

# Mary Louise Hardy, M.D.

## CURRICULUM VITA

### PERSONAL HISTORY:

5633 Vantage Avenue  
Valley Village, CA 91607  
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mary@maryhardy.com

Citizen, United States of America

Married

### EDUCATION:

Tufts New England Medical Center, Boston, Massachusetts. Internship and Residency in Internal Medicine, 1981 to 1984

M.D., Louisiana State University, New Orleans, Louisiana, 1981

B.A., Vassar College, Poughkeepsie, New York, 1976

**Postgraduate Education:** Academy of Pain Research, San Francisco, California

Traditional Chinese Herbal Medicine, 2003

Institute of Medical Herbalism, Calistoga, California

Certificate, Botanical Medicine, 1996

Advanced Certificate, Botanical Medicine, 1997

### LICENSURE:

California, Physician and Surgeons Certificate, C42556, 1989 to present

Medical License, State of Massachusetts, 1984 to 1988

### BOARD CERTIFICATION:

Certified, American Society of Addiction Medication, December 1990, Certificate No. 006085

Diplomate, American Board of Internal Medicine, September 1984 to present

**Other Certificates:** Certification in Botanical Medicine, Basic and Advanced, 1996 & 1997,  
Institute of Medical Herbalism, Calistoga, California  
Certificate, Clinical Intensive in Bioethics, Loma Linda University, 1987  
Advanced Cardiac Life Support  
Basic Cardiac Life Support

## **PROFESSIONAL EXPERIENCE:**

**Current Positions:** *Founder/Director, Wellness Works, March 2012 to present. Duties: Consulting, writing, patient education*

*Faculty, Academy of Integrative Health & Medicine (AIHM) Fellowship in Integrative Health & Medicine. 2017 to present. Duties: Facilitation of on-line learning for fellows in topics such as dietary supplements, herb-drug interactions, safety of dietary supplements, evidence base for Integrative Medicine, clinical case-based learning*

**Previous Positions:** *Medical Director, Novateur Company 2013 to 2019. Duties: Scientific assessment of safety and efficacy of novel technology Management, validation and analysis of a large database of a Phase II clinical trial.*

*Faculty, Integrative Medicine Master's Degree, George Washington University, Health Sciences Programs, School of Medicine and Health Sciences, 2015 to 2017. Duties: Curriculum development for & on-line teaching in course: Foundations in Integrative Medicine.*

*Medical Director, Simms/Mann-UCLA Integrative Oncology Center in the Jonsson Comprehensive Cancer Center, 2005 to 2013. Duties: Clinical care, education of staff, medical students, faculty and patients in integrative oncology*

*Co-Director, Senior Elective Integrative Oncology at David Geffen School of Medicine at UCLA, 2010 to 2014 Duties: Develop curriculum for senior medical school course in integrative oncology, coordinate CAM providers and teach in course.*

*Member, Stiles Center for Integrative Oncology at UCLA, 2010 to 2013 Duties: Participate in educational and research activities of center.*

*Medical Advisor, Power2Practice Company March 2014 to 2015. Duties: advised regarding collecting patient based outcome data using electronic medical record.*

*Codirector, Venice Family Clinic Health and Wellness Program, 2005 to 2009. Duties: Establish program in largest free clinic in the United States. Led multi-disciplinary team in clinical practice and education. Designed data collection & analysis process for program assessment. Education for staff, students and patients regarding pain management, lifestyle choice and integrative medicine.*

*Associate Director, Center for Dietary Supplement Research in Botanicals, Division of Human Nutrition, Department of Medicine, David Geffen School of Medicine, UCLA, 2002 to 2005. Duties: administrative & scientific management of research center. Led research design process.*

*Established seminar program for fellows and researchers in center. Qualified botanical materials for use in research program.*

*Researcher, RAND Corporation, Santa Monica, CA, 2000 to 2004. Duties: Research design and execution. Analysis of large data sets to produce met-analyses. Evaluation of adverse event reports and clinical data for adverse events. Assessment of clinical interventions.*

*Adjunct Faculty, Research Department at the Southern California University of Health Sciences, 2000 to 2004. Duties: Design and execution of various research projects.*

