERIENCE

- 2020-present Advanced Topics in Public Health, School of Naturopathic Medicine, Bastyr University; Seattle, WA
2020-present Public Health Policy, School of Graduate Studies, National University of Natural Medicine; Portland, OR
2016-present Cardiology, College of Naturopathic Medicine, National University of Natural Medicine; Portland, OR
2015-present Medical Nutrition Therapy (GSN524). National University of Natural Medicine; Portland, OR

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- 2015-2016 Director, Cardiology Block Curriculum, National University of Natural Medicine; Portland, OR
- 2014-2015 Invited Lecturer- "Evidence-informed Practice". Whole Systems Research Methods. National College of Natural Medicine; Portland, OR
- 2011-2013 Advanced Clinical Topics in Diabetes & Vascular Disease (NM9305) Bastyr University, Kenmore, WA
- 2010 Preparing Case Reports and Case Series for Publication (NM9570) Bastyr University, Kenmore, WA
- 2009 "Integrative Approaches to Cardiometabolic Disease", Co-director of a 3-day continuing education event at the University of Salerno, Salerno, Italy
- 2008 "Risk Prediction & Emerging Risk Factors in *Cardiovascular Disease*". Integrative Clinical Sciences. Canadian College of Naturopathic Medicine; Toronto, Ontario, Canada
- 2008 "Primary Care Management of Type 2 Diabetes". Grand Rounds. Bastyr Center for Natural Health.
- 2006 Invited Lecturer- "*Naturopathic Medicine in the Assessment, Management, and Treatment of Type 2 Diabetes*". Integrative Clinical Sciences. Canadian College of Naturopathic Medicine. Toronto, Canada
- 2005 Invited Lecture- Naturopathic Pulmonary Medicine; Bastyr University, Kenmore, WA
"Spirometry, Peak Flow Meters, and Asthma Treatment Plan Development."
- 2005 Invited Lecture- Diet and Nutrient Therapy; Bastyr University, Kenmore, WA
"Therapeutic Lifestyle Change (TLC): Integration of Naturopathic Therapeutics with Current Standards of Care in Diabetes and Cardiovascular Disease."
- 2004 Invited Lecture- BC 9521 Clinical Pharmacotherapeutics; Bastyr University, Kenmore, WA; June
"Medications Commonly Used in the Treatment of Type 2 Diabetes."
- 2004 Invited Lecture- Naturopathic Grand Rounds: Bastyr Center for Natural Health
"Type 2 Diabetes: Standards of Care and Physiologic Rationale for Naturopathic Interventions."
- 2004 Guest Instructor- Naturopathic Pulmonary Medicine; Bastyr University, Kenmore, WA
- 2004 Invited Lecturer- Macro/Micro Nutrition; Bastyr University, Kenmore, WA
"Macro/Micro Nutrition in the Pathogenesis and Treatment of Type 2 Diabetes."

CLINICAL EXPERIENCE

- 3/2019 Clinically credentialed, University of California, San Diego (UCSD) Health System
- 2/2014- Private Practice Physician, Pacific Naturopathic Health in Practice, La Jolla, CA.
Providing general naturopathic primary care with an emphasis on men's health, cardiovascular disease and type 2 diabetes.
- 2/2014-6/17 Associate Physician, Pacific Pearl La Jolla, La Jolla, CA.
Providing general naturopathic primary care with an emphasis on men's health and type 2 diabetes with Dr. Mimi Guarneri, MD, FACC
- 4/2013-6/14 Clinical Faculty and Physician, Bastyr Clinic, Bastyr University California, San Diego, CA.
Provided general naturopathic primary care.
- 9/2011-3/13 Clinical Faculty and Primary Care Physician; Edmonds Community and Senior Center Clinic, Edmonds, WA. Provided general naturopathic primary care with an emphasis on under-served and geriatric care.
- 7/2010-7/12 Clinically credentialed, University of Washington Medical Center
- 9/2005-4/13 Director, Center for Diabetes & Cardiovascular Wellness; Bastyr Center for Natural Health, Seattle, WA. Directed and provided care in a multi-disciplinary preventive cardiology clinical center, housed within the teaching clinic of Bastyr University. This integrative specialty teaching

