

## CURRICULUM VITAE

**Name:** **IRIS R. BELL**

**Business Address:** Department of Family and Community Medicine  
The University of Arizona College of Medicine  
PO Box 245052  
Tucson, AZ 85724-5052  
Tel. 520-626-5219  
Cell 520-906-6767  
FAX 520-626-6134/520-626-2030

Overnight Courier Address: 1450 N. Cherry Avenue,  
Tucson, AZ 85719

**Place of Birth:** Boston, Massachusetts

**Education:**

1972	A.B.	Harvard University, Cambridge, MA
1977	Ph.D.	Stanford University, Stanford, CA (Neuro- and Biobehavioral Sciences)
1980	M.D.	Stanford University School of Medicine

**Postdoctoral Training:**

**Internship and Residency:**

1980-1981	Intern in Psychiatry, University of California School of Medicine, San Francisco, CA
1981-1984	Resident in Psychiatry, University of California School of Medicine, San Francisco, CA
1983-1984	Senior Resident, Inpatient Treatment and Research Service, Langley Porter Psychiatric Institute, San Francisco, CA

**Licensure and Certification:**

1981	California Physician and Surgeon License
1981	Diplomate, National Board of Medical Examiners
1985	Certified Practitioner, Biofeedback Certification Institute of America
1986	Massachusetts License Registration
1990	Arizona Medical License
1987	American Board of Psychiatry and Neurology, Diplomate in Psychiatry

1991/2000 American Board of Psychiatry and Neurology, Certification, Added Qualification in Geriatric Psychiatry (recertified 2000)

1998 Arizona Homeopathic (Alternative Medicine) Medical License [MD(H)]

#### Academic Appointments:

1984-1986 Adjunct Assistant Professor of Psychiatry, University of California, San Francisco, CA

1987-1990 Instructor in Psychiatry, Harvard Medical School, Boston, MA

1990- Assistant Professor of Psychiatry, University of Arizona College of Medicine, Tucson, AZ

1992- Joint appointment, Assistant Professor of Psychology, University of Arizona, Tucson, AZ

1995- Associate Professor of Psychiatry and Psychology with tenure, University of Arizona, Tucson, AZ

1995-2002 Joint appointment, Associate Professor of Family and Community Medicine (Environmental Health section), University of Arizona, Tucson, AZ

1999-2006 Director of Research, Program in Integrative Medicine, University of Arizona College of Medicine, Tucson, AZ

2002- Professor of Family and Community Medicine, Psychiatry, Psychology, Medicine, Surgery and Public Health, University of Arizona, Tucson, AZ

#### Hospital Appointments:

1984-1986 Attending psychiatrist, Langley Porter Psychiatric Institute and University of California Hospital, San Francisco, CA

1984-1986 Attending psychiatrist, Canyon Manor Psychiatric Hospital, Novato, CA

1984-1986 Consulting psychiatrist, Garden Sullivan Rehabilitation Hospital, San Francisco, CA

1987-1990 Assistant psychiatrist, McLean Hospital, Belmont, MA

1990-1994 Attending psychiatrist, University Medical Center, Tucson, AZ

1990-1994 Consulting psychiatrist, Handmaker Jewish Geriatric Center, Tucson, AZ

1991-1993 Consulting psychiatrist, Veterans Administration Medical Center, Tucson, AZ

- 1992-1993 Associate Director, Adult General Psychiatry Inpatient Unit, University Medical Center
- 1993-1999 Director, Geropsychiatry Inpatient Unit and Consultation-Liaison Service, Nursing Home Care Unit, Tucson Veterans Affairs Medical Center, Tucson, AZ
- 1994-1999 Attending Psychiatrist, Acute Inpatient Unit and Mental Health Clinic, Veterans Affairs Medical Center, Tucson, AZ

Other Professional Positions:

- 1970-1972 Research Assistant, Psychophysiology Laboratory, Massachusetts Mental Health Center, Harvard Medical School, Boston, MA
- 1985-1986 Medical Director, Professional School of Biofeedback Training, San Francisco, CA
- 2002- Adjunct Research Professor, Department of Research, Southwest College of Naturopathic Medicine and Health Sciences, Tempe, AZ
- 2004- Adjunct Faculty, Desert Institute School of Classical Homeopathy, Phoenix, AZ
- 2006- Industry consultant, over-the-counter homeopathic products

Awards and Honors:

- 1968 M.I.T. National Scholar
- 1972 Harvard University, A.B. Magna Cum Laude, Biology
- 1973-1976 National Science Foundation Predoctoral Fellow
- 1984 Award for Creative Achievement by a Psychiatric Resident, University of California, Department of Psychiatry, San Francisco, CA
- 1987 Invited Participant, Summer Institute in Research on Aging, National Institute on Aging, Baltimore, MD
- 1990 Invited Participant, Workshop on Environmental Hypersensitivity, Ontario Ministry of Health, Toronto, Ontario, Canada
- 1991 Fellow, American College of Nutrition
- 1991 Invited Participant, Workshop on Multiple Chemical Hypersensitivity, National Research Council, Irvine, CA, March 20-21, 1991
- 1992 Invited Participant, Workshop on Chemical Sensitivities and their Relevance to Psychiatric Disorders. Health and Welfare Canada (Mental Health Division, Health Services and Promotion Branch and Laboratory Centre for Disease Control, Health Protection Branch), Ottawa, Ontario, Canada, December 7, 1992

1993	Invited Participant, Expert Panel on Chemical Sensitivity. Agency for Toxic Substances and Diseases Registry, U.S. P.H.S. Annapolis, MD, April 13-14, 1993
1993-1994	Invited Member, Planning Committee, and White Paper Presenter, Conference on Neurobiological Mechanisms of Sensitivity to Low Level Exposures to Chemicals. Agency for Toxic Substances and Diseases Registry, U.S. P.H.S. Baltimore, MD, April 6-7, 1994
1994	Invited Member, Expert Panel on research protocols for evaluating multiple chemical sensitivity patients. State of California Department of Health Services and Agency for Toxic Substances and Disease Registry. San Francisco, CA, May 5-7 and December 9-10, 1994
1996	Selected for listing in <i>The Best Doctors in America: Pacific Region (1996-1997)</i> . 1 <sup>st</sup> ed. Aiken, SC: Woodward/White, Inc. for geriatric psychiatry
1998	Selected for listing in <i>The Best Doctors in America (1998-1999)</i> . 4 <sup>th</sup> ed. Aiken, SC: Woodward/White, Inc. for geriatric psychiatry
2000	Invited testimony before the US House of Representatives Subcommittee on National Security, Veterans Affairs, and International Affairs on neural sensitization as a possible mechanism for Gulf War-related illnesses (February 2, 2000)
2005	Invited testimony before the Department of Veterans Affairs Research Advisory Committee on Gulf War Veterans' Illnesses, Washington, DC (April 6, 2005)

#### Major Committee Assignments:

1983-1984	Faculty Council Department of Psychiatry, University of California, San Francisco, CA
1987-1990	Pharmacy Committee, McLean Hospital
1987-1990	Nutrition Care Committee, McLean Hospital
1990-1993	Pharmacy and Therapeutics Committee, University Medical Center, Tucson, AZ
1990-1992	Bioethics Committee, University Medical Center
1990-	Graduate Committee on Nutritional Sciences, University of Arizona (1992 Executive Committee)
1991-	Committee on Doctoral Minor in Gerontology, University of Arizona
1990-1991	Search Committee for Veterans' Administration Chief of Psychiatry, Tucson, Arizona
1990-1991	VAMC-UMC Committee on Development of VAMC Nursing Home Psychiatric/Dementia Specialty Units
1990-1993	Steering Committee, Department of Psychiatry

1990-1991	Outpatient Triage Committee, Department of Psychiatry
1991-	Advisory Committee, Tucson Chapter, Alzheimer's Association
1991-	Neurosciences/Ophthalmology Council, American College of Nutrition
1991-92	Publications Committee, American Psychosomatic Society
1991-95	National Board of Directors, Biofeedback Certification Institute of America
1992-94	Secretary, Executive Committee, National Board of Directors, Biofeedback Certification Institute of America
1993-96	Member, Editorial Advisory Board, Clinical Psychiatry News
1993-94	Chair, Committee on Certification in Stress Management Education, Biofeedback Certification Institute of America
1993-	Tucson VA Nursing Home Care Unit Screening Committee
1993-	Tucson VA Nursing Home Care Unit Quality Assurance Committee
1993-1994	Univ. of Arizona College of Medicine Social and Behavioral Sciences Course Review Committee
1993-	Consulting Editor, Archives of Environmental Health
1994-98	Research Space Subcommittee, R & D Committee, Tucson Veterans Affairs Medical Center
1996-97	Primary Care Research Coordinating Group, Tucson Veterans Affairs Medical Center
1997-99	Pharmacy and Therapeutics Committee, Tucson Veterans Affairs Medical Center
1998-99	Research and Development Committee, Tucson Veterans Affairs Medical Center
2000-	Promotion and Tenure Committee, Dept. of Psychiatry, University of Arizona College of Medicine
2000-	Co-Chair, Research Committee, American Institute of Homeopathy
2001-02	Program Planning Committee, National Center for Homeopathy Annual Meeting, Phoenix, AZ, April, 2002
2001-02	Advisory Committee, BELLE-sponsored conference on Non-Linear Dose Responses in Biology, Toxicology, and Medicine, University of Massachusetts, Amherst, MA, June 11-13, 2002
2001-	Samueli Institute on Information Biology, Scientific Advisory Committee, Newport Beach, CA, September/February (twice a year)
2002-	Co-Chair, Research Working Group, Consortium of Academic Health Centers for Integrative Medicine

2002-2005	Steering Committee and Pilot Projects Committee, NIH Center for Frontier Medicine in Biofield Science, The University of Arizona
2003-2006	Member, Institutional Review Board, Medical Human Subjects Committee, The University of Arizona
2003-2005	Member, General Clinical Research Center Advisory Board, The University of Arizona College of Medicine

#### Memberships in Professional Societies:

1974-	American Association for the Advancement of Science
1983-	American Psychiatric Association
1983-1986	Northern California Psychiatric Society
1983-	Society of Behavioral Medicine
1984-1986	San Francisco Medical Society; California Medical Association
1985-	Society for Psychophysiological Research
1987-1990	Massachusetts Psychiatric Society
1987-	Gerontological Society of America
1988	American Geriatrics Society
1990	American Association for Geriatric Psychiatry
1990	Arizona Psychiatric Society; Tucson Psychiatric Society
1990	American Psychosomatic Society
1991	American College of Nutrition
1991	New York Academy of Sciences
1992	Association for Chemoreception Sciences
	American Public Health Association
	West Coast College of Biological Psychiatry
	Association for Applied Psychophysiology and Biofeedback
1994	Society for Neuroscience
1999	American Institute of Homeopathy
2002	Society for Study of Chaos Theory in Psychology and the Life Sciences
2005	International Society for Complementary and Alternative Medicine Research

#### Major Research Interests:

1. Nonlinear properties of psychophysiological responses and whole person healing from whole system treatment interventions in complementary and alternative medicine (homeopathy as a model healing system)
2. Health outcomes/effectiveness studies of integrative medicine, complementary and alternative medicine; outcome tool development including markers of executive function and language use patterns
3. Neurobiology, especially neural sensitization to stress and environmental agents, in somatoform-like spectrum disorders (multiple chemical sensitivity, fibromyalgia, chronic fatigue syndrome) and obesity
4. Metabolic and environmental neurotoxicant factors in reversible and irreversible dementias associated with affective disorders; antioxidant interventions in dementias

#### Teaching Experience:

1972	Teaching and Research Assistant, Summer Training Institute in Psychophysiology for Social Scientists, Harvard Medical School, Boston. David Shapiro, Ph.D., Director
------	---

- 1979 Teaching Assistant, Stanford University,  
Human Biology Department course on  
the biosocial aspects of  
cardiovascular disease.  
Martin Kenigsberg, Ph.D.,  
Instructor
- 1983-1984 Developed and taught seminars  
in general psychiatry,  
patient interviewing approaches,  
and psychopharmacology for core  
clerkship in Psychiatry, University  
of California, San Francisco
- Clinical supervision of Psychiatry  
residents and medical students,  
Langley Porter Psychiatric  
Institute (Inpatient Treatment and  
Research Service), San Francisco
- Developed and taught lecture series on  
introductory neurosciences for  
senior nursing supervisors,  
Langley Porter Psychiatric Institute  
(Inpatient Treatment and Research  
Service), San Francisco
- 1985 Developed and taught seminars for  
health care professionals on  
systems theory, the biopsychosocial  
model in clinical practice, and the  
physiology of stress, Professional  
School of Biofeedback Training,  
San Francisco
- 1986 Attending physician - provided clinical  
supervision of Psychiatry  
residents and medical students,  
Langley Porter Psychiatric  
Institute (Behavioral Neuroscience  
Service), San Francisco
- 1986 Author, guide on psychopharmacological  
practice for residents.
- 1987-1990 Psychiatrist in Charge - provide  
clinical supervision of Psychiatry  
residents and Geriatric fellows,  
Geriatric Inpatient Service,  
McLean Hospital, Belmont, MA
- 1988-1990 Psychopharmacology Supervisor - provide  
clinical supervision of Psychiatry  
residents, McLean Hospital, Belmont, MA

