

# THE INTEGRATOR BLOG

*News, Reports, Opinion and Networking for the Business, Education,  
Policy and Practice of Integrative Medicine, CAM, and Integrated Health Care*

theintegratorblog.com -- John Weeks, Publisher/Editor

## **National College of Natural Medicine Announces \$3-million of NIH Research Grants**

The NIH National Center for Complementary and Integrative Health (NCCIH) has awarded \$3,092,898 to the Helfgott Research Institute at the National College of Natural Medicine (NCNM) for two, five-year complementary and integrative health (CIH) research grants. According to this NCNM release, the new grants "will provide funding for studies involving mindfulness-based stress reduction for people with multiple sclerosis; and clinical research training for naturopathic doctors, Chinese medicine practitioners, as well as training in naturopathic and Chinese medicine modalities for conventional medicine researchers." Heather Zwickey, PhD directs Helfgott. NCNM senior investigator Ryan Bradley, ND, MPH was instrumental in bringing in the training grant via a partnership he first established with the University of Washington.

**Comment:** Great to see these grants from the NCCIH, especially the investment in capacity building for the NDs and licensed Chinese medicine practitioners via the training grant. The success speaks to the impressive base that Zwickey is building, including bringing in Bradley, at NCNM. The training grant supports the bold note in the 2011-2015 NCCIH strategic plan led by director Josephine Briggs, MD that states that "CAM clinicians