*Founder and Medical Director, Cedars-Sinai Integrative Medicine Medical Group, 1998 to 2002.*

*Clinical Faculty in Introduction to Clinical Medicine USC 1995-2000.*

*Senior Partner, Communication Counseling Associates, 1987 to 2000.*

*Physician and shareholder, Huntington Medical Foundation, Glendale, California, 1995 to 1998.*

*Associate Clinical Professor, University of Southern California Medical Center, 1990 to 2006. Introduction to Clinical Medicine. Duties: Developed and taught Introduction to Integrative Medicine: the Interview; Developed strategies for Small Group Learning Sessions; Standardized Patients.*

*Clinical Instructor, Glendale Adventist Medical Center Family Practice Residency, 1989 to 1998.*

*Medical Director, Glendale Adventist Medical Center Detoxification Service, 1989 to 1995.*

*Private practice in internal medicine, J.L. Gagné, MD, & M.L. Hardy, MD, Inc., Glendale, California, 1988 to 1998.*

*Medical Director, Glendale Adventist Medical Center Employee Health Service, 1989 to 1992.*

*Employment prior to 1988 available upon request*

## **PROFESSIONAL ACTIVITIES:**

### **Committee Service:**

*Chair, United States Pharmacopeial Convention (USP) Dietary Supplements Safety Modeling Expert Panel, 2013 to 2015.*

*Member, United States Pharmacopeial Convention (USP) Dietary Supplements Safety Modeling Expert Panel, 2011 to 2013.*

*Committee Co-Chair, Oncology Subcommittee of Clinical Working Group, Consortium of Academic Health Centers for Integrative Medicine, 2008 to 2013.*

*Board Member, Society for Integrative Oncology, 2012-2014.*

*Member, External Advisory Committee, Natural Health Products Directorate, Canada. May 2006 to 2009. Appointed as Herbal Medicine, Dietary Supplement Efficacy & Safety*

and Clinical Trial expert.

*Founding Board Member*, Advisory Board of Bureau of Naturopathic Medicine, State of California, 2004 to 2009.

*Chair*, Joint Committee on Dietary Supplements, NSF International, 2003 to 2011.

*Co-Chairperson*, Clinical Working Group, Consortium of Academic Centers of Integrated Medicine, September 2003 to 2008.

*Committee Co-Chair*, Outcomes Subcommittee of Clinical Working Group Consortium of Academic of Integrative Medicine, October 2003 to 2007.

*Member*, Clinical Collaborative of Integrative Medicine, UCLA, 2002 to 2013.

*Chairman*, Practice Guidelines Development Committee, Huntington Medical Foundation, 1995 to 1997.

*Chairman*, Education and Research Committee, Huntington Medical Foundation, 1995 to 1997.

### **Advisory Boards:**

*Advisory Board for the Cochrane Complementary Medicine Field*. Center for Integrative Medicine, University of Maryland. *Duties: Advise based on clinical and methodological expertise.*

*Scientific Advisory Board*, Pharmavite Company, 2002- 2018. *Duties: advise on research (experimental design & outcomes measures) and scientific issues.*

*External Scientific Advisory Board*, Office of Dietary Supplements funded National Center on Botanical Products, UCLA, Director David Heber, MD, PhD, 2001 to 2002.

*Expert Technical Advisor*, California Medical Board, Subcommittee on Alternative and Complementary Medicine, 2001.

*Scientific Advisory Board*, American Botanical Council, 2000 to present.

*Technical Expert Advisor*, California Medical Board, 2000 to present, called as needed.

*Advisory Board*, National College of Phytotherapy, Albuquerque, New Mexico, 1997 to 1999.