1990-2000	Attending physician - provide clinical supervision for psychiatric residents, family medicine residents, geriatric medicine fellows, and medical students in geriatric psychiatry (and psychology interns, starting 1991), Geropsychiatry Program, University of Arizona Health Sciences Center
1990-2000	Seminar Leader, Introductory Psychopharmacology for PGY-I/II residents and Advanced Psychopharmacology for PGY-III/IV residents (annual courses); co-teacher, Seminar on Research for PGY-III/IV residents, Dept. of Psychiatry, University of Arizona Health Sciences Center
1991-2005	Seminar Leader, Geriatric Psychiatry for PGY-II/III/IV residents and psychology interns, Dept. of Psychiatry, University of Arizona Health Sciences Center
1990-	Preliminary and Doctoral Dissertation Committees member for graduate students in Department of Psychology, University of Arizona; primary advisor for dissertation research for graduate students in Nutritional Sciences Program, Department of Psychology, Department of Pharmacology
1996-97	Seminar Leader, Introductory Psychiatry for Family & Community Medicine Residents, University of Arizona
1998-	Seminar Leader, Complementary and Alternative Medicine in Psychiatry for PGY III/IV residents, Dept. of Psychiatry, University of Arizona Health Sciences Center
1999-	Seminar Co-Leader, Research Issues in Integrative and Complementary/Alternative Medicine for residential fellows, residents, and medical students, Program in Integrative Medicine, University of Arizona College of Medicine
2002-07	Course co-director, PH 696L and 696M. Advanced Methodological Issues in Complementary and Alternative Medicine Research, University of Arizona College of Public Health
2008-	Course co-director, FCM 696L,M,N,O, Advanced Methodological Issues in Complementary and Alternative Medicine Research, University of Arizona College of Medicine

Principal Clinical and Hospital Service Responsibilities:

1986	Acting Associate Director, Behavioral Neuroscience Service Langley Porter Psychiatric Institute, University of California San Francisco, CA
1987-1990	Psychiatrist in Charge, Geriatric Inpatient Service, McLean Hospital, Belmont, MA
1990-	Director, Program in Geriatric Psychiatry, Dept. of Psychiatry, University of Arizona Health Sciences Center
1992-1993	Associate Director, Inpatient Psychiatry, University Medical Center, University of Arizona Health Sciences Center

1993-2000	Director, Geropsychiatry Inpatient Unit and Geropsychiatry Outpatient Clinic, Nursing Home Care Unit, Tucson Veterans Affairs Medical Center, Tucson, AZ
1994-2000	Director, Geropsychiatric Consultation-Liaison, Nursing Home Care Unit, Tucson Veterans Affairs Medical Center, Tucson, AZ
Research Support	
Current	
2006-2009	Principal Investigator, National Institutes of Health National Center for Complementary and Alternative Medicine, R21, "Dilution and Succussion in Homeopathic Remedy Dose-Response Patterns" (3 years, \$400,000)
2000-2010	Principal Investigator, National Institutes of Health National Center for Complementary and Alternative Medicine, K24 "Midcareer Investigator Award in Patient-Oriented Research on Complementary and Alternative Medicine" (5 years, \$573,750; 5-year renewal funded 9/30/05)
2002-2012	Principal Investigator, National Institutes of Health National Center for Complementary and Alternative Medicine, T32, "Arizona CAM Research Training Program" (5 years, \$1,300,000; 5-year renewal awarded)
2009	co-Investigator (Koithan PI), National Institutes of Health/National Center for Complementary and Alternative Medicine/Hecht Memorial Foundation/Samueli Foundation, R13, "Creating Collaborative Relationships: Whole CAM Systems and Complexity Researchers, Minneapolis, MN, May 16-18, 2009 (Conference grants, approximately \$20,000)
2009	co-Principal investigator, Lotte and John Hecht Memorial Foundation, "Establishing a Permanent Website on Whole Systems of Complementary and Alternative Medicine and Complex Systems Science" (1 year, \$14,000)
2009-2013	Site co-Investigator (PI Donald Warne, MD MPH), Indian Health Service, ITCA/UA American Indian Research Center for Health (AIRCH), NARCH 5, Research Project "Traditional Healing Practices and CAM Utilization in the San Carlos Apache Tribe" (4 years, \$399,742)
Planned	
2010-2013	Principal Investigator, National Institutes of Health National Center on Aging, R01 "Development of a Natural Language Measure of Well-Being for the Elderly" (3 years, \$1,000,000)

## Previous

- 1984-1987 Co-Principal Investigator, National Institute of Mental Health Grant: "Effects of Food Sensitivity on Behavior." Principal Investigators: Enoch Callaway, M.D. and Sheldon Margen, M.D., University of California at San Francisco and Berkeley (3 years, \$441,313)
- 1987-1988 Principal Investigator, Charles H. Farnsworth Trust Research Grant, The Medical Foundation, Inc., Boston, MA: "B Vitamin Deficiency Factors in Geriatric Depression." (1 year, \$47,000)
- 1988-1989 Principal Investigator, McLean Hospital, BRSG Grant: "Zinc Status and Immunity in Geriatric Depression." (1 year, \$6,000)
- 1989-1990 Principal Investigator, McLean Hospital, Intramural Grant: "Vitamin E Treatment of Tardive Dyskinesia in Psychotic Geriatric Patients" (1 year, \$13,000)
- 1992 Principal Investigator, University of Arizona BRSG grant: "Chemical Sensitivity and Depression in EEG, Cognitive, and Respiratory Responsivity to Subsensory Environmental Chemical Exposures" (1 year, \$4,960)
- 1992 Principal Investigator, Small Grant Program of the Office of the Vice President for Research, University of Arizona: "Cortisol and Homocysteine Status as Predictors of Cognitive Decline in Alzheimer's Dementia." (1 year, \$5,000)
- 1992-1993 Co-Principal Investigator, Ontario Ministry of Health, Health Care Systems Research Feasibility Grant Program: "Effects of Subsensory and Olfactory Threshold Dose Exposures of Indoor Air Pollutants on Environmentally Sensitive and Normal Individuals" PI: Eric Nisbet-Brown, M.D. Ph.D. (1 year, \$15,000)
- 1992-1993 Principal Investigator, American Cancer Society Institutional Research Grant: "Possible Role of Personality-Related Dietary Habits and Histories in Status and Outcome of Individuals at Risk for Colon Cancer." (1 year, \$14,800. total)
- 1993-1994 Principal Investigator, Bristol-Myers Squibb: "A Multicenter Placebo Controlled Comparison of Nefazodone and Fluoxetine in the Treatment of Elderly Patients with Major Depressive Illness." (1 year, varied)
- 1992-1994 Principal Investigator, National Dairy Board Nutrition Research Project: "Polysomnographic Evaluation of Individual Differences in Sleep of Elderly Adults on Diets with and without Dairy Products." (2 years, \$159,486. total)
- 1994-1995 Principal Investigator, Biomedical Research Foundation of Southern Arizona: "Olfactory Identification Ability and Personality Profiles of Patients with Idiopathic Parkinson's Disease versus Controls" (1 year, \$5,000)

1994-1995	Principal Investigator, Environmental Health Foundation: "Cacosmia and Time-Dependent Sensitization to Low Level Environmental Chemicals" (1 year, \$44,226)
1994-1996	Principal Investigator, Wallace Genetic Foundation: Characterization of Possible Physiological Mechanisms for Sensitivity to Low Levels of Environmental Chemicals" (15%, 1 year, \$78,720)
1996-1997	Principal Investigator, State of Washington Labor and Industries Chemically Related Illness Research: "Time-Dependent Sensitization and Cognitive Dysfunction in Multiple Chemical Sensitivity." (1.5 years, \$218,852. total)
1996-97	Principal Investigator, Wallace Genetic Foundation: "Mediator Mechanisms for Low-Level Environmental Chemical Intolerance." (1 year, \$71,506. total)
1996-97	Co-Principal Investigator, Office of the Vice President for Research, University of Arizona (PI: Richard Bootzin, Ph.D.): "Sleep Apnea in Individuals with Occupational Exposure to Automotive Emissions." (1year, \$4,500)
1997-1998	Principal Investigator, American Fibromyalgia Syndrome Association, Inc.: "Neural Sensitization in Fibromyalgia with and without Chemical Intolerance" (1 year, \$29,957)
1999-2000	G & P Foundation grant: "Evaluating Effectiveness of an Integrative Approach to Treatment of Lymphoma and Leukemia, Utilizing a Comprehensive Retrospective and Prospective Study Design" (1 year, \$61,260)
1998-2000	Principal Investigator, Dept. of Veterans Affairs Health Services Research grant: "Complementary Medical Treatment among Veterans Receiving VA Primary Care" (2 years, \$330,800)
1998-2001	Principal Investigator, Dept. of Veterans Affairs Merit Review: "Cross-Sensitization as a CNS Model for Gulf War Chemical Intolerance" (3 years, \$298,700)
2000-2001	Co-Principal Investigator, Department of Veterans Affairs Minority Vascular Disease Center grant project: "Diet and Oxidative Stress Biomarkers of Cerebrovascular Disease Risk in Hispanic Veterans" (2 years, \$90,000)
2000-2002	Consultant, Centers for Disease Control, Special Initiative Project: "Optimizing the Practice-Based Assessment of CAM." PI: David Katz, MD MPH, Yale-Griffin Prevention Research Center (2 years, \$782,244).
2000-2002	Principal Investigator, National Institutes of Health National Center for Complementary and Alternative Medicine, R21 (revised): "Biomarkers of Homeopathic Treatment in Fibromyalgia" (2 years, \$250,000)
2003-2004	Co-Investigator, NIH Center for Injury Mechanisms at the University of Arizona College of Nursing Pilot Project grant (PI: Ann Baldwin, PhD), "Treatments for Stress-Induced Inflammation" (1 year, \$20,000)

2002-2004	Co-Investigator, National Institutes of Health National Center for Complementary and Alternative Medicine, R21, "Efficacy of Healing Touch in Stressed Neonates" (PI: Sharon McDonough-Means, MD)(2 years, \$250,000)
2002-2004	Principal Investigator, National Institutes of Health National Center for Complementary and Alternative Medicine, R21, "Patient and Provider Perspectives on Homeopathic Treatment" (2 years, \$250,000)
2002-2005	Co-Investigator, National Institutes of Health National Center for Complementary and Alternative Medicine, P20 Center for Frontier Medicine in Biofield Science (PI: Gary Schwartz, PhD) (3 years, \$1,817,067)
2005-2006	Principal Investigator, Samueli Institute for Information Biology/Dept. of Defense, "Effects of Homeopathy on Clinical Outcomes and Physiological Markers in Posttraumatic Stress Disorder," (1 year, \$175,000 total costs)
2005-2006	co-Principal Investigator, Hecht Memorial Foundation, "The Process of Whole Person Healing: "Unstuckness" and Beyond," (1 year, with co-PIs Marja Verhoef, PhD (University of Calgary) and Cheryl Ritenbaugh, PhD MPH (University of Arizona), \$53,000 CDN)
2005-2007	co-Investigator (PI: Mikel Aickin, PhD), National Institutes of Health National Center for Complementary and Alternative Medicine, R21, "Methods Development for Early Phase CAM Trials" (\$150,000 - 2 years)
2005-2009	Principal Investigator, National Institutes of Health National Center for Complementary and Alternative Medicine, R21, "Polysomnography in Homeopathic Remedy Effects" (3 years, \$400,000)
2006-2009	co-Investigator (PI: Cheryl Ritenbaugh, PhD MPH), National Institutes of Health National Center for Complementary and Alternative Medicine, R01, "Developing Patient-Centered Measures for Outcomes of CAM Therapies" (3 years, \$600,000)

#### Ad Hoc Reviewer

Alternative Therapies in Health and Medicine  
 American Journal of Clinical Nutrition  
 American Journal of Medicine  
 American Journal of Psychiatry  
 Annals of Behavioral Medicine  
 Archives of Environmental Health (Consulting Editor)  
 Archives of Internal Medicine  
 Biofeedback and Self-Regulation  
 Biological Psychiatry  
 BMC Complementary and Alternative Medicine  
 Brain Research  
 Center for Indoor Air Research

Explore: The Journal of Science and Healing (Editorial Board)  
 FASEB Journal  
 Forschende Komplementarmedizin und Klassische Naturheilkunde  
 Health Psychology  
 Homeopathy: The Journal of the Faculty of Homeopathy  
 (International Advisory Board)

Journal of Abnormal Psychology  
 Journal of Alternative and Complementary Medicine  
 Journal of the American College of Nutrition  
 Journal of the American Geriatrics Society  
 Journal of the American Institute of Homeopathy  
 Journal of Behavioral Medicine  
 Journal of Chronic Fatigue Syndrome (Editorial Board)  
 Journal of Clinical Psychiatry  
 Journal of Nervous and Mental Disease

Life Sciences  
 Neurotoxicology  
 New England Journal of Medicine  
 NIH Special Emphasis Study Section on Chronic Fatigue Syndrome  
 & Fibromyalgia  
 NIH Special Emphasis Study Section on Complementary &  
 Alternative Medicine  
 Oakstone Medical Publishing, Audio Consult in Integrative Medicine  
 Psychiatry Research  
 Psychological Bulletin  
 Psychosomatic Medicine  
 Practical Reviews in Complementary and Alternative Medicine

#### Publications

##### Original Reports

1. Bell IR, Schwartz GE. Voluntary control and reactivity of human heart rate. *Psychophysiology* 1975; 12(3):339-348.  
  
Article also reprinted in Barber TX, DiCara LV, Kamiya J, Miller NE, Shapiro D, Stoyva J, eds. *Biofeedback and Self-Control 1975/1976*, Chicago: Aldine, 1976:310-319.
2. Bell IR. A kinin model of mediation for food and chemical sensitivities: biobehavioral implications. *Ann Allergy* 1975; 35:206-215.
3. Bell IR, Guilleminault C, Dement WC. Hypersomnia, multiple-system symptomatology, and selective IgA deficiency. *Biological Psychiatry* 1978; 13(6):751-757.
4. Montplaisir J, Billiard M, Takahashi S, Bell IR, Guilleminault C, Dement WC. Twenty-four hour recording in REM-narcoleptics with special reference to nocturnal sleep disruption. *Biological Psychiatry* 1978; 13(1):73-89.
5. Victor BS, Link NA, Binder RL, Bell IR. Use of clonazepam in acute psychosis. *Am J Psychiatry* 1984; 141:1111-1112.
6. Bell IR, Cole JO. Fluoxetine induces elevation of desipramine level and exacerbation of geriatric nonpsychotic depression. *J Clin Psychopharm* 1988; 8:447-448.
7. Aranow RB, Hudson JI, Pope HG, Grady TO, Laage TA, Bell IR, Cole JO. Elevated antidepressant plasma levels following addition of fluoxetine. *Am J Psychiatry* 1989; 146:911-913.
8. Bell IR, Edman JS, Marby DW, Satlin A, Dreier T, Liptzin B, Cole JO. Vitamin B12 and folate status in acute geropsychiatric inpatients: affective and cognitive characteristics of a vitamin non-deficient population. *Biological Psychiatry* 1990; 27:125-137.