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- clinic included 12 medical students, 2 first year residents, 1 second year resident, 1 research assistant, 3 nutrition students and 1 RD supervisor.
- 4/2005-6/07 Adjunct Clinical Faculty; Bastyr Center for Natural Health, Seattle, WA. Provided naturopathic physical medicine/manual medicine and general naturopathic primary care in an academic teaching clinic.
- 4/2005-6/07 Private practice physician; Bastyr Center for Natural Health, Seattle, WA. Provided general naturopathic primary care in a private practice setting.
- 3/2005-6/06 Associate Physician; University Health Clinic, Seattle, WA. Provided general naturopathic primary care with an emphasis on men's health and type 2 diabetes.
- 9/2003-9/04 Residency; Bastyr Center for Natural Health, Seattle, WA: Provided general naturopathic primary care.

INVITED CONTINUING EDUCATION PRESENTATIONS

- 2019 “Complementary and Integrative Health Interventions for Stroke Recovery”. Oregon Stroke Network. Eugene, OR
- 2019 “Heuristics, Intuition and Evidence: How we Make Clinical Decisions”. HI Doc Talks. Kailua, HI
- 2019 “Yoga in Naturopathic Practice”. HI Doc Talks. Kailua, HI
- 2018 “It’s What’s Inside that Matters: the Microbiome in Cardiometabolic Risk”. American Association of Naturopathic Physicians (AANP) Annual Conference. San Diego, CA
- 2018 “Wired, Tipsy and Stoned: Health Effects of Commonly Consumed Recreational Substances”. HI Doc Talks. Lihue, HI
- 2017 “The Promise of Integrative Medicine for Non-communicable Disease”. Academy of Integrative Health & Medicine. San Diego, CA
- 2017 “Building Research Capacity in Integrative Medicine”. Pan-American Health Organization Regional Health Meeting. Managua, Nicaragua
- 2017 “Trimming the Fat in Chronic Disease.” International Congress on Naturopathic Medicine (ICNM). London, England.
- 2017 “Trimming the Fat in Chronic Disease.” HI Doc Talks, Maui, HI.
- 2017 “A Biomarker-driven Approach to Dietary Supplementation in Type 2 Diabetes”. HI Doc Talks, Maui, HI.
- 2016 “Qigong and Clinical Research Training” Oregon College of Oriental Medicine, Portland, OR
- 2016 “Integrative Nutritional Management of Chronic Kidney Disease”. International Congress of Naturopathic Medicine (ICNM). Barcelona, Spain.
- 2016 “Integrative Approaches to Hyper- and Hypotension.” Anthroposophical Medicine Society. Bad-Boll, Germany
- 2016 “The Promise of Integrative Medicine for Non-communicable Disease.” International Congress for Integrative Health & Medicine (ICIHM), Stuttgart, Germany.
- 2016 “Naturopathic Medicine is the Solution for Type 2 Diabetes” Hawaii Doc Talks. Kona, HI
- 2015 “Examples of Successful Implementation of Integrative Medicine Practice-based Research. Dec 2015. University of California, San Diego (UCSD).
- 2015 “PRECIS Guidelines and Pragmatic Clinical Trials. Dec 2015. University of California, San Diego (UCSD).