### **Professional Associations:**

American College of Physicians

Academy of Integrative Health & Medicine

Society of Integrative Oncology

American Botanical Council

### **Editorial Services:**

*Editorial Board*, Integrative Medicine Reports, 2021 to present

*Editorial Board*, Integrative Medicine: A Clinician's Journal, 2005 to present

*Editorial Board*, Focus on Alternative and Complimentary Therapies, 2006 to 2014

*Editorial Board (founding member), Evidence-based Complimentary and Alternative Medicine, 2004 to 2013*

*Editorial Board, Phytomedicine, 2004 to 2010*

*Fact Sheet Editor, Alternative Medicine Alert, 1999 to 2004*

*Editorial Advisory Board, Herbs for Health Magazine, 1997 to 2004*

### **Consulting Activities:**

*Forum Health, 2021 to present*

*Scientific Advisory Board, Isura Foyundation, 2017-present*

*Scientific Advisory Board, Pharmavite Corporation, 1999 to 2018*

*External Expert, New Zealand Trade and Enterprise, Government of New Zealand, 2013*

*Scientific Advisory Board, OncoQOL, 2012 to 2015*

*Multivitamin Advisory Board, Pfizer, Inc., 2012 to 2013*

*Scientific Advisory Board, WhiteWave Foods, 2009 to 2012*

*Consultant, Cedars-Sinai Medical Center, 1998*

*Clinical Improvement Consultant, Huntington Memorial Hospital, 1996 to 1998*

*Investigator, American Botanical Council, 1997*

### **HONORS AND SPECIAL AWARDS:**

*ABC Fredi Kronenberg Excellence in Research and Education in Botanicals for Women's Health Award, presented by American Botanical Council, March 2020*

*Herbal Insight Award, presented by the American Herbal Products Association, 2011*

*Clinician of the Year, presented by the National Nutritional Food Association, 2010*

*Outstanding Teacher in Introduction to Clinical Medicine Year 1 presented by the University of Southern California Medical School, November 1997*

*Excellence in Teaching Award presented by the Glendale Adventist Family Practice Residency in 1993 and 1995*

### **RESEARCH GRANTS AND FELLOWSHIPS RECEIVED:**

*“Effect of Manuka Honey on Breast Sensitivity and Skin Reddening During Radiation for Breast Cancer”*

*Principle investigators: Susan McCloskey, MD, MSHS; Richard Pietras, MD, PhD, Mary L Hardy, MD*

*Funding: Industry*

Period: 2012-present

***“Qualitative Analysis of Factors Promoting or Inhibiting Integration of Complementary and Alternative Medicine into a Hospital Based Program.”***

Principle investigator: Ian Coulter, PhD; clinical site lead Mary Hardy, MD

Agency: NIH Grant. Subcontract from the RAND Corporation.

Period: 09/01/2001-2005

To perform a qualitative analysis of the Integrative Medicine program started by Dr. Hardy at Cedars Sinai Medical Center in order to understand the barriers and facilitators to the use and acceptance of complementary/alternative or integrative medicine in the conventional medical community.

***Center for Dietary Supplements Research: Botanicals***

Principle investigators: David Heber, MD, PhD

Agency: PHS/NIH UCLA Center for Dietary Supplements Research: Botanicals

Type: 1P50 AT00151

Period: 09/30/99-04/01/05

The major goal of this project was to foster interdisciplinary research to develop systematic evaluation of the safety and efficacy of botanical dietary supplements. Principle duties included the direction of the Botany core as well as directing the acquisition and identification of the Chinese medicinal herbs procured for research as well as assuring the purity and quality of the extracts of these herbs.

***“Safety and Efficacy of Ephedra and Ephedrine for Weight Loss and Athletic Performance.”***

Principle investigators: Mary Hardy, MD and Paul Shekelle, MD

Agency: Contract with Office of Dietary Supplements via the RAND Corporation.

Period: 06/01/2001- 01/01/2003 (approx.)

Dr. Hardy served as the botanical medicine expert on this project and co-directed the research strategy and analysis of the relevant literature.

***“Black Cohosh and Breast Cancer: Safety and Efficacy”***

Principle investigator: Vicki Davis, Ph.D.

Agency: Susan G. Komen Breast Cancer Foundation

Type: BCTR 2000 491

Period: 10/01/00 - 09/30/2002

To investigate the effects of black cohosh, a herbal treatment for menopausal symptoms, on the normal mammary gland and mammary tumor development. Since little is known about the safety of this therapy or its potential estrogen activities in the breast, mice that develop mammary cancer will be treated with black cohosh to investigate tumor endpoints (latency and incidence of primary and metastatic tumors) and estrogen responsive markers in the

gland prior to tumor development.