9. Newman NJ, Bell IR, McKee A. Paraneoplastic limbic encephalitis: neuropsychiatric presentation. *Biological Psychiatry* 1990; 27:529-542.
10. Bell IR, Edman JS, Miller J, Hebben N, Linn RT, Ray D, Kayne HL. Relationship of normal vitamin B12 and folate levels to cognitive test performance in subtypes of geriatric major depression. *J Geriatric Psychiatry and Neurology* 1990; 3:98-105.
11. Bell IR, Jasnoski ML, Kagan J, King DS. Is allergic rhinitis more frequent in young adults with extreme shyness? A preliminary survey. *Psychosomatic Medicine* 1990; 52:517-525.
12. Bell IR, Jasnoski ML, Kagan J, King DS. Depression and allergies: survey of a nonclinical population. *Psychotherapy/Psychosomatics* 1991; 55:24-31.
13. Bell IR, Edman JS, Morrow F, Marby DW, Mirages S, Perrone G, Kayne HL, Cole JO. B complex vitamin patterns in geriatric and young adult inpatients with major depression. *J Amer Geriatrics Soc* 1991; 39:252-257.
14. Bell IR, Edman JS, Morrow FD, Marby DW, Perrone G, Kayne HL, Greenwald M, Cole JO. Brief communication: Vitamin B1, B2, and B6 augmentation of tricyclic antidepressant treatment in geriatric depression with cognitive dysfunction. *J Amer College Nutrition* 1992; 11:159-163.
15. Bell IR. Neuropsychiatric and biopsychosocial mechanisms in multiple chemical sensitivity: an olfactory-limbic system model. Invited chapter for National Research Council Board on Environmental Studies and Toxicology Commission on Life Sciences Report: Multiple Chemical Sensitivities. Addendum to *Biologic Markers in Immunotoxicology*. Washington, DC: National Academy Press, 1992. pp. 89-108.
16. Bell IR, Morrow FD, Read M, Berkes S, Perrone G: Low thyroxine in female psychiatric inpatients with riboflavin deficiency: implications for folate-dependent methylation. *Acta Psychiatrica Scandinavica* 1992; 85:360-363.
17. Bell IR. Allergies, physical irritants, depression, and shyness. *J Applied Developmental Psychology* 1992; 13:125-133.
18. Bell IR, Miller CM, Schwartz GE. An olfactory-limbic model of multiple chemical sensitivity syndrome: possible relationships to kindling and affective spectrum disorders. *Biological Psychiatry* 1992; 32:218-242.
19. Bell IR, Martino GM, Meredith KE, Schwartz GE, Siani MM, Morrow FD. Vascular risk factors, urinary free cortisol, and health histories in older adults: shyness and gender interactions. *Biological Psychology* 1993; 35:37-49.
20. Bell IR, Edman JS, Selhub J, Morrow FD, Marby DW, Kayne HL, Cole JO. Plasma homocysteine in vascular disease and in nonvascular dementia of depressed elderly people. *Acta Psychiatrica Scandinavica* 1992; 86:386-390.
21. Bell IR, Schwartz GE, Peterson JM, Amend D. Self-reported illness from chemical odors in young adults without clinical syndromes or occupational exposures. *Arch Environ Health* 1993; 48:6-13.
22. Bell IR, Markley EJ, King DS, Asher S, Marby D, Kayne H, Greenwald M, Ogar D, Margen S. Polysymptomatic syndromes and autonomic reactivity to nonfood stressors in individuals with self-reported adverse food reactions. *J Amer College Nutrition* 1993; 12:227-238.

23. Bell IR, Schwartz GE, Peterson JM, Amend D. Symptom and personality profiles of young adults from a college student population with self-reported illness from foods and chemicals. *J Amer College Nutrition* 1993; 12:693-702.
24. Bell IR, Amend D, Kaszniak AW, Schwartz GE. Memory deficits, sensory impairment, and depression in the elderly. *Lancet* 1993; 341:62.
25. Bell IR, Schwartz GE, Peterson JM, Amend D, Stini WA. Possible time-dependent sensitization to xenobiotics: self-reported illness from chemical odors, foods, and opiate drugs in an older adult population. *Arch Environ Health* 1993; 48:315-327.
26. Jasnosi MB, Bell IR, Peterson R. What connections exist between panic symptoms, shyness, Type I hypersensitivity, anxiety, and anxiety sensitivity? *Anxiety, Stress, & Coping* 1994; 7:19-34.
27. Bell IR, Schwartz GE, Amend D, Peterson JM, Kaszniak AW, Miller CS. Psychological characteristics and subjective intolerance for xenobiotic agents of normal young adults with trait shyness and defensiveness: a Parkinsonian-like personality type? *J Nerv Ment Dis* 1994; 182:367-374.
28. Bell IR. Somatization disorder: health care costs in the decade of the brain. *Biol Psychiatry* 1994; 35:81-83.
29. Bell IR, Schwartz GE, Amend D, Peterson JM, Stini WA. Sensitization to early life stress and responses to chemical odors in older adults. *Biological Psychiatry* 1994; 35:857-863.
30. Bell IR. Neuropsychiatric aspects of sensitization to low level chemicals: a neural sensitization model. *Toxicol Industr Health* 1994; 10:277-312.
31. Schwartz GE, Bell IR, Dikman ZV, Kline JP, Peterson JM, Polak EH, Wright KP. EEG responses to low level chemicals in normals and cacosmics. *Toxicol Industr Health* 1994; 10:633-643.
32. Bell IR, Amend D, Kaszniak AW, Schwartz GE, Peterson JM, Stini WA, Miller JW, Selhub J. Trait shyness in the elderly: evidence for an association with Parkinson's disease in family members and biochemical correlates. *J Geriatric Psychiatry Neurol* 1995; 8:16-22.
33. Bell IR, Peterson JM, Schwartz GE. Medical histories and psychological profiles of middle-aged women with and without self-reported illness from environmental chemicals. *J Clin Psychiatry* 1995; 56:151-160.
34. Bell IR, Wyatt JK, Bootzin RR, Schwartz GE. Slowed reaction time performance on a divided attention task in elderly with environmental chemical odor intolerance. *Int J Neurosci* 1996; 84:127-134.
35. Bell IR, Hardin E, Baldwin CM, Schwartz GE. Increased limbic system symptomatology and sensitizability of young adults with chemical and noise sensitivities. *Environ Res* 1995; 70:84-97.
36. Bell IR, Miller CS, Schwartz GE, Peterson JM, Amend D. Neuropsychiatric and somatic characteristics of young adults with and without chemical odor intolerance and chemical sensitivity. *Arch Environ Health* 1996; 51:9-21.
37. Bell IR, Bootzin RR, Davis TP, Hau V, Ritenbaugh C, Johnson KA, Schwartz GE. Time-dependent sensitization of plasma beta-endorphin in community elderly with self-reported environmental chemical odor intolerance. *Biological Psychiatry* 1996; 40:134-143.

38. Bell IR, Bootzin RR, Ritenbaugh C, Wyatt JK, DeGiovanni G, Kulinovich T, Anthony JL, Kuo TF, Rider SP, Peterson JM, Schwartz GE, Johnson KA. A polysomnographic study of sleep disturbance in community elderly with self-reported environmental chemical odor intolerance. *Biological Psychiatry* 1996; 40:123-133.
39. Bell IR. Clinically relevant EEG studies and psychophysiological findings: possible neural mechanisms for multiple chemical sensitivity. *Toxicology* 1996; 111:101-117.
40. Koss MP, Figueredo AJ, Bell IR, Tharan M, Tromp S. Traumatic memory characteristics: a cross-validated mediational model of response to rape among employed women. *J Abnormal Psychology* 1996; 105:421-432.
41. Bell IR, Schwartz GE, Baldwin CM, Hardin EE. Neural sensitization and physiological markers in multiple chemical sensitivity. *Regulatory Toxicology & Pharmacology* 1996; 24:S39-S47.
42. Bell IR, Schwartz GE, Bootzin RR, Wyatt JK. Time-dependent sensitization of heart rate and blood pressure over multiple laboratory sessions in elderly individuals with chemical odor intolerance. *Arch Environ Health* 1997; 52:6-17.
43. Bell IR, Schwartz GE, Bootzin RR, Hau V, Davis T. Elevation of plasma beta-endorphin levels of shy elderly in response to novel laboratory experiences. *Behavioral Med* 1997; 22:168-173.
44. Bell IR, Schwartz GE, Baldwin CM, Hardin EE, Klimas N, Kline JP, Patarca R, Song ZY. Individual differences in neural sensitization and the role of context in illness from low level environmental chemical exposures. *Environ Health Perspectives* 1997; 105 (Suppl 2):457-466.
45. Szarek MJ, Bell IR, Schwartz GE. Validation of a brief screening measure of environmental chemical sensitivity: the chemical odor intolerance index. *J Environ Psychol* 1997; 17(4):345-351.
46. Bell IR, Rossi J, Gilbert M, Kobal G, Morrow L, Newlin D, Sorg B, Wood R. Testing the neural sensitization and kindling hypothesis for illness from low levels of environmental chemicals: working group report. *Environ Health Perspectives* 1997; 105 (Suppl 2):539-547.
47. Baldwin CM, Bell IR, O'Rourke MK, Lebowitz MD. The association of respiratory problems in a community sample of self-reported chemical intolerance. *Eur J Epidemiol* 1997; 13:547-552.
48. Bell IR, Walsh ME, Goss A, Gersmeyer J, Schwartz GE, Kanof P. Cognitive dysfunction and disability in geriatric veterans with self-reported intolerance to environmental chemicals. *J Chronic Fatigue Syndrome* 1997; 3:15-42.
49. Patarca R, Bell IR, Fletcher MA. Pteridines and neuroimmune function and pathology. *J Chronic Fatigue Syndrome* 1997; 3:69-86.
50. Bell IR, Kline, JP, Schwartz GE, Peterson JM. Quantitative EEG patterns during nose versus mouth inhalation of filtered room air in young adults with and without self-reported chemical odor intolerance. *Int J Psychophysiol* 1998; 28:23-35.
51. Bell IR, Baldwin CM, Schwartz GE. Illness from low levels of environmental chemicals: relevance to chronic fatigue syndrome and fibromyalgia. *Am J Med Suppl* 1998; 105(3A):74S-82S.
52. Bell IR, Schwartz GE, Hardin EE, Baldwin CM, Kline JP. Differential resting qEEG alpha patterns in women with environmental chemical intolerance, depressives, and normals. *Biological Psychiatry* 1998; 43(5):376-388.

53. Baldwin CM, Bell IR. Increased cardiopulmonary disease risk in a community-based sample with chemical odor intolerance: implications for women's health and health care utilization. *Arch Environ Health* 1998; 53:347-353.
54. Bell IR, Patarca R, Baldwin CM, Klimas NG, Schwartz GE, Hardin EE. Serum neopterin and somatization in women with chemical intolerance, depressives, and normals. *Neuropsychobiology* 1998; 38:13-18.
55. Bell IR, Warg-Damiani L, Baldwin CM, Walsh M, Schwartz GE. Self-reported chemical sensitivity and wartime chemical exposures in Gulf War veterans with and without decreased global health ratings. *Military Medicine* 1998; 163:725-732.
56. Russek LG, Schwartz GE, Bell IR, Baldwin CM. Positive perceptions of parental caring are associated with reduced medical and psychiatric symptoms. *Psychosom Med* 1998; 60:654-657.
57. Bell IR, Baldwin CM, Russek LG, Schwartz GE, Hardin EE. Early life stress, negative paternal relationships, and current chemical odor intolerance in middle-aged women: support for a neural sensitization model. *J Women's Health* 1998; 7:1135-1147.
58. Bell IR, Szarek MJ, DiCenso DR, Baldwin CM, Schwartz GE, Bootzin RR. Patterns of waking EEG spectral power in chemically intolerant individuals during repeated chemical exposures. *Int J Neurosci* 1999; 97:41-59.
59. Bell IR, Baldwin CM, Schwartz GER, Russek LGS. Integrating belief systems and therapies in medicine: application of the eight world hypotheses to classical homeopathy. *Integrative Medicine* 1998; 1(3):95-105.
60. Bell IR, Baldwin CM, Fernandez M, Schwartz GER. Neural sensitization model for multiple chemical sensitivity: overview of theory and empirical evidence. *Toxicol Industr Health* 1999; 15:295-304.
61. Fernandez M, Bell IR, Schwartz GER. EEG sensitization during chemical exposure in women with and without chemical sensitivity of unknown etiology. *Toxicol Industr Health* 1999; 15:305-312.
62. Kline JP, Bell I, Schwartz GE, Hau V, Davis T. Repressive and defensive coping styles predict resting plasma endorphin levels in the elderly. *Biol Psychology* 1998; 49:295-302.
63. Bell IR, Walsh M, Russek LGS, Schwartz GER. Proposed applications of conventional research concepts and tools to homeopathic clinical research. *J Am Institute Homeopathy* 1999; 92(3):111-128.
64. Bell IR, Bootzin RR, Schwartz GE, Baldwin CM, Ballesteros F. Differing patterns of cognitive dysfunction and heart rate reactivity in chemically-intolerant individuals with and without lifestyle changes. *J Chronic Fatigue Syndrome* 1999; 5(2): 3-25.
65. Baldwin CM, Bell IR, O'Rourke MK. Odor sensitivity and respiratory complaint profiles in a community-based sample with asthma, hay fever, and chemical odor intolerance. *Toxicol Industr Health* 1999; 15:403-409.
66. Taren DL, Tobar M, Hill A, Howell W, Shisslak C, Bell I, Ritenbaugh C. The association of energy intake bias with psychological scores of women. *Eur J Clin Nutr* 1999; 53:570-578.
67. Fernandez M, Schwartz GER, Bell IR. Subjective ratings of odorants by women with chemical sensitivity.. *Toxicol Industrial Health* 1999 Oct;15(6):577-81.

