

# NIH Office of Dietary Supplements (ODS) 2024–2025 Seminar Series

## *Whole Person Health and the Nutrition Continuum*

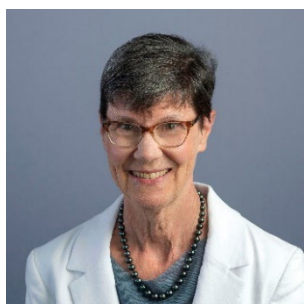
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Bethesda, MD

**Wednesday, February 19 • 11 a.m. – 12 p.m. ET**

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Helene M. Langevin, M.D., is Director of the NCCIH, where she oversees the U.S. federal government's lead agency for research on the fundamental science, usefulness, and safety of complementary and integrative health approaches and their roles in improving health and health care. Prior to joining NIH in 2018 she was the Director of the Osher Center for Integrative Medicine, jointly based at Brigham and Women's Hospital and Harvard Medical School, Boston, and Professor-in-Residence of medicine at Harvard Medical School from 2012 to 2018. She also previously served as Professor of neurological sciences at the University of Vermont Larner College of Medicine, Burlington, Vermont. Dr. Langevin's research interests have centered around the role of connective tissue in chronic musculoskeletal pain and the mechanisms of acupuncture, manual, and movement-based therapies. Her more recent work has focused on the effects of stretching on inflammation resolution mechanisms within connective tissue. She is a fellow of the American College of Physicians. She received her M.D. from McGill University, Montreal. She completed a postdoctoral research fellowship in neurochemistry at the MRC Neurochemical Pharmacology Unit in Cambridge, England, and a residency in internal medicine and fellowship in endocrinology and metabolism at The Johns Hopkins Hospital in Baltimore, Maryland.

### Recent Publications

1. Bremer AA, Zenk SN, Pasiakos SM, Langevin HM. A broader perspective on nutrition research: the rationale for integrating the entire continuum of human nutrition. *Am J Clin Nutr.* 2024 Dec 12:S0002-9165(24)01434-5. PMID: 39672384 DOI: 10.1016/j.ajcnut.2024.12.008
2. Herman PM, Pitcher MH, Langevin HM. Making a Case for Whole Person Health. *Glob Adv Integr Med Health.* 2024 Oct 18;13:27536130241293642. PMID: 39429899 PMCID: PMC11489912 DOI: 10.1177/27536130241293642
3. Langevin HM, Weber W, Chen W. Integrated multicomponent interventions to support healthy aging of the whole person. *Aging Cell.* 2024 Jan;23(1):e14001. PMID: 37840416 PMCID: PMC10776112 DOI: 10.1111/accel.14001



**Strengthening Knowledge and  
Understanding of Dietary Supplements**