***“Technical Support for the National Center for Complementary and Alternative Medicine”***

*Principle investigators:* Ian D. Coulter, PhD on grant and Mary Hardy, M.D. on the RAND Subcontract

*Agency:* NIH (NCCAM)

*Type:* AHCPR#290-97-0001 RAND Subcontract#1926

*Period:* 09/07/99-09/06/02

To perform systematic literature reviews of complementary and alternative medicine and write evidence-based reports on these reviews. Past reviews include Ayurvedic treatment of diabetes, mind body therapies, GI complaints, antioxidants for cancer and disease, and efficacy of S-Adenosyl-L-methionine (SAMe) for treatment of depression, osteoarthritis, and liver disease.

**SELECTED LECTURES AND INVITED PRESENTATIONS:**

**Hardy, ML.** *Presenter*, “Utilization and Safety of Dietary Supplements for Persons with Diabetes.” Diabetes ECHO, Department of Medicine, University of New Mexico, Albuquerque, NM, September 2016.

**Hardy, ML.** *Course Director*, Simply Botanicals Conference; *Presenter*, 2006-2017. In association with University of New Mexico, Center for Integrative Medicine.

**Hardy, ML.** *Presenter*, “Descriptions of botanical interventions in clinical trials: a comparison of Western, Chinese and Indian literature: How are we doing?” International Conference on the Science of Botanicals & Interim American Society of Pharmacognosy, April 2016, Oxford, MS

**Hardy, ML.** *Presenter*, “Neurologic Wellness: Diet and Supplemental Support”, Advances in Neurology and Neurosurgery Community Conference, Cedars-Sinai, November 2014, Santa Barbara, CA.

**Hardy, ML.** *Presenter*, “Integrative Medicine and Cancer Survivorship, Evidence Base for Effects of Dietary Supplements During Cancer Treatment, and Chemoprevention of Cancer”, Integrative Cancer Medicine Symposium, Healthy Medicine Academy, November 2014, Phoenix, AZ. *Presenter*, “Integrative Cancer in America”, Advances in Cancer Strategies Symposium, April 2012, Stamford, CT.

**Hardy, ML.** *Course Director*, Simply Botanicals Pre-Conference Workshop; *Presenter*, “Integrative Therapies to Support Breast Cancer Patients”, “Modern Herbal Medicine: From Ancient Roots to Present Practice”, and “Clinical Care and Medical Cannabis Case Discussion Panel”, SIMPLE Conference, October 2014, Albuquerque, NM. *Conference Co-Chair*, *Panel Moderator*, *Presenter*, “Integrative Herbal Medicine Case Discussion”, October 2012, Albuquerque, NM.

**Hardy, ML.** *Presenter*, “Vitamin Supplements and Alternative Therapies: How to Assess Safety and Efficacy”, National NET Patient Conference, Carcinoid Cancer Awareness Network, September 2014, Charlotte, NC.

**Hardy, ML.** *Presenter*, “Eating Well: Nutritional and Supplemental Support for Brain Tumor Patients”, Outsmarting Brain Tumors: A Conference on Brain Tumors for Patients, Families and Caregivers,

Cedars-Sinai, September 2014, Los Angeles, CA.

**Hardy, ML.** *Presenter*, “Be Healthy, Drink Tea”, Annual Los Angeles International Tea Festival, August 2014, September 2013, October 2012, Los Angeles, CA.

**Hardy, ML.** *Presenter*, “Responding to an AER Signal: Clinical and Public Health Context”, Institute of Food Technologists Annual Meeting and Food Expo, June 2014, New Orleans, LA.

**Hardy, ML.** *Presenter*, “Complementary Therapies: Do’s and Don’ts During Radiation Therapy”, Los Angeles Radiological Society 66<sup>th</sup> Annual Midwinter Conference, February 2014, Pasadena, CA.

**Hardy, ML.** *Presenter*, “Nutrition, Cancer Risk Reduction, and Symptom Mediation”, Cancer Support Community, February 2014, Los Angeles, CA.