68. Schwartz GER, Russek LGS, Bell IR, and Riley D. The plausibility of homeopathy and conventional chemical therapy: the systemic memory resonance hypothesis. *Med Hypotheses*. 2000; 54(4):634-637.
69. Caspi O, Bell IR, Rychener D, Gaudet TW, Weil AT. The Tower of Babel: communication and medicine: an essay on medical education and complementary-alternative medicine. *Arch Int Med* 2000; 160:3193-3195.
70. Kline JP, Schwartz GE, Dikman ZV, Bell IR. Electroencephalographic registration of low concentrations of isoamyl acetate. *Conscious Cogn* 2000; 9(1):50-65.
71. Bell IR, Baldwin CM, Stoltz E, Walsh BT, Schwartz GER. EEG beta 1 oscillation and sucrose sensitization in fibromyalgia with chemical intolerance. *Int J Neuroscience* 2001; 108(1-2):31-42.
72. Bell IR, Baldwin, C.M., Stoltz, E., Walsh, B.T., Schwartz, G.E. Concomitant environmental chemical intolerance modifies the neurobehavioral presentation of women with fibromyalgia. *Journal of Chronic Fatigue Syndrome* 2001; 9: 3-19.
73. Bell IR, Baldwin CM, Schwartz GE. Sensitization studies in chemically intolerant individuals: implications for individual difference research. *Annals NY Acad Sci* 2001; 933:38-47.
74. Bell IR, Caspi O, Schwartz GER, Rychener D, Grant KL, Gaudet TW, Maizes V, Weil A. Integrative medicine and systemic outcomes research: Issues in the emergence of a new model for primary health care. *Arch Int Med* 2002; 162:133-140.
75. Bell IR, Baldwin CM, Schwartz GER. Translating a nonlinear systems theory model for homeopathy into empirical tests. *Alternative Therapies in Health Med* 2002; 8(3):58-66.
76. Kroesen K, Baldwin CM, Brooks AJ, Bell IR. US military veterans perceptions of the conventional medical care system and their use of complementary and alternative medicine. *J Fam Practice* 2002; 19:57-64.
77. Baldwin CM, Long K, Kroesen KW, Brooks AJ, Bell IR. A profile of military veterans in the southwestern US who use complementary and alternative medicine: implications for integrated care. *Arch Int Med* 2002; 162:1697-1704.
78. Bell IR, Baldwin CM, Schwartz GE, Davidson JRT. Homeopathic Constitutional Type Questionnaire correlates of conventional psychological and physical health scales: Individual difference characteristics of young adults. *Br Homeopathic J* 2002; 91:63-74.
79. Bell IR, Koithan M, Gorman MM, Baldwin CM. Homeopathic practitioner views of changes in patients undergoing constitutional treatment for chronic disease. *J Alternative Complementary Medicine* 2003; 9(1):39-50.
80. Schneider C, Meek PM, Bell IR. Development and validation of IMAQ: Integrative Medicine Attitude Questionnaire. *BMC Medical Education* 2003; 3:5 (<http://www.biomedcentral.com/bmcmededuc/>).
81. Bell IR, Cunningham V, Caspi O, Meek P, Ferro L. A new global well-being outcomes rating scale for integrative medicine research. *BMC Complementary and Alternative Medicine* 2004; 4(1) <http://www.biomedcentral.com/1472-6882/4/1>.
82. Maizes, V., Schneider, C, Bell, I, Weil, A, Integrative medical education: development and implementation of a comprehensive curriculum at the University of Arizona. *Academic Medicine* 2002; 77:851-860.

83. Bell IR, Lewis D, Brooks AJ, Lewis S, Schwartz GE. Gas discharge visualization evaluation of ultramolecular doses of homeopathic medicines under blinded, controlled conditions. *J Alternative and Complementary Medicine* 2003; 9(1):25-38.
84. Baldwin CM, Kroesen K, Trochim W, Bell IR. CAM survey development for US military veterans: concept mapping with an expert panel. *BMC Complementary and Alternative Medicine* 2004; 4(2): <http://www.biomedcentral.com/bmccomplementalaternmed/>.
85. Bell IR. Psychiatric aspects of individuals with Multiple Chemical Sensitivity. *Psychiatric Times* 2003; 20(1):20-21.
86. Bell IR. Evidence-based homeopathy: empirical questions and methodological considerations for homeopathic clinical research. *Am Journal of Homeopathic Medicine* 2003; 96(1):17-31.
87. Bell IR, Lewis DA II, Brooks AJ, Schwartz GE, Lewis SE, Walsh BT, Baldwin CM. Improved clinical status in fibromyalgia patients treated with individualized homeopathic remedies versus placebo. *Rheumatology* 2004; 43:577-582.
88. Bell IR, Lewis DA II, Brooks AJ, Schwartz GE, Lewis SE, Caspi O, Cunningham V, Baldwin CM. Individual differences in response to randomly-assigned active individualized homeopathic and placebo treatment in fibromyalgia: Implications of a double-blind optional crossover design. *J Alternative & Complementary Medicine* 2004; 10(2):269-283.
89. Bell IR, Lewis DA II, Schwartz GE, Lewis SE, Caspi O, Scott A, Brooks AJ, Baldwin CM. Electroencephalographic cordance patterns distinguish exceptional clinical responders with fibromyalgia to individualized homeopathic medicines. *J Alternative & Complementary Medicine* 2004; 10(2):285-299.
90. Bell IR, Lewis DA II, Lewis SE, Schwartz GE, Scott A, Brooks AJ, Baldwin CM. Electroencephalographic alpha sensitization in individualized homeopathic treatment of fibromyalgia. *International Journal of Neuroscience* 2004; 114(9):1195-1220.
91. Caspi O, Sechrest L, Pitluk HC, Marshall CL, Bell IR, Nichter M. On the definition of complementary, alternative, and integrative medicine: societal mega-stereotypes vs. the patients' perspectives. *Alternative Therapies in Health and Medicine* 2003; 9(6):58-62.
92. Bell IR. Recent data on homeopathic treatment outcomes and relevant new theories. Roy, R (ed.). *Science of Whole Person Healing* 2003, volume 2. [www.iUniverse.com](http://www.iUniverse.com): iUniversePublishing, 2004, pp. 129-151.
93. Baldwin CM, Bell IR, Guerra S, Quan SF. Associations between chemical odor intolerance and sleep disturbances in community-living adults. *Sleep Medicine* 2004; 5:53-59.
94. Bell IR, Lewis DA, Lewis SE, Brooks AJ, Schwartz GE, Baldwin CM. Strength of vital force in classical homeopathy: bio-psycho-social-spiritual correlates in a complex systems context. *J Alternative and Complementary Medicine* 2004; 10(1):123-132.
95. Caspi O, Bell IR. One size does not fit all: aptitude x treatment interaction (ATI) as a conceptual framework for outcome research. Part I. What is ATI research? *J Alternative and Complementary Medicine* 2004; 10(3):580-586.
96. Caspi O, Bell IR. One size does not fit all: aptitude x treatment interaction (ATI) as a conceptual framework for outcome research. Part II. Research designs and their application. *J Alternative and Complementary Medicine* 2004; 10(4):698-705.

97. McDonough-Means S, Kreitzer MJ, Bell IR. Fostering a healing presence and investigating its mediators. *J Alternative and Complementary Medicine* 2004; 10 (supplement 1):S25-S41.
98. Schwartz GE, Swanick S, Sibert W, Lewis DA, Lewis SE, Nelson L, Jain S, Mallory L, Foust L, Moore K, Tussing D, Bell IR. Biofield detection: role of bioenergy awareness training and individual differences in absorption. *J Altern Complement Med.* 2004 Feb;10(1):167-9.
99. Bell IR. Diet and nutrition in Alzheimer's disease and other dementias of late life. *Explore: The Journal of Science and Healing* 2005; 1(4):299-301.
100. Bell IR. Depression research in homeopathy: hopeless or hopeful? *Homeopathy: Journal of the Faculty of Homeopathy* 2005; 94:141-144.
101. Bell IR. All evidence is equal, but some evidence is more equal than others. Can logic prevail over emotion in the homeopathy debate? *Journal of Alternative and Complementary Medicine* 2005; 11(5):763-9.
102. Baldwin CM, Bell IR, Guerra S, Quan SF. Obstructive sleep apnea and ischemic heart disease in southwestern US veterans: implications for clinical practice. *Sleep Breath.* 2005 Sep;9(3):111-8.
103. Bell IR, Brooks AJ, Baldwin CM, Fernandez M, Figueredo AJ, Witten ML. JP-8 jet fuel exposure and divided attention test performance in 1991 Gulf War veterans. *Aviation, Space, and Environmental Medicine* 2005; 76(12):1136-44.
104. Roy R, Tiller W, Bell IR, Hoover MR. The Structure of Liquid Water. Novel Insights from Materials Research; Potential Relevance to Homeopathy. *Materials Research Innovation* 2005; 9-4:577-608.
105. Bell IR. The homeopathic universe: disease and healing as manifestations of consciousness. *Shift. At the Frontiers of Consciousness.* March-May (No. 10), 2006, pp. 22-26.
106. Jain S., Shapiro S., Swanick S., Roesch SC, Mills PJ, Bell .IR, & Schwartz GE. Mindfulness meditation versus relaxation training: differential effects on response style and psychological distress. *Annals of Behavioral Medicine* 2007; 33(1):11-21.
107. Baldwin, CM, Bell IR, Giuliano AR, Mays MZ, Arambula P. Differences in Mexican-American and Non-Hispanic White veterans' homocysteine levels. *J Nursing Scholarship* 2007; 39(3):235-42.
108. Bell IR, Koithan M. Models for the study of whole systems. *Integrative Cancer Therapies* 2006; 5(4):293-307.
109. Baldwin AL, Bell IR. Effect of noise on microvascular integrity in laboratory rats. *Journal of the American Association for Laboratory Animal Science* 2007; 46(1):58-65.
110. Bell IR. Adjunctive care with nutritional, herbal, and homeopathic complementary and alternative medicine modalities in stroke treatment and rehabilitation. *Topics in Stroke Rehabilitation* 2007; 14(4):30-39.
111. Elder, C, M Aickin, IR Bell, V Fonnebo, GT Lewith, C Ritenbaugh, and M Verhoef. Methodological Challenges in Whole Systems Research. *J Altern Complement Med*, 2006. Nov. 12(9): 843-50.  
[http://www.ncbi.nlm.nih.gov/entrez/querf.fcgi?cmd=Retrieve&db=PubMed&dopt=Citation&list\\_uids=17109574](http://www.ncbi.nlm.nih.gov/entrez/querf.fcgi?cmd=Retrieve&db=PubMed&dopt=Citation&list_uids=17109574)

112. Koithan M, Bell IR, Caspi O, Ferro L, Brown V. Patients' Experiences and Perceptions of a Consultative Model Integrative Medicine Clinic: A Qualitative Study. *Integrative Cancer Therapies* 2007; 6(2):174-84.
113. Koithan M, Verhoef M, Bell IR, Ritenbaugh C, White M, Mulkins A. The process of whole person healing: 'unstuckness' and beyond. *J Altern Complement Med* 2007; 13(6):659-68.
114. Rao ML, Roy R, Bell IR, Hoover R. The defining role of structure (including epitaxy) in the plausibility of homeopathy. *Homeopathy: Journal of the Faculty of Homeopathy*; 2007; 96:175-182.
115. Rao ML, Roy R, Bell I. Characterization of the structure of ultra dilute sols with remarkable biological properties. *Materials Letters* 2008; 62:1487-90.
116. Bell IR. The evolution of homeopathic theory-driven research and the methodological toolbox. *The American Homeopath* 2008; 14:56-74.
117. Bell IR, Koithan M. Patient-centered research on whole systems of complementary and alternative medicine: a complex systems science perspective (Part I: Theory), submitted for publication, 2009.
118. Bell IR, Koithan M. Patient-centered research on whole systems of complementary and alternative medicine: a complex systems science perspective (Part II: Applications), submitted for publication, 2009.
119. Poindexter B, Koithan M, Bell IR. Research into the language of the patient: improving clinical outcomes. *The American Homeopath*, 2009; 15:51-59.
120. Menk Otto L, Howerter A, Bell IR, Jackson N. Exploring measures of whole person wellness: integrative well-being and psychological flourishing. Submitted for publication, 2009.
121. Bell IR, Howerter A, Jackson N, Aickin M, Baldwin CM, Bootzin RR. Effects of homeopathic medicines on polysomnographic sleep of young adults with histories of coffee-related insomnia. Submitted for publication, 2009.

