

David M. Eisenberg MD is currently the Director of Culinary Nutrition and Adjunct Associate Professor at the Harvard T H Chan School of Public Health. His landmark national surveys (New England Journal of Medicine, 1993 and JAMA, 1998) documented the remarkable extent to which the US population routinely uses and pays for complementary, alternative, integrative and lifestyle related medical therapies. These data were referenced by the US Congress in its creation of the NIH Office of Alternative Medicine and, subsequently, the National Center for Complementary and Alternative Medicine, recently renamed the National Center for Complementary and Integrative Health.

His current educational and research interests include: (1) studies to assess the safety, clinical and cost effectiveness of complementary and integrative medical therapies; (2) the systematic evaluation of herbal medicines using state of the science technologies; and, (3) novel multi-disciplinary strategies to optimize lifestyle and self-care behaviors (e.g. diet, cooking, mindfulness, exercise, web based technologies and behavioral optimization) to prevent, treat and manage common medical conditions.