**Hardy, ML.** *Presenter*, “Waldenstrom’s and Integrative Oncology”, International Waldenstrom’s Macroglobulinemia Foundation, May 2013, San Diego, CA.

**Hardy, ML.** *Presenter*, “Complementary and Integrative Medicine Approaches”, UCLA Brain Tumor Conference, May 2013, Los Angeles, CA.

**Hardy, ML.** *Presenter*, “Herbal Remedies and Supplements”, Celebrating A Second Chance At Life, Blood & Marrow Transplant Information Network, April 2013, Costa Mesa, CA.

**Hardy, ML.** *Presenter*, “Dietary Supplements and Alternative Medicines for the Support of Cancer Patients”, March 2013, University of Dunedin, Dunedin, New Zealand.

**Hardy, ML.** *Presenter*, “Evidence-Based Reviews as a Method for Assessing the Safety of Dietary Supplements”, Society of Toxicology Annual Meeting and ToxExpo, March 2013, San Antonio, TX.

**Hardy ML. & Leopold, D.** *Presenter*, “Cancer Care: Effective Therapies and Case Studies” and “Natural Supplements in Cancer Care”, 10<sup>th</sup> Anniversary Natural Supplements: An Evidence-Based Update, Scripps Center for Integrative Medicine, January 2013, San Diego, CA.

**Hardy, ML.** *Conference Chair and Panel Moderator*, Society for Integrative Oncology 9<sup>th</sup> International Conference, October 2012, Albuquerque, NM. *Presenter*, November 2011, Cleveland, OH. *Conference Co-Chair and Panel Moderator*, November 2010, New York City, NY. *Presenter*, November 2008, Atlanta, GA.

**Hardy, ML.** *Presenter*, “Presentation of Evidence-Based Review on Coagulation, Diet and Dietary Supplements”, UCLA Center for Human Nutrition, October 2012, Los Angeles, CA.

**Hardy, ML.** *Presenter*, Natural Health Product Research Society of Canada, 9<sup>th</sup> Annual NHP Conference, May 2012, Kelowna, BC. *Panel Moderator*, March 2008, Toronto, ON.

**Hardy, ML.** *Presenter*, 11<sup>th</sup> Oxford International Conference on the Science of Botanicals, April 2012, September 2004, Oxford, MS.

**Hardy, ML.** *Program Development Committee and Presenter*, “The Art and Science of an Integrative Approach to Cancer” 17<sup>th</sup> International Symposium on Functional Medicine, May 2010, Carlsbad, CA.

**Hardy, ML.** *Presenter* “Lifestyle Nutrition and Supplements for Survivors” UCLA-LIVESTRONG Survivorship Center of Excellence Program, UCLA Cancer Survivor Education Day *Presenter*, May 2010, Los Angeles, CA.

**Hardy, ML.** *Presenter*, “Natural Supplements in Cancer Care: Help or Harm? A Clinical Perspective”, MD Anderson



Integrative Medicine Program Lecture Series, March 2007, Houston, TX.