#### Chapters Presenting Original Work

1. Bell IR. Diet histories in narcolepsy. In: Guilleminault C, Dement WC, and Passouant P, eds. *Narcolepsy*. NY: Spectrum, 1976:221-227.
2. Bell IR. Discriminating between chemical sensitivities and affective disorders. In Wood T (ed): *Chronic Diseases in Canada. Proceedings of the Workshop on Multiple Chemical Sensitivities and their Relevance to Psychiatric Disorders*. Ottawa, Ontario: Mental Health Division, Health Services Directorate Health Programs and Services Branch; Laboratory Centre for Disease Control, Health Protection Branch, Health Canada, 1994, pp. 125-139.

#### Reviews/Textbook Chapters

3. Bell IR. Effects of food allergy on the central nervous system. In: Brostoff J, Challacombe SJ, eds. *Food allergy and intolerance*. Eastbourne, East Sussex (U.K.): Bailliere Tindall/WB Saunders, 1986:709-721 and 2<sup>nd</sup> ed, 2002, (chap. 46) pp. 659-670.
4. Bell IR. Environmental illness and health: the controversy and challenge of clinical ecology for mind-body health. *Advances* 1987; 4(3):45-55.
5. Bell IR. Vitamin B12 and folate in acute geropsychiatric inpatients. *The Nutrition Report* 9(1):1,8.

6. Bell IR, Gelenberg AJ. Mood disorders. In: Rakel RE, eds. *Conn's Current Therapy*. Philadelphia: WB Saunders, 1992, pp. 1113-1122.
7. Bell IR. Depression. In: Greene HL, ed. *Decision-Making in Medicine*. Chapter 220. St. Louis: CV Mosby, 1993 and 2<sup>nd</sup> ed, 1998, pp. 548-551.
8. Bell IR, Gelenberg AJ. Mood disorders. In: Rakel RE, eds. *Conn's Current Therapy*. Philadelphia: WB Saunders, 1994.
9. Bell IR. Psychiatric conditions in the elderly. In: Greene HL, ed. *Introduction to Clinical Medicine*. 2nd ed. St. Louis: Mosby Yearbook, 1996, Chap. 169, pp. 692-695.
10. Sullivan JB, Bell IR, Meggs WJ. Multiple chemical sensitivity and low level chemical intolerance. In Sullivan JB, Krieger GR (eds). *Clinical Principles of Environmental Health* 2<sup>nd</sup> Ed. Baltimore, MD: Williams and Wilkins, 2001; Chap. 32, pp. 412-430.
11. Bell IR, Baldwin CM, Schottenfeld R. Psychologic sequelae of chemical and hazardous materials exposures. In Sullivan JB, Krieger GR (eds). *Clinical Principles of Environmental Health* 2<sup>nd</sup> Ed. Baltimore, MD: Williams and Wilkins, 2001; Chap. 31, pp. 404-412.
12. Baldwin CM, Bell IR, Fernandez M, Schwartz GER. Multiple chemical sensitivity. In Goldman MB, Hatch MC (eds). *Women and Health*. NY: Academic Press, 2000; pp. 1129-1139.
13. Bell IR. A Guide to Current Psychopharmacological Treatments for Affective Disorders in Older Adults: Anxiety, Agitation, and Depression. In Duffy M (ed). *Handbook of Counseling and Psychotherapy with Older Adults*. NY: John Wiley and Sons, Inc., 1999, pp.561-576.
14. Bell IR, Baldwin CM. Multiple chemical sensitivity. In Bowler RM (ed). *Occupational Medicine Secrets*. Philadelphia, PA: Hanley and Belfus, Inc., 1999, pp.295-300.
15. Sorg BA, Bell IR (eds). *The Role of Neural Plasticity in Chemical Intolerance*. NY: NY Academy of Sciences, 2001.
16. Bell IR, McDonough-Means S. Detoxification. In Rakel D (ed). *Integrative Medicine*. WB Saunders, 2003, (Chap. 98), pp. 749-757.
17. Caspi, O, Maizes V, Bell IR. The Integrative Medicine Perspective: Concepts, Clinical Application, Implications for Evidence-Based Practice, and Medical Education. In Spencer J (ed). *Complementary/Alternative Medicine. An Evidence-Based Approach* (2<sup>nd</sup> ed). St. Louis, Elsevier, 2002.
18. Bell IR, Pappas PA. Homeopathy and Psychiatry: Oil and Water, or Potent Mix? In Lake JH and Spiegel D (eds). *Clinical Manual of Complementary and Alternative Treatments in Mental Health*. Chapter 8 Homeopathy. Arlington, VA: American Psychiatric Publishing, Inc., 2006.
19. Bell IR. On homeopathic research. In Owen D (ed). *Principles and Practice of Homeopathy*. London: Elsevier, 2007.
20. Bell IR. Multiple Chemical Sensitivity. In Rakel D (ed). *Integrative Medicine*. 2<sup>nd</sup> ed., Saunders, 2007.
21. Ullman D, Singer SE, Oberbaum M, Bell IR. Homeopathy for Primary and Adjunctive Cancer Therapy. In Abrams D (ed). *Integrative Oncology*. Oxford; 2008.

22. Bell IR. Integrative medicine- incorporating CAM into practice. In Kayne S (ed). Complementary and Alternative Therapies for Pharmacists. Pharmaceutical Press, 2008.
23. Bell IR, Pappas PA. Homeopathy and its Applications in Psychiatry. In Mischoulon D and Rosenbaum JF (eds). Natural Medications for Psychiatric Disorders: Considering the Alternatives. 2<sup>nd</sup> edition, Lippincott Williams & Wilkins, 2008; pp. 303-320.
24. Bell IR, Koithan M. The Homeopathic Healing Process, Transformational Outcomes, and the Patient-Provider Relationship, In H. van der Zee (ed). Homeopathy in Mental Healthcare, Homeolinks Publishers, 2009; in press.
25. Bell IR. Homeopathic medicine and rheumatological disorders. In Horwitz R, Muller D (eds). Integrative Rheumatology, Allergy, and Immunology. Oxford. 2010; in press.

#### Scholarly Monographs

1. Bell IR. Clinical ecology: a new medical approach to environmental illness. Bolinas, California: Common Knowledge Press, 1982.
2. Bell IR, Arambula P, McDonough-Means, S, Weil A. White paper: Detoxification. Bolinas, California, Commonweal, 2002

#### Unpublished Manuscripts

1. Undergraduate Honors Thesis:  
  
Bell IR: Individual differences in bidirectional voluntary control of human heart rate with and without biofeedback. Harvard University, May, 1972. Advisor - Gary E. Schwartz, Ph.D.
2. Ph.D. Thesis:  
  
Bell IR: Specific food factors in postprandial sleepiness. Stanford University, April, 1977. Advisor - William C. Dement, M.D. Ph.D.

#### Conference Presentations

##### *Invited presentations*

1. Bell IR. Nutrition in an ecologic framework. Invited presentation, National Institute of Mental Health Workshop on Nutritional and Dietary Interventions in Preventive Mental Health, Rockville, Maryland, November 6, 1982.
2. Bell IR. Basic concepts in clinical ecology and their psychobiological implications: "cerebral allergies." Colorado Psychological Association, Denver, Colorado, March 17, 1984.
3. Bell IR. The medical and biological aspects of eating disorders. Alumni-Faculty Association Seventh Annual Meeting, Langley Porter Psychiatric Institute, San Francisco, California, April 14, 1984.
4. Bell IR. Invited speaker and participant, Workshop on Environmental Hypersensitivity, Ontario Ministry of Health, Toronto, Ontario, Canada, 1990
5. Bell IR. Invited speaker and participant, Workshop on Multiple Chemical Hypersensitivity, National Research Council, Irvine, CA, March 20-21, 1991

6. Bell IR. Effects of Foods on Sleep; Effects of Milk on Geriatric Sleep; Effects of Casomorphins on Sleep. Invited presentations for Expert Panel on Geriatric Sleep and Milk-derived Opioids, National Dairy Council/Board, Chicago, Illinois, July 18, 1991.
7. Bell IR. Symposium Participant, "Does Environment Really Contribute to a Healthy Quality Life?" Paper topic: Allergies, Physical Irritants, Depression, and Shyness. Chair: Daniel Stokols, Ph.D.. Presentation at the American Psychological Association, San Francisco, CA, August 16, 1991.
8. Bell IR and Fisher B. Resolving ethical issues regarding competency determination. "Bioethics: A New Decade of Understanding." Ethics Committee, Interdisciplinary Team Training Program, Department of Veterans Affairs Medical Center, Committee on Gerontology, University of Arizona, Tucson, Arizona, September 5-6, 1991.
9. Bell IR. Nutrition and Behavior in the Elderly. Invited presentation, Conference on "Practical Longevity Issues for the Primary Physician", University of Arizona College of Medicine and Canyon Ranch Medical Department, Tucson, Arizona, September 20-21, 1991.
10. Bell IR. Mental Health and the Elderly; Drug Therapy and the Elderly. Arizona Continuity of Care conference, co-sponsored with the Arizona Center on Aging, University of Arizona, Tucson, Arizona, September 25, 1991.
11. Bell IR. Current therapeutic approach to depression. "Therapeutics Update 1991." Department of Internal Medicine, University of Arizona College of Medicine, Sedona, Arizona, October 18-19, 1991.
12. Bell IR. Personality and medical health: new directions. Departmental conference, Maricopa Medical Center, Phoenix, Arizona, November 1, 1991.
13. Bell IR. Neuropsychiatric and biopsychosocial mechanisms in multiple chemical sensitivity: an olfactory-limbic system model. Invited presentation at the Annual Meeting of the American Public Health Association, Atlanta, Georgia, November 10-14, 1991.
14. Co-director and lecturer, CME course, Psychopharmacology Course 1992. Lectures on Principles of Psychopharmacological Treatment; The Psychobiology of Placebo; Geriatric Psychopharmacology and ECT; Metabolic Factors in Psychopharmacology and Behavior; Department of Psychiatry, University of Arizona College of Medicine, Tucson, Arizona, January 27-31, 1992.
15. Bell IR. A limbic system model for chemical sensitivity. Invited presentation, Chemical Sensitivity Workshop, University of Texas - San Antonio, March 24, 1992.
16. Bell IR. Dementia - what's new? Presented at the Primary Care Update XVII, Department of Family and Community Medicine, University of Arizona College of Medicine, Tucson, AZ, April 4, 1992.
17. Bell IR. Vitamins and affective disorders. Invited presentation: "Nutritional approaches to the prevention and treatment of chronic disease: a case-based course in nutritional medicine for the primary-care physician." Co-sponsored by the Clinical Nutrition Division of the Department of Medicine of the New England Medical Center of Tufts University and the Center for the Study of Nutrition and Medicine at the New England Deaconess Hospital, Harvard Medical School, Boston, MA, May 20-22, 1992.
18. Bell IR. Invited speaker and participant, Workshop on Chemical Sensitivities and their Relevance to Psychiatric Disorders. Health and Welfare Canada (Mental Health Division, Health Services

- and Promotion Branch and Laboratory Centre for Disease Control, Health Protection Branch), Ottawa, Ontario, Canada, December 7, 1992
19. Bell IR. Nutrition/Aging/Dementias/Vitamins for the Elderly. Invited presentation at the Preventive Medicine Update, Southern Medical Association, Tucson, AZ, January 16-23, 1993.
  20. Course Co-director and lecturer, CME Course, 2nd Annual Psychopharmacology Review. Current Clinical Practice, University of Arizona Department of Psychiatry. Lectures on Geriatric Psychopharmacology Update, ECT Update, Pharmacotherapy of Sleep Disorders; co-speaker on Trends in Psychoneuroimmunology, including Chronic Fatigue Syndrome with Dr. K. Kaemingk, Tucson, AZ, February 15-19, 1993.
  21. Bell IR. Treatment of depression and anxiety secondary to rheumatic disease. Invited presentation at the Geriatric Rheumatology and Rehabilitation course, University of Arizona College of Medicine and Center on Aging, Tucson, AZ, February 19-20, 1993.
  22. Bell IR. Effect of nutritional deficiencies on dementia and depression and late onset depression: precursor to dementia? Course Co-Director; presentation at the Geriatric Medicine Update: Mental Health in the Elderly course, University of Arizona College of Medicine and Center on Aging, Tucson, AZ, March 12, 1993.
  23. Bell IR. Invited speaker and participant, Expert Panel on Chemical Sensitivity. Agency for Toxic Substances and Diseases Registry, U.S. P.H.S. Annapolis, MD, April 13-14, 1993
  24. Bell IR. Invited speaker and roundtable participant on Multiple Chemical Sensitivity (MCS) - What is it and does it exist? American Industrial Hygiene Conference and Exposition, New Orleans, LA, May 20, 1993.
  25. Bell IR. Invited speaker and workshop leader: Vitamins, depression, and memory loss/Vitamins and affective disorders. Presentations at the 3rd Annual Tufts-Harvard course on Nutritional Approaches to Disease Prevention and Treatment. Boston, MA, June 18-19, 1993.
  26. Bell IR. Etiology of multiple chemical sensitivities: a conceptual framework. Invited Neuropsychotoxicology Symposium presentation, American Psychological Association, Toronto, Ontario, Canada, August 20-24, 1993.
  27. Bell IR. Invited speaker and participant on cabin indoor air quality and chemical sensitivities. Workshop sponsored by the Federal Aviation Administration. Oklahoma City, OK. September 28-30, 1993.
  28. Bell IR. Treatment of depression in late life. Presentation at conference on Depression: New Understanding and Treatment Approaches. University of Arizona Department of Psychiatry, Tucson, AZ, October 2, 1993.
  29. Bell IR. Possible time-dependent sensitization in multiple chemical sensitivity. Invited presentation at the workshop on Multiple Chemical Sensitivity: State of the Science, 1993 Annual Meeting of the American Public Health Association. San Francisco, CA, October 24-28, 1993.
  30. Bell IR. Neural sensitization model for multiple chemical sensitivity. Presentation for the California State Department of Industrial Relations, Division of Occupational Safety and Health, San Francisco, CA, October 27, 1993.
  31. Bell IR. Current research on nutrition and aging. Presentation at the symposium on Taking Your Practice into the 21st Century: Mind-Body Medicine. Southern Medical Association. Tucson, AZ, January 29-February 5, 1994.

