

# WAYNE JONAS, MD

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- **President of Healing Works Foundation**
- **Integrative Health and Whole Person Care Expert, Family Physician, Researcher, and Author of *How Healing Works***
- **Former Director Office of Alternative Medicine, National Institutes of Health**
- **Former Director World Health Organization Center for Traditional Medicine**
- **Former Director of Medical Research Fellowship at Walter Reed Army Institute of Research**
- **Retired Lt. Colonel United States Army Medical Corps**
- **Practicing Family Physician at Fort Belvoir Community Hospital**

**DR. JONAS** is a practicing family physician, an expert in integrative health and health care delivery, and a widely published scientific investigator. Dr. Jonas is the President of Healing Works Foundation, a non-profit organization dedicated to the integration of **healing** and **curing** in routine health care delivery. Additionally, Dr. Jonas is a retired Lieutenant Colonel in the Medical Corps of the United States Army. From 2017 to 2022, he was Executive Director of Integrative Health Programs at the Samueli Foundation, from 2001-2016, he was President and Chief Executive Officer of the Samueli Institute, a non-profit medical research organization supporting the scientific investigation of healing processes in the areas of stress, pain and resilience.

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

His research has appeared in peer-reviewed journals such as the Journal of the American Medical Association, Nature Medicine, the Journal of Family Practice, and the Annals of Internal Medicine. Dr. Jonas received the 2015 Pioneer Award from the Integrative Healthcare Symposium, the 2007 America's Top Family Doctors Award, the 2003 Pioneer Award from the American Holistic Medical Association, the 2002 Physician Recognition Award of the American Medical Association, and the 2002 Meritorious Activity Prize from the International Society of Life Information Science in Chiba, Japan.

## DR. JONAS' RESEARCH PORTFOLIO

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

**FOR THE LATEST LINKS, VISIT:** [HealingWorksFoundation.org/Media](https://HealingWorksFoundation.org/Media)  
**ON SOCIAL:** @DrWayneJonas

**FOR AN INTERVIEW, CONTACT US AT:**  
[healing@healingworksfoundation.org](mailto:healing@healingworksfoundation.org)

**JAMA**  
Health Forum

**An Integrated Framework for  
Achieving National Health Goals**

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**FAMILY  
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**The Case for Delivering  
Whole-Person Healthcare**

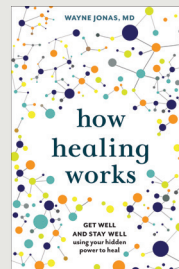
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## HOW HEALING WORKS



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

evidence-based conventional, complementary and self-care approaches.

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

Available through [Amazon](#), [Barnes & Noble](#) and your [local book store](#).

AVAILABLE NOW

## **Pain and Opioids in the Military: We Must Do Better**

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

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

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## **Salutogenesis: The Defining Concept for a New Healthcare System**

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

“We believe that providing medical care in an [Optimal Healing Environment] founded in the principals of salutogenesis is a central way to sustain, support, and enrich quality of life while reducing costs for both the practitioner and the patients for whom we have the privilege of providing medical care.”

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

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

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

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

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

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

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

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