- Hardy, ML.** *Presenter*, “Natural Supplement Research: Review of Recent Research Trials” and “Women’s Health with Recent Trials” Scripps Center for Integrative Medicine, January 2005, San Diego, CA.
- Hardy ML.** *Presenter*, AACM International Educational Conference on Complementary, Alternative and Integrative Medicine (CAIM), A Blast to the Future, Emerging Concepts of Immunology, November 2004, San Diego, CA.
- Hardy, ML.** *Presenter* “Training the Interdisciplinary Team for Research & Care”, The NIH Dietary Supplement Research Centers Program: Progress and Promise, September 2004, September 2003, Las Vegas, NV.
- Hardy, ML.** *Presenter & Discussion Leader*, Open Strategic Planning Committee, Office of Dietary Supplements, March 2004, Bethesda, MD.
- Hardy ML.** *Presenter*, Quality and Safety of Botanical Dietary Supplements in Symposium AAAS National Meeting, February 2004, Seattle, WA.
- Hardy, ML.** *Presenter*, “Complementary Therapies & Traditional Chinese medicine for Cancer Patients: How to Guide Patients Using Adjunctive Therapy”, *Presenter*, Hematology/Oncology Grand Rounds, March 2003, Los Angeles, CA.
- Hardy, ML.** *Presenter*, “Adjunct Herbal Therapy for Management of Obesity”, *Presenter*, Symposium Science of Weight Management at 10<sup>th</sup> Annual Symposium on Complementary Health Care, November 2003, London, England.
- Seeram N, Constant H, Thompson J, **Hardy ML**, Heber D. “Assessing Quality & Variability in Botanical Extracts: Use of a Novel Technique–Multi-dimensional Profiling”, *Presenter*, 10<sup>th</sup> Annual Symposium on Complementary Health Care, November 2003, London, England.
- Hardy, ML.** *Presenter*, “Introduction to Herbal Medicine”, Course Director and Co-Presenter. American Pharmaceutical Association National Convention, Yearly, 1998 to 2002.
- Hardy, ML.** *Presenter*, North American Menopause Society’s (NAMS) 13th Annual Meeting, October 2002, Chicago, IL.
- Hardy, ML.** *Presenter*, “Complementary Therapies for Cancer: The United States Experience”, Guanmen Traditional Chinese Medical Hospital, April 2002, Beijing, China.
- Hardy ML.** Coulter ID, Venuturupalli S, Morton SC, Roth EA, Shekelle P. “Ayurvedic Botanical Interventions for Diabetes Mellitus: A Systematic Review of Western and Indian Literature”, *Presenter*, Proceedings of the International Scientific Conference on Complementary, Alternative & Integrative Medicine Research, April 2002, Boston, MA.
- Favreau JT, Coulter ID, **Hardy ML**, Morton SC, Roth EA, Shekelle MD. “Mind-Body Interventions for Irritable Bowel Syndrome: A Systematic Review”, *Presenter*, Proceedings of the International Scientific Conference on Complementary Alternative & Integrative Medicine Research, April 2002, Boston, MA.
- Venuturupalli SR, **Hardy ML**, Coulter ID, Roth EA, Morton SC, Shekelle PG. “A Method to Access Scientific Ayurvedic Literature from India for Systematic Reviews”, *Presenter*, Proceedings of the International Scientific Conference on Complementary, Alternative & Integrative Medicine Research, April 2002, Boston, MA.

- Coulter ID, Favreau JT, **Hardy ML**, Morton SC, Roth EA, Shekelle P. *Presenter*, “Biofeedback Interventions for Gastrointestinal Conditions: A Systematic Review”, Proceedings of the International Scientific Conference on Complementary, Alternative & Integrative Medicine Research, April 2002, Boston, MA.
- Hardy, ML.** *Presenter*, “Black Cohosh: Review of the Literature for Safety & Efficacy”, Nutracon, March 2002, Anaheim, CA.
- Hardy, ML.** *Moderator*, “Elements of Evidence-Based Review”, “Stimulants and Thermogenic Ingredients”, Conference on the Science and Policy of Performance Enhancing Products, January 2002, Bethesda, MD.
- Hardy, ML.** *Presenter*, “Considerations on the Training and Safe Practice of Physicians Using Alternative and Complementary Therapies.” Meeting of the Alternative Medicine Sub-committee of the California Medical Board, February 2001, California.
- Hardy ML.** *Presenter*, “How to Use Wisdom Infused in Traditional Therapies and Practical Herbal Medicine for Health Professionals”, Pharmacy in the Rain Forest Workshop, October 1997-2001, Amazon, Peru.
- Hardy, ML.** & McQuade-Crawford, A. *Presenter*, “Botanical Medicine in Women’s Health.” American Pharmaceutical Association National Convention, March 2000, Washington, D.C.
- Hardy, ML.** & McDermott, J. *Presenter*, “Integrating Alternative and Complementary Medicine into Pharmacy Practice.” American Pharmaceutical Association National Convention, March 2000, Washington, D.C.
- Hardy, ML.** *Presenter*, “Alternative & Complementary Therapies in Oncology”, Medicine Grand Rounds, Cedars-Sinai Medical Center, April 1999, Los Angeles, CA.
- Hardy, ML.** *Presenter*, “Introduction to Herbal Medicine”, *Presenter*, CME Workshop, Southern California Chapter of American College of Physicians, Southern California Scientific Meeting, February 1999, Los Angeles, California.
- Hardy, ML** & Dolben, C. *Presenter*, “Integrated Health Care: A Curriculum”, “Communications in Health Care” Conference, June 1998, Amsterdam, Netherlands.
- Meldrum, H. & **Hardy, ML.** *Presenter*, “Communicating about Treatment Protocols.” American Public Health Association, March 1997, Los Angeles, CA.