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CURRICULUM VITAE

- 2015 “Techniques for Stress Reduction.” 1st South American Congress on Healthy Lifestyles. Nov 2015. Cuenca, Ecuador.
- 2015 “Good carbs, bad carbs. Good fats, bad fats.” 1st South American Congress on Healthy Lifestyles. Nov 2015. Cuenca, Ecuador.
- 2015 “Fresh Food vs. Fast Food.” 1st South American Congress on Healthy Lifestyles. Nov 2015. Cuenca, Ecuador.
- 2015 “Lifestyle Modification for Healthy Living.” 1st South American Congress on Healthy Lifestyles. Nov 2015. Cuenca, Ecuador.
- 2015 “Research as a Tool for Policy Change in Integrative Medicine.” Academy of Integrative Health & Medicine (AIHM), San Diego, CA
- 2014 Health Masters Live Diabetes Masterclass Webinar Series
- 2014 Council for Responsible Nutrition. “The future of diabetes care: An integrative clinician’s perspective on recommending nutrients and bioactives”. Dana Point, CA.
- 2014 Scripps Natural Supplement Conference “Mechanistic Approach to Dietary Supplementation for Type 2 Diabetes”. San Diego, CA
- 2014 Health Masters Live Cardiology Masterclass Webinar Series
- 2013 “Patient-Center Approach to Treating Hyperglycemia in Type 2 Diabetes”. California Naturopathic Doctors Association (CNDA). Los Angeles, CA.
- 2013 “Endothelial Dysfunction”. National College of Natural Medicine Cardiology CE. Portland, OR
- 2012 “Naturopathic Management of Common Clinical Encounters in Type 2 Diabetes.” Washington Association of Naturopathic Medicine (WANP). Seattle, WA.
- 2012 “Integrative Management of Cardiometabolic Disease Risk in Women: Are there differences to consider?” Key Compounding Pharmacy Continuing Education Event. Kent, WA.
- 2011 “The Art and Science of Combining Naturopathic and Allopathic Medicine.” Swedish Medical Center. Seattle, WA.
- 2011 “Common Mechanisms in Metabolic Diseases and Aging.” Integrative Endocrinology 2011. California Naturopathic Doctor Association (CNDA), Berkeley, CA.
- 2011 “Naturopathic Approaches to Type 2 Diabetes.” Northwest Ambulatory Care Conference 2011. Seattle, WA
- 2010 Invited Lecture- "gamma-Glutamyltransferase (GGT): A Biomarker of Oxidative Stress Relevant in Cardiometabolic Disease?" Cardiology Grand Rounds, University of Washington, Seattle, WA
- 2010 “CAM in Diabetes” Northwest Ambulatory Care Conference 2010. Seattle, WA.
- 2010 “Adrenal Disorders: A Naturopathic Perspective”. University of Washington Endocrine Days Educational Institute
- 2009 “Integrative Approaches to Cardiometabolic Risk Reduction”. 3-day Continuing Education Conference at the University of Salerno, Salerno, Italy.
- 2008 “First Line Prescribing for Type 2 Diabetes”. New Hampshire Association of Naturopathic Physicians (NHANP) Annual Pharmaceutical Update.
- 2008 “First Line Prescribing for Type 2 Diabetes” Washington Association of Naturopathic Physicians (WANP)
- 2007 “Holistic Treatment of Diabetes: A Naturopathic Perspective” American Diabetes Association Expo
- 2006 “Nutrition in Hyperlipidemia.” University of Wisconsin, Milwaukee Medical Center

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CURRICULUM VITAE

- 2006 “Meeting the Guidelines for Prevention in Type 2 Diabetes.” Washington Association of Naturopathic Physicians (WANP) Diabetes and Insulin Resistance: The Fuel and the Fire
- 2006 “Mechanistic Approach to Natural Therapies in Diabetes and Insulin Resistance.” Washington Association of Naturopathic Physicians (WANP) Diabetes and Insulin Resistance: The Fuel and the Fire.
- 2006 “Naturopathic Approach to Diabetes Prevention and Treatment.” Diabetes Action Research and Education Foundation: Diabetes University; Washington DC
- 2005 Helfgott Research Institute Retreat: National College of Naturopathic Medicine.
- 2005 “Complementary Medicine (CAM) for Diabetes.” University of Washington School of Nursing CNE: “The Complex World of Diabetes in 2005: Matching Care to Client”