32. Bell IR. Presentation, diagnosis, and treatment of depression. Presentation at the 4th Biannual Geriatric Medicine Update and Board Certification Review Course. Arizona Center on Aging, University of Arizona. Tucson, AZ, February 24-25, 1994.
33. Bell IR. Co-director and lecturer, CME course, 3rd Annual Psychopharmacology Update. Lectures on ECT Update and Geriatric Psychopharmacology Update; Department of Psychiatry, University of Arizona College of Medicine, Tucson, Arizona, February 21-25, 1994.
34. Bell IR. Environmental illness, chemical sensitivities, and sick building syndrome: an overview. Keynote presentation at the conference on Environmental Research: Implications for an Aging Population. Department of Family and Community Medicine and Center on Aging, University of Arizona and the Environmental Health Foundation. Tucson, AZ, March 25, 1994.
35. Bell IR. Time-dependent sensitization/kindling model for illness from low level chemical exposures. Presentation at the conference on Low Level Exposure to Chemicals and Neurobiologic Sensitivity. Sponsored by the Agency for Toxic Substances and Disease Registry, Public Health Service, Dept. of Health and Human Services, Baltimore, MD, April 6-7, 1994.
36. Bell IR. Neurologic/psychiatric considerations. Presentation at the Satellite Workshop to International Workshop on the TMDs and Related Pain Conditions. TMJ Alloplastic Implants and Local/Systemic Response: Observations and Research Needs. Sponsored by the National Institute of Dental Research, Bethesda, MD, September 12-13, 1994.
37. Bell IR. An olfactory-limbic model of multiple chemical sensitivities. Presentation at the 38th Annual Western Occupational Health Conference. Sponsored by the Western Occupational and Environmental Medical Association, San Francisco, CA, September 22-25, 1994.
38. Bell IR. Workshop participant and rapporteur (session on Experimental Manipulations to Induce Differential Susceptibility). Workshop on Animal Models of Nervous System Susceptibility to Indoor Air Contaminants. Sponsored by the Environmental Protection Agency, Chapel Hill, NC, October 19-21, 1994.
39. Bell IR. Psychiatry Grand Rounds Presentation. A neural sensitization model for environmental chemical sensitivities: From nose to brain. University of Texas Health Science Center, San Antonio, TX, November 1, 1994.
40. Bell IR. Co-director and lecturer, CME course, 4th Annual Psychopharmacology Update. Lecture on Geriatric Psychopharmacology Update; Department of Psychiatry, University of Arizona College of Medicine, Tucson, Arizona, February 6-10, 1995.
41. Bell IR. Panel member and discussant. The Clinical Presentations of Hyperosmia: Multiple Chemical Sensitivities. 17th Annual Meeting of the Association for Chemoreception Sciences, Sarasota, FL, April 19-23, 1995.
42. Bell IR. Clinically relevant EEG studies and psychophysiological findings: possible neural mechanisms for multiple chemical sensitivity. Conference presentation at the Tri-Services Conference on Risk Assessment Issues for Sensitive Human Populations. Wright-Patterson Air Force Base, Ohio, April 25-27, 1995.
43. Bell IR. Neurological Models: Kindling and Time-Dependent Sensitization. Conference presentation at the Experimental Approaches to Chemical Sensitivity workshop. Sponsored by the Environmental and Occupational Health Sciences Institute, Robert Wood Johnson Medical School, Princeton, NJ, September 20-22, 1995.

44. Bell IR. Neural sensitization and physiological markers in multiple chemical sensitivity. Conference presentation at the Multiple Chemical Sensitivities State-of-the-Science Symposium. Sponsored by the National Medical Advisory Service, International Society of Regulatory Toxicology and Pharmacology, Johns Hopkins University/NIOSH Educational Resource Center. Baltimore, MD, October 30-November 1, 1995.
45. Bell IR. Psychosocial issues in geriatric nutrition. Conference presentation at the Meeting the Nutritional Needs of the Elderly Symposium, Fiftieth Annual Meeting of the Gerontological Society of America, Los Angeles, CA, November 16, 1995.
46. Bell IR. Co-director and lecturer, CME course, 5th Annual Psychopharmacology Update. Lectures on Geriatric Psychopharmacology Update and The Long-term Course of Psychiatric and Substance Abuse Disorders: Update on the Limbic Kindling Model; Department of Psychiatry, University of Arizona College of Medicine, Tucson, Arizona, February 12-16, 1996.
47. Bell IR. B Vitamin Status in Affective and Cognitive Dysfunction of Geropsychiatric Patients. Symposium presentation on Failure to Thrive and Nutritional Issues in Geriatric Psychiatry at the 9th Annual Meeting of the American Association for Geriatric Psychiatry, Tucson, Arizona, February 14-17, 1996.
48. Bell IR. Central Nervous System Sensitization: A Model for Amplified Responses to Low Levels of Environmental Chemicals. Symposium on Low-Level Chemical Exposure in the Workplace at the Annual Meeting of the Arizona State Bar Association, Tucson, Arizona, June 6, 1996.
49. Bell IR. Water Soluble Vitamins and Brain Function. Symposium presentation on Vitamins and Disease Prevention 1996 at the Annual Meeting of the American College of Nutrition, San Francisco, CA, October 13, 1996.
50. Bell IR. Neurobehavioral Research in Illness from Low Levels of Environmental Chemicals. Research Session on Interdisciplinary Studies at the Annual Meeting of the American Association for Chronic Fatigue Syndrome, San Francisco, CA, October 14, 1996.
51. Bell IR. Co-director and lecturer, CME course, 6th Annual Psychopharmacology Update. Lectures on Geriatric Psychopharmacology Update and The Long-term Course of Psychiatric and Substance Abuse Disorders: Update on the Limbic Kindling Model; Department of Psychiatry, University of Arizona College of Medicine, Tucson, Arizona, February 17-21, 1997.
52. Bell IR. Medications in the treatment of Alzheimer's Disease. For regional symposium on Diagnosis and Treatment of Alzheimer's Disease: What the Clinician Needs to know, American Association for Geriatric Psychiatry, Phoenix, AZ, November 5, 1997.
53. Bell IR. Nutritional Aspects of Mental Health. Conference on Mental Health and Aging/ 9<sup>th</sup> Annual Arizona Geriatrics Society Meeting. Phoenix, AZ, November 15, 1997.
54. Bell IR. Medications for Depression and Disruptive Behaviors in Dementia. 4<sup>th</sup> Annual Conference, Tucson Chapter of the Alzheimer's Association, Tucson, AZ, November 18, 1997.
55. Bell IR, Walsh ME, Goss A, Gersmeyer J, Warg-Damiani L, Jachna J, Kanof P. Cognitive Problems and Depression in Older Veterans Treated in VA Primary Care Outpatient Clinics. Oral Presentation at the VISN 18 Research Forum, Tucson, AZ, November 18, 1997.
56. Bell IR, Warg-Damiani L, Baldwin CM, Walsh M, Schwartz GE. Chemical Sensitivity and Wartime Chemical Exposures in Gulf War Veterans with and without Decreased Global Health Ratings. Poster presentation at the VISN 18 Research Forum, Tucson, AZ, November 18, 1997.

57. Bell IR. Co-director and lecturer, CME course, 7th Annual Psychopharmacology Update. Lectures on Geriatric Psychopharmacology Update and The Long-term Course of Psychiatric and Substance Abuse Disorders: Update on the Limbic Kindling Model; Department of Psychiatry, University of Arizona College of Medicine, Tucson, Arizona, February 16-20, 1998.
58. Bell IR. Substance Avoidance and Substance Abuse: Neural Sensitization as a Model for Avoidance and Approach to Exogenous Chemicals. Presentation at the National Institute for Drug Abuse, Intramural Research Program, Behavioral Genetics Section, Baltimore, MD, November 17, 1998.
59. Bell IR. Co-director and lecturer, CME course, 8th Annual Psychopharmacology Update. Lectures on Geriatric Psychopharmacology Update and Research Update on Complementary and Alternative Therapies in Psychiatry: Acupuncture, Homeopathy, Herbs, and Vitamins; Department of Psychiatry, University of Arizona College of Medicine, Tucson, Arizona, February 22-26, 1999.
60. Bell IR. Studies on chronic unexplained illness in Persian Gulf veterans and civilians: update on the neural sensitization model for low level chemical intolerance. Panel presentations at "The Health Impact of Chemical Exposures during the Gulf War: A Research Planning Conference." Sponsored by the Centers for Disease Control and Prevention in coordination with the Office of Public Health and Science (Dept. of Health and Human Services), the National Institutes of Health, and the Agency for Toxic Substances and Disease Registry, Atlanta, Georgia, February 28-March 2, 1999.
61. Bell IR. Nutritional Aspects of Psychiatric Disorders. Presentation at the Update on Neuropsychiatric Disorders Conference, Cosponsored by The University of Arizona Colleges of Medicine, Nursing, and Pharmacy and the Arizona Psychological Association, Tucson, AZ, March 18, 1999.
62. Bell IR. Neural sensitization model for polysymptomatic somatoform spectrum disorders. Presentation at the West Coast College of Biological Psychiatry Annual Meeting, Tucson, AZ, April 9-10, 1999.
63. Bell IR. Introduction to Classical Homeopathy. Presentation at the Alternative Treatments in Health Care Workshop, sponsored by the Southern Arizona VA Health Care System, Tucson, AZ, November 12, 1999.
64. Bell IR. Chemical Intolerance and the Neural Sensitization Model. Presentation at the New England College of Occupational and Environmental Medicine Annual Meeting, Boston, MA, December 2-3, 1999.
65. Bell IR. Co-director and lecturer, CME course, 9th Annual Psychopharmacology Update. Lectures on Geriatric Psychopharmacology Update and Research Update on Complementary and Alternative Therapies in Psychiatry: Acupuncture, Homeopathy, Herbs, and Vitamins; Department of Psychiatry, University of Arizona College of Medicine, Tucson, Arizona, February 21-25, 2000.
66. Bell IR. The Frontier Science of Homeopathy: The Butterfly Effect and Beyond. Presentation at the Research Workshop of the National Center for Homeopathy Annual Conference, Burlingame, CA, April 7, 2000.
67. Kaplan R and Bell IR. Utility based quality of life measurement for complementary and alternative medicine. Presentation and session co-leaders for the Invitational International Workshop sponsored by the Tzu Chi Institute for CAM and the Vancouver Hospital and Health Sciences Centre, Vancouver, British Columbia, May 5-7, 2000.

68. Bell IR. Sensitization studies in chemically intolerant individuals. Presentation and conference co-director, The Role of Neural Plasticity in Chemical Intolerance, New York Academy of Sciences Conference, New York, New York, June 16-19, 2000.
69. Bell IR. Using EEG and EKG Analyses to Detect Subtle Effects of Homeopathic Remedies. Presentation at the American Institute of Homeopathy Annual Conference, Washington, DC, June 21-24, 2000.
70. Bell IR. Overview of Complementary, Alternative, and Integrative Medicine and Factors in Patients' Use of Complementary and Alternative Medicine. Presentations at the Conference on Alternative Medicine: Integrating with Western Practice, Amarillo VA Health Care System, Amarillo, TX, September 29, 2000.
71. Bell IR. Overview of Alternative Medicine Approaches to Psychiatric Disorders. Workshop for the University of Arizona Extended University, Tucson, AZ, May 11, 2001.
72. Bell IR. Co-director and lecturer, CME course, 10th Annual Psychopharmacology Update. Lecture on Research Update on Complementary and Alternative Therapies in Psychiatry: Acupuncture & Homeopathy; Department of Psychiatry, University of Arizona College of Medicine, Tucson, Arizona, February 12-16, 2001.
73. Bell IR. Neural sensitization model for environmental illness and Psychophysiological studies in Gulf War veterans. Paper presentations at the 19<sup>th</sup> Annual International Symposium on Man and His Environment in Health and Disease, Dallas, TX, June 7-10, 2001
74. Bell IR. Introduction to Classical Homeopathy. Presentation at Examining Integrative Medicine Conference, Canyon Ranch, Tucson, AZ, November 11-18, 2001.
75. Bell IR. Clinical Research in Homeopathy: Possibilities and Pitfalls. Presentation at the Arizona Homeopathic and Integrative Medicine Association. Phoenix, AZ, February 6, 2002.
76. Bell IR. Co-director and lecturer, CME course, 11th Annual Psychopharmacology Update. Lecture on Research Update on Complementary and Alternative Systems in Psychiatry: Acupuncture & Homeopathy; and Research Update on Complementary Herbal and Nutritional Therapies in Psychiatry: Herbs Department of Psychiatry, University of Arizona College of Medicine, Tucson, Arizona, February 18-22, 2002.
77. Bell IR. Methodological Challenges in Clinical Homeopathic Research. Keynote address, Homeopathic Research Network conference, Annual Meeting of the American Institute of Homeopathy, Philadelphia, PA, April 26-28, 2002.
78. Bell IR. Multiple chemical sensitivity: real or imagined? Presentation at the 10<sup>th</sup> Anniversary Congress on Women's Health, Hilton Head, SC, May 18-21, 2002.
79. Bell IR. Non-linear effects of low and ultra-low doses: examples from multiple chemical sensitivity and homeopathy. Presentation at the International Conference on Non-Linear Dose-Response Relationships in Biology, Toxicology, and Medicine. University of Massachusetts, Amherst, MA, June 11-13, 2002.
80. Bell IR. Fibromyalgia: an integrative medicine approach. Women's Mental Health Conference, University of Arizona Department of Psychiatry, January 25, 2003.
81. Bell IR. Co-director and lecturer, CME course, 12th Annual Psychopharmacology Update. Lecture on Research Update on Complementary and Alternative Systems in Psychiatry: Acupuncture & Homeopathy; and Research Update on Complementary Herbal and Nutritional