## **CURRICULUM DEVELOPMENT:**

*Author, Revisor*, Integrative curriculum on Dietary Supplements for AIHM, 2021-present

*Coauthor* (with Richard Pietras), Integrative Oncology for senior medical students

*Contributor*, Management of the Angry or Difficult Patient. **USC** Introduction to Clinical Medicine.

*Contributor*, Creating and Using Disease-Specific Protocols: An American Pharmaceutical Association Certificate Program, 1997.

*Coauthor* (with staff of Huntington Memorial Hospital), Taking Charge Series: Type II Diabetes, 1996.

*Coauthor* (with Catherine Dolben, MFA), Introduction to Integrated Medicine: The Interview.

## **BIBLIOGRAPHY**

### **Peer-Reviewed (Published):**

- Brendler T, Al-Harrasi A, Bauer R, Gafner S, **Hardy ML**, Heinrich M, Hosseinzadeh H, Izzo AA, Michaelis M, Nassiri-Asl M, Panossian A, Wasser SP, Williamson EM. **Botanical drugs and supplements affecting the immune response in the time of COVID-19: Implications for research and clinical practice.** *Phytother Res.* 2021 Jun;35(6):3013-3031. doi: 10.1002/ptr.7008. Epub 2020 Dec 29.
- Oketch-Rabah HA, **Hardy ML**, Patton AP, Chung M, Sarma ND, Yoe C, Ayyadurai VAS, Fox MA, Jordan SA, Mwamburi M, Mould DR, Osterberg RE, Hilmas C, Tiwari R, Valerio L Jr, Jones D, Deuster PA, Giancaspro GI. Multi-Criteria Decision Analysis Model for Assessing the Risk from Multi-Ingredient Dietary Supplements (MIDS). *J Diet Suppl.* 2020 Apr 22:1-23. doi: 10.1080/19390211.2020.1741485.
- Paula N. Brown , PhD, Michael Chan , PhD, Chuck Chang, BSc, Sheena Kuo, BSc, Yoon Seok Roh, BSc, James Neal-Kababick, **Mary L. Hardy**, MD Detection of Undeclared Halogen Substituted Drug Compound in a Natural Health Product. *J Natl Health Prod Res.* 2020 (1): 1-12.
- Brooks JR, Oketch-Rabah H, Low Dog T, Gorecki DK, Barrett ML, Cantilena L, Chung M, Costello RB, Dwyer J, **Hardy ML**, Jordan SA, Maughan RJ, Marles RJ, Osterberg RE, Rodda BE, Wolfe RR, Zuniga JM, Valerio LG Jr, Jones D, Deuster P, Giancaspro GI, Sarma ND. Safety and performance benefits of arginine supplements for military personnel: a systematic review. *Nutr Rev.* 2016 Nov;74(11):708-721.
- Stumpf SH, **Hardy ML**, McCuaig S, Carr CR, Sarkisyan A. Acupuncture practice acts: a profession's growing pains. *Explore (NY).* 2015 May-Jun;11(3):217-21
- Hardy ML**, Duvall K. Multivitamin/multimineral supplements for cancer prevention: implications for primary care practice. *Postgrad Med.* 2015 Jan;127(1):107-16.
- Ko R, Low Dog T, Gorecki DK, Cantilena LR, Costello RB, Evans WJ, **Hardy ML**, Jordan SA, Maughan RJ, Rankin JW, Smith-Ryan AE, Valerio LG Jr, Jones D, Deuster P, Giancaspro GI, Sarma ND. Evidence-based evaluation of potential benefits and safety of beta-alanine supplementation for military personnel. *Nutr Rev.* 2014 Mar;72(3):217-25. Review.
- Stumpf S, **Hardy ML**. Professional Authority in Healthcare. *The American Acupuncturists.* 2014; 68: 7-
- Betz J and **Hardy ML**. Evaluating the Botanical Dietary Supplement Literature: How Healthcare Providers Can Better Understand the Scientific and Clinical Literature on Herbs and Phytochemicals. *Herbalgram Issue 101:* 58-67. 2014
- Ko R, Low Dog T, Gorecki DK, Cantilena LR, Costello RB, Evans WJ, **Hardy ML**, Jordan SA, Maughan RJ, Rankin JW, Smith-Ryan AE, Valerio LG Jr, Jones D, Deuster P, Giancaspro GI, Sarma ND. Evidence-based evaluation of potential benefits and safety of beta-alanine supplementation for military personnel. *Nutr Rev.* 2014 Mar;72(3):217-25.
- Messina M, Caan BJ, Abrams DI, **Hardy M**, Maskarinec G. It's time for clinicians to reconsider their proscription against