- Therapies in Psychiatry: Herbs Department of Psychiatry, University of Arizona College of Medicine, Tucson, Arizona, February 17-21, 2003.
82. Bell IR. Multiple chemical sensitivity: controversies and potential mechanisms in the realm of low-level environmental chemical exposures. Concurrent Session, 7<sup>th</sup> Annual Alternative Therapies Symposium and Exhibition, Medicine and the Planet. The Coming Age of Ecological Medicine, Seattle, WA, March 26-28, 2003.
  83. Bell IR. Recent data on homeopathic treatment outcomes and relevant new theories. 1<sup>st</sup> International Conference on The Science of Whole Person Healing. Washington, DC, March 28-30, 2003.
  84. Bell IR. Translating complexity science into empirical tests for homeopathy. Annual Conference, Royal London Homeopathic Hospital and Faculty of Homeopathy, London, UK, April 3-4, 2003.
  85. Bell IR. Fibromyalgia: an integrative medicine approach. Women's Mental Health Conference, University of Arizona Department of Psychiatry, January, 2004.
  86. Bell IR. Co-director and lecturer, CME course, 13th Annual Psychopharmacology Update. Lecture on Integrative Approaches to Fibromyalgia and Research Update on Complementary Herbal and Nutritional Therapies in Psychiatry: Department of Psychiatry, University of Arizona College of Medicine, Tucson, Arizona, February, 2004.
  87. Bell IR. Homeopathic Research Issues Update. Presentation at the 2<sup>nd</sup> Whole Person Healing Conference, Washington DC, April 15, 2004.
  88. Bell IR. Generating the evidence base for integrative medicine: do mainstream methodologies apply? Plenary presentation at the 2<sup>nd</sup> Biennial Symposium of Integrative Medicine Professionals in the Land of Enchantment. Section of Integrative Medicine, The University of New Mexico Health Sciences Center, Albuquerque, NM, October 14-17, 2004.
  89. Bell IR. The Future of CAM Research. Keynote address at the First IN-CAM Canadian Symposium on Complementary and Alternative Medicine Research, Toronto, Canada, December 4-5, 2004.
  90. Bell IR. Fibromyalgia: an integrative medicine approach. Women's Mental Health Conference, University of Arizona Department of Psychiatry, January, 2005.
  91. Co-director and lecturer, CME course, 14th Annual Psychopharmacology Update. Lecture on Integrative Approaches to Fibromyalgia and Research Update on Complementary Herbal and Nutritional Therapies in Psychiatry: Department of Psychiatry, University of Arizona College of Medicine, Tucson, Arizona, February, 2005.
  92. Bell IR. Complementary and Alternative Medicine Research: The New Frontiers. Plenary presentation at the Exploring Health and Healing Conference (Calgary Health Region), Kananaskis, Alberta, Canada, June 1-3, 2005.
  93. Bell IR. Time-Dependent Sensitization in Chemical Intolerance and Addiction. Invited talk at NIEHS/NIAAA conference: Addiction and Chemical Intolerance: A Shared Etiology? Research Triangle Park, NC, September 19-20, 2005.
  94. Bell IR. Are Complex Adaptive Systems and Network Theories the Foundation for a Science of Whole Person Healing?" Keynote address at the annual meeting of the Society for Acupuncture Research, Albuquerque, NM, October 21, 2005.

95. Bell IR. Integrative Approaches to Arthritis. Presentation to the Friends of the Arthritis Center, University Medical Center, Tucson, AZ, October 19, 2005.
96. Bell IR. Time-dependent sensitization as a model process for environmentally-triggered conditions. Invited talk at NIDCD, Bethesda, MD, December 5-6, 2005.
97. Bell IR. Fibromyalgia: an integrative medicine approach. Women's Mental Health Conference, University of Arizona Department of Psychiatry, January, 2006.
98. Co-director and lecturer, CME course, 15th Annual Psychopharmacology Update. Lecture on Integrative Approaches to Fibromyalgia and Research Update on Complementary Herbal and Nutritional Therapies in Psychiatry: Department of Psychiatry, University of Arizona College of Medicine, Tucson, Arizona, February, 2006.
99. Bell IR. Fibromyalgia and related syndromes: an integrative medicine approach in military veterans. Southern Arizona VA Medical Center, Dept. of Psychiatry Seminar, September, 2006.
100. Bell IR. Science, logic, and emotion: evaluating the allopathic worldview and its impact on homeopathic research. Invited presentation in all-day pre-conference seminar on homeopathic research, National Center for Homeopathy annual meeting, San Jose, CA, April 7-11, 2006.
101. Bell IR. Challenges in Whole Systems Research. Invited Keynote Address at the 2006 Symposium for Portland Area Research on Complementary and Alternative Medicine, April, 2006.
102. Bell IR. Confronting Methodological Challenges in Complementary Medicine Research. Invited Presentation at the CAM Expo West, Los Angeles, CA, November 11, 2006.
103. Bell IR. Fibromyalgia: an integrative medicine approach. Women's Mental Health Conference, University of Arizona Department of Psychiatry, January, 2007.
104. Co-director and lecturer, CME course, 16th Annual Psychopharmacology Update. Lecture on Integrative Approaches to Fibromyalgia and Research Update on Complementary Herbal and Nutritional Therapies in Psychiatry: Department of Psychiatry, University of Arizona College of Medicine, Tucson, Arizona, February, 2007.
105. Bell IR. Understanding the complex systems approach to homeopathic research. Invited Keynote Address at the 142<sup>nd</sup> Annual Meeting of the Homeopathic Medical Society of the State of Pennsylvania, Lititz, PA, March 3, 2007.
106. Bell IR. A Multivariate Empirical Approach to Modeling the Vital Force. Invited presentation at the Foundations of Naturopathic Medicine Project First International Editors Retreat, Portland (Skamania Lodge), OR, April 1-2, 2007.
107. Bell IR. Implications of Complex Systems and Network Theory for Holistic Outcomes in Naturopathic Medicine. Invited presentation at the Foundations of Naturopathic Medicine Project First International Editors Retreat, Portland, OR (Skamania Lodge, Stevenson, WA) April 1-2, 2007.
108. Bell IR. Impact of multimodal and individualized interventions. Presentation at the NCCAM-Georgetown workshop on Applying Principles from Complex Systems to Studying the Efficacy of CAM Therapies. Washington, DC, October 8-10, 2007.
109. Bell IR. Clinical research in homeopathy. Invited participant in debate sponsored by the University of Connecticut, Hartford, CT, October 25, 2007.

110. Bell IR. Homeopathic clinical research update. Presentation at the research workshop of the annual conference of the American Medical College of Homeopathy, Phoenix, AZ, March 14, 2008.

*Submitted presentations*

1. Bell IR and Schwartz GE. Individual and situational factors in bidirectional voluntary control and reactivity of human heart rate. Presented at the Annual Meeting of the Western Psychological Association, Anaheim, California, April 11, 1973.
2. Billiard M, Montplaisir J, Takahashi S, Bell IR, and Dement WC. Compared human performances after NREM sleep and REM sleep: a direct approach. Second International Congress of the Association for the Psychophysiological Study of Sleep, Edinburgh, Scotland, June 1975.
3. Bell IR. The implications of clinical ecology for biological psychiatry. Presented at panel on "Psychosis and Allergy," American Psychiatric Association Annual Meeting, Chicago, Illinois, May 17, 1979.
4. Bell IR, Morrow F, Mirages S, Perrone G, Edman JS, Marby D, Greenwald M. B vitamins improve memory in geriatric depression. Poster presentation at the 142nd Annual Meeting of the American Psychiatric Association, San Francisco, May 6-11, 1989.
5. Edman JS, Bell IR, Linn RT, Hebben N, Ray D. Vitamin B12 and cognition in geriatric depression. Poster presentation at the 142nd Annual Meeting of the American Psychiatric Association, San Francisco, May 6-11, 1989.
6. Satlin A, Marby DW, Bell IR, Liptzin B. Bipolar disorder in the elderly. Poster presentation at the 142nd Annual Meeting of the American Psychiatric Association, San Francisco, May 6-11, 1989.
7. King DS, Bell, IR, Markley EJ, Margen S. Double-blind food challenge effects upon hospitalized adults. Poster presentation at the 1st Annual Meeting of the American Psychological Society, Alexandria, Virginia, June, 1989.
8. Bell IR, Morrow F, Marby D, Mirages S, Perrone G, Edman J, Cole, J. B vitamin patterns of geriatric versus young adult inpatients with major depression. Poster presentation at the 42nd Annual Meeting of the Gerontological Society of America, Minneapolis, MN, November 17-21, 1989.
9. Markley EJ, Bell IR, King DS. Biological versus psychological causes of food sensitivity. Paper presented at the American Dietetic Association Annual Meeting, 1989.
10. Jasnoski ML, Bell IR, Kagan J, Peterson R, King DS. A genetic and epidemiological inquiry concerning behavioral inhibition, panic disorder, and type I hypersensitivity. Presentation at the 11th Annual Meeting of the Society of Behavioral Medicine, Chicago, IL, April 18-21, 1990.
11. Bell IR, Markley EJ, Zumalt B, King DS. Psychological and somatic symptom and illness patterns in individuals with self-reported adverse food reactions. Poster presentation at the Annual Meeting of the Society of Biological Psychiatry, New York, NY, May 9-13, 1990.
12. Bell IR, Edman JS, Selhub J, Morrow FD, Marby DW, Shepard DC. Homocysteine, B12 and folate in geriatric depression. Poster presentation at the New Research Session of the 143rd Annual Meeting of the American Psychiatric Association, New York, NY, May 12-17, 1990.
13. Brown L, Bell I, Satlin A. Falls in a geropsychiatric inpatient population. Presentation at the 43rd Annual Meeting of the Gerontological Society of America, Boston, MA, November 16-20, 1990.

14. Bell IR, Edman JS, Brown L, Berkes S, Kulleseid S. Serum zinc and cortisol status in acute geropsychiatric inpatients. Presentation at the 43rd Annual Meeting of the Gerontological Society of America, Boston, MA, November 16-20, 1990.
15. Jasnoski ML, Bell IR, King DS. Allergies/Irritants/Moods. Poster presentation at the 12th Annual Meeting of the Society of Behavioral Medicine, Washington, D.C., March 20-23, 1991.
16. Bell IR. Neuroanatomy of the olfactory system and the nonolfactory roles of the olfactory system in behavior. Presented at Workshop on "Olfaction and Psychiatry." Chair: Alan R. Hirsch, M.D. for the 144th Annual Meeting of the American Psychiatric Association, New Orleans, Louisiana, May 11-16, 1991.
17. Bell IR, Schwartz GE, Meredith KE, Ritenbaugh C, Graver E. Fat and sweet food intake by older adults: relationship to distress and personality traits. Presented at the 13th Annual Meeting, Society of Behavioral Medicine, New York, NY, March 25-28, 1992.
18. Bell IR, Schwartz GE, Peterson J, Amend D. Self-reported illness from chemical odors in young adults without clinical syndromes or occupational exposures. Poster presentation at the Annual Meeting of the Association for Chemoreception Sciences, Sarasota, FL, April 8-12, 1992.
19. Bell IR, Schwartz GE, Peterson JM, Amend D. Symptom patterns in a nonclinical young adult population high and low in self-reported illness from foods and chemicals. Poster presentation at the 33rd Annual Meeting of the American College of Nutrition, San Diego, CA, October 9-12, 1992.
20. Bell IR, Schwartz GE, Peterson JM, Amend D, Stini W. Self-reported illness from chemicals in older adults: prevalence and characterization. Poster presentation at the 45th Annual Meeting of the Gerontological Society of America, Washington, DC, November 18-22, 1992.
21. Bell IR, Amend D, Schwartz GE, Peterson JM, Stini WA, Kaszniak, AW. Parkinson's disease in families of shy elderly. Presentation at the 146th Annual Meeting of the American Psychiatric Association New Research Sessions, San Francisco, CA, May 22-27, 1993.
22. Bell IR, Miller CS, Schwartz GE, Peterson JM, Amend D, Mitzel HC. Cacosmia and somatic disorders in young adults. Presentation at the 146th Annual Meeting of the American Psychiatric Association New Research Sessions, San Francisco, CA, May 22-27, 1993.
23. Bell IR, Amend D, Kaszniak AW, Schwartz GE. Relationships between olfactory identification ability, cacosmia, and memory in older adults with and without depression. Presentation at the 15th Annual Meeting of the Association for Chemoreception Sciences (AChemS), Sarasota, FL, April 14-15, 1993.
24. Bell IR, Dalby P, Amend D, Montgomery E, Schwartz GE, Peterson JM, Stini W. Irritable bowel and specific food intolerances in Parkinson's disease. Paper presentation at the 34th Annual Meeting of the American College of Nutrition, Chicago, IL, October 8-11, 1993.
25. Bell IR, Amend D, Peterson JM, Schwartz GE, Stini WA. Increased prevalence of cancer diagnoses in extremely shy older adults. Poster presentation at the 15th Annual Meeting of the Society of Behavioral Medicine, Boston, MA, April 13-16, 1994.
26. Bell IR, Koss M, Schwartz GE. Increased prevalence of stress-related symptoms in middle-aged women who report childhood shyness. Poster presentation at the 15th Annual Meeting of the Society of Behavioral Medicine, Boston, MA, April 13-16, 1994.