the use of soyfoods by breast cancer patients. *Oncology* (Williston Park). 2013 May;27(5):430-7. Review.

Udani JK, Brown DJ, Tan MO, **Hardy M**. Pharmacokinetics and bioavailability of plant lignan 7-hydroxymatairesinol and effects on serum enterolactone and clinical symptoms in postmenopausal women: a single-blinded, parallel, dose-comparison study. *J Am Coll Nutr*. 2013;32(6):428-35.

Frenkel M, Abrams DI, Ladas EJ, Deng G, **Hardy M**, Capodice JL, Winegardner MF, Gubili JK, Yeung KS, Kussmann H, Block KI. Integrating dietary supplements into cancer care. *Integr Cancer Ther*. 2013 Sep;12(5):369-84.

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Messina M, Abrams DI, **Hardy M**. Can clinicians now assure their breast cancer patients that soyfoods are safe? *Womens Health (Lond Engl)*. 2010 May;6(3):335-8.

Stumpf S, Kendall DE, **Hardy ML**. Mainstreaming Acupuncture: Barriers and Solutions. *Complementary Health Practice Review* 2010; 15: 3-13.

**Hardy ML**. Challenges in using natural health products for women's cancers. *Pharmaceutical Biology* 47:22-22.

Stumpf SH, Shapiro SJ, **Hardy ML**. Divining integrative medicine. *Evid Based Complement Alternat Med*. 2008 Dec;5(4):409-13.

Davis VL, Jayo MJ, Ho A, Kotlarczyk MP, **Hardy ML**, Foster WG, Hughes CL. Black cohosh increases metastatic mammary cancer in transgenic mice expressing c-erbB2. *Cancer Res*. 2008.

**Hardy ML**, Dietary Supplement Use in Cancer Care: Help or Harm? *Hem Onc Clin NA*, 2008. 22(4):581-617.

Sierpina VS, Kreitzer MJ, Stanley J, **Hardy ML**, Spar MD, Arias M. Poverty and health: blind massage therapists and a free integrative pain clinic. *Explore (NY)*. 2007 Sep-Oct;3(5):535-8.

Singh B, Liu X, Der-Martirosian C, **Hardy ML**, Singh VJ, Shepard N, Khorsam R, "Menopausal issues: a national probability sample of US women". *Altern Ther Health Med*. 2007 13(3):24-9.

Adams LS, Seeram NP, **Hardy ML**, Carpenter C, Heber D. Analysis of the interactions of botanical extract combinations against the viability of prostate cancer cell lines. *Evid Based Complement Alternat Med*. 2006 Mar;3(1):117-24.

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Lum MR, Potter E, Dang T, Heber D, **Hardy ML**, Hirsch AM. Identification of botanicals and potential contaminants through RFLP and sequencing. *Planta Med*. 2005 Sep; 71(9):841-6

Singh B, Liu XD, Der-Martirosian C, **Hardy ML**, Singh V, Shepard N, Gandhi S, Khorsan R. A national probability survey of American Medical Association gynecologists and primary care physicians concerning menopause. *Am J Obstet Gynecol*. 2005 Sep;193(3 Pt 1):693-700

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