27. Bell IR, Schwartz GE, Peterson JM. Failure of heart rate habituation during cognitive and olfactory laboratory stressors in young adults with childhood shyness. Paper presentation at the 15th Annual Meeting of the Society of Behavioral Medicine, Boston, MA, April 13-16, 1994.
28. Jasnoski MB, Bell IR. Specialty Seminar: Cross-Cutting Environmental Psychology, Behavioral Toxicology, and Behavioral Medicine: Concepts, Research, Applications, and Policy. Presentation at the 15th Annual Meeting of the Society of Behavioral Medicine, Boston, MA, April 13-16, 1994.
29. Bell IR, Amend D. More cortisol suppression in depressed cacosmics. Presentation at the New Research sessions of the 147th Annual Meeting of the American Psychiatric Association, Philadelphia, PA, May 21-26, 1994.
30. Bell IR, Schwartz GE, Peterson JM. Childhood shyness and psychophysiological disorders. Presentation at the New Research sessions of the 147th Annual Meeting of the American Psychiatric Association, Philadelphia, PA, May 21-26, 1994.
31. Amend DL, Bell IR, Kaszniak AW, Miller J, Selhub J. Cognitive decline and olfaction in older depressives. Presentation at the New Research sessions of the 147th Annual Meeting of the American Psychiatric Association, Philadelphia, PA, May 21-26, 1994.
32. Schwartz GE, Bell IR, Herring AM, Peterson JM, Kaszniak AW. Memory and EEG in chemically-sensitive young adults. Presentation at the New Research sessions of the 147th Annual Meeting of the American Psychiatric Association, Philadelphia, PA, May 21-26, 1994.
33. Bell IR, Wyatt JK, Ritenbaugh C, Bootzin RR, Davis T, Johnson KL, Hau V. Effects of dairy-containing diets on cognitive processing and plasma B-endorphins of shy and outgoing older adults. Paper presentation at the 35th Annual Meeting of the American College of Nutrition, Atlanta, GA, October, 7-9, 1994.
34. Bell IR, Ritenbaugh C, Alberts D, Peterson JM, Schwartz GE. Discrepancies between self-reported food frequency and diet diary histories as a function of personality trait shyness: implications for epidemiological studies of diet and disease. Poster presentation at the 35th Annual Meeting of the American College of Nutrition, Atlanta, GA, October 7-9, 1994.
35. Bell IR, Montgomery EB, Koller WC, LaMantia TJK, Newman MC, Swanson-Hyland EF, Kaszniak AW. Olfactory identification deficits associated with subclinical depression in older adults. Poster presentation at the 23rd Annual Meeting of the International Neuropsychological Society, Seattle, WA, February 8-11, 1995.
36. Bell IR, Bootzin RR, Wyatt JK, Schwartz GE. Cardiovascular status of elderly with and without increased sensitivity to environmental chemical stressors. Poster presentation at the 16th Annual Meeting of the Society of Behavioral Medicine, San Diego, CA, March 22-25, 1995.
37. Bell IR, Bootzin RR, Davis T, Hau V, Ritenbaugh C, Johnson KA, Schwartz GE. Time-dependent sensitization of plasma beta-endorphins to repeated laboratory exposures of milk in community elderly. Poster presentation at the 16th Annual Meeting of the Society of Behavioral Medicine, San Diego, CA, March 22-25, 1995.
38. Bell IR, Hardin EE, Baldwin CM, Schwartz GE. Heightened limbic system symptomatology: a manifestation of sensitizability to environmental stressors? Poster presentation at the 16th Annual Meeting of the Society of Behavioral Medicine, San Diego, CA, March 22-25, 1995.
39. Baldwin CM, Bell IR, O'Rourke MK, Nadella S, Lebowitz MD. Personal and parental cardiopulmonary and diabetes risk ratios in a community sample with and without sensitivity to

- chemical stressors. Poster presentation at the 16th Annual Meeting of the Society of Behavioral Medicine, San Diego, CA, March 22-25, 1995.
40. Baldwin CM, Bell IR, O'Rourke MK, Nadella S, Lebowitz MD. The relationship of hay fever reports and allergen responses with shyness in a community pilot study. Poster presentation at the 16th Annual Meeting of the Society of Behavioral Medicine, San Diego, CA, March 22-25, 1995.
  41. Baldwin CM, Bell IR, O'Rourke MK, Nadella S, Lebowitz MD. Allergen risk ratios for a community sample with and without self-reports of chemical sensitivity. Poster presentation at the 17th Annual Meeting of the Association for Chemoreception Sciences, Sarasota, FL, April 19-23, 1995.
  42. Bell IR, Rapcsak S, DeGiovanni G. Attention and money management deficits in neurogeriatric patients with occupational chemical exposures. Presentation at the 9th Annual Meeting of the American Association for Geriatric Psychiatry, Tucson, AZ, February 14-17, 1996.
  43. Bell IR, Hardin EE, Baldwin CM, Schwartz GE. Time-dependent sensitization of EEG delta activity to low level chemicals in chemically-sensitive women. Presentation at the 17th Annual Meeting of the Society of Behavioral Medicine and 4th International Congress of Behavioral Medicine, Washington, DC, March 13-16, 1996.
  44. Bell IR, Bootzin RR, Schwartz GE, DiCenso DR, Szarek MJ, Baldwin CM. Sleep and waking EEG differences between individuals with environmental chemical intolerance and normals. Presentation at the 18<sup>th</sup> Annual Meeting of the Society of Behavioral Medicine, San Francisco, CA, April 16-19, 1997.
  45. Bell IR. Chemical odor intolerance. Presentation in the Symposium on the Neurology of Olfaction at the American Academy of Neurology Annual Meeting, April 27, 1998.
  46. Bell IR, Warg-Damiani L, Baldwin CM, Walsh M, Schwartz GE. Chemical sensitivity and wartime chemical exposures in ill and healthy Gulf War veterans. Presentation at the Annual Persian Gulf Investigators Conference, Washington, DC, June 17-19, 1998.
  47. Bell IR, Baldwin CM, Fernandez M, Schwartz GER. Neural Sensitization Model for Multiple Chemical Sensitivity: Overview of Theory & Empirical Evidence. Presentation at the 216<sup>th</sup> Annual Meeting of the American Chemical Society, Boston, MA, August 24-27, 1998.
  48. Bell IR, Baldwin CM, Stoltz E, Fernandez M, Walsh B, Hardin EE, Schwartz GER. Psychophysiological Differences between Fibromyalgia Patients with and without Environmental Chemical Intolerance. Presentation at the 20<sup>th</sup> Annual Meeting of the Society for Behavioral Medicine, San Diego, CA, March 3-6, 1999.
  49. Bell IR, Baldwin CM, Fernandez M, Schwartz GER. Paternal Alcoholism in Individuals with Environmental Chemical Sensitivity: A Possible Genetic Link to CNS Sensitization. Presentation at the 20<sup>th</sup> Annual Meeting of the Society for Behavioral Medicine, San Diego, CA, March 3-6, 1999.
  50. Bell IR, Baldwin CM, Brooks AJ, Schwartz GER. Interaction of Environmental Sensitivity and Absorption on Symptomatology In Young Adults. Presentation at the 22<sup>nd</sup> Annual Meeting of the Society of Behavioral Medicine, Seattle, WA, March 21-24, 2001.
  51. Bell IR, Sibert WM, Schwartz GER. Healing begins at the spiritual level: lessons from classical homeopathy for bio-psycho-social-spiritual health. Presentation at the 2<sup>nd</sup> Biennial International Conference: Spirituality, Healing and Health. A Transformative Journey, Tucson, AZ, May 5-9, 2001.

52. Baldwin CM, Kroesen KW, Long K, Lifton M, Bell IR. Factors Related to Complementary and Alternative Medicine Use Among Military Veterans. Presentation at the International Scientific Conference on Complementary, Alternative, and Integrative Medicine Research, May 17-19, 2001, San Francisco, CA.
53. Baldwin CM; Brooks AJ, Kroesen KW, Long K, Lifton M, Bell IR, Southern Arizona VA Health. Profile of Military Veterans Who Use Complementary and Alternative Medicine. Presentation at the International Scientific Conference on Complementary, Alternative, and Integrative Medicine Research, May 17-19, 2001, San Francisco, CA.
54. Baldwin CM; Long K, Kroesen KW, Brooks AJ, Lifton M Bell IR. Southern Arizona VA Health. Reasons and Resources for Veterans' Complementary And Alternative Medicine Use. Presentation at the International Scientific Conference on Complementary, Alternative, and Integrative Medicine Research, May 17-19, 2001, San Francisco, CA.
55. Bell IR, Meek P, Weldon V, Caspi O, Ferro L. Validation Of A Global Well-Being Rating Scale For Integrative Medicine Outcomes Research. Presentation at the International Scientific Conference on Complementary, Alternative, and Integrative Medicine Research, May 17-19, 2001, San Francisco, CA. (published as abstract in *Alternative Therapies in Health and Medicine* 2001; 7(3):S4-5).
56. Brooks AJ, Baldwin CM, Kroesen KW, Bell IR. Relationship Between Complementary and Alternative Medicine Use and Health Status In Military Veterans. Presentation at the International Scientific Conference on Complementary, Alternative, and Integrative Medicine Research, May 17-19, 2001, San Francisco, CA.
57. Ferro L, Weldon V, Caspi O, Bell IR, Sedlacek M, Goldwein JW. Internet Based Survey Assessing Cancer Patients' Needs and CAM Use. Presentation at the International Scientific Conference on Complementary, Alternative, and Integrative Medicine Research, May 17-19, 2001, San Francisco, CA.
58. McDonough-Means S, Duncan B, Schnyer R, Worden K, Meaney FJ, Bell IR. A "common language" – methodological principles for communication among conventional and non-conventional disciplines: cerebral palsy study as a model. Presentation at the International Scientific Conference on Complementary, Alternative, and Integrative Medicine Research, May 17-19, 2001, San Francisco, CA.
59. S. McDonough-Means, IR Bell, B Duncan, R. Schnyer, K Worden. Evolution of Pediatric Integrative Medicine Research Methodology: the Interface Between Complementary-Alternative Medicine and Conventional Pediatric Developmental Research. Presentation at the International Scientific Conference on Complementary, Alternative, and Integrative Medicine Research, May 17-19, 2001, San Francisco, CA.
60. Schneider C, Meek P, Bell IR. Development and Validation of the Integrative Medicine Attitude Questionnaire (IMAQ). Presentation at the International Scientific Conference on Complementary, Alternative, and Integrative Medicine Research, May 17-19, 2001, San Francisco, CA.
61. Weldon V, Bell IR, Ferro L, Caspi O, Weil A. Comprehensive Outcomes Approach For Longitudinal Study of Health Status and Well Being in Patients Seen in an Integrative Medicine Clinic. Presentation at the International Scientific Conference on Complementary, Alternative, and Integrative Medicine Research, May 17-19, 2001, San Francisco, CA.

62. Bell IR, Brooks AJ, Baldwin CM. Classical Homeopathic Clinical Assessments vs Conventional Rating Tools in Fibromyalgia. Presentation at the International Scientific Conference on Complementary, Alternative, and Integrative Medicine Research, April 12-14, 2002, Boston, MA.
63. Baldwin CM, Haugebak S, Kroesen K, Bell IR. (2002). Ethnic differences in complementary and alternative medicine use among veterans. Presentation at the International Scientific Conference on Complementary, Alternative and Integrative Medicine Research, Boston, MA (4/12-14).
64. Bell IR, Brooks AJ, Baldwin CM (2002). Classical homeopathic clinical assessments versus conventional rating tools in fibromyalgia. Presentation at the International Scientific Conference on Complementary, Alternative and Integrative Medicine Research, Boston, MA (4/12-14).
65. Brooks AJ, Baldwin CM, Bell IR (2002). Predictors of CAM use in military veterans. Presentation at the International Scientific Conference on Complementary, Alternative and Integrative Medicine Research, Boston, MA (4/12-14).
66. Brooks AJ, Baldwin CM, Bell IR (2002). Military veterans' perceptions of what constitutes CAM use. Presentation at the International Scientific Conference on Complementary, Alternative and Integrative Medicine Research, Boston, MA (4/12-14).
67. Baldwin CM, Haugebak S, Bell IR, Quan SF. (2002). Is obstructive sleep apnea associated with cardiovascular disease in a Southwestern U.S. Veteran Population? *Sleep* 25. Presentation at the 16<sup>th</sup> Annual American Professional Sleep Society Meeting, Seattle, WA (6/8-13).
68. Bell IR, Lewis DA, Lewis SE, Brooks AJ, Baldwin CM, Schwartz GE. Trait Absorption and Treatment Choices in Fibromyalgia Patients under Double-Blind Conditions: Implications for Walach's Entanglement Model for Homeopathic Remedies and Placebo. Presentation at Quantum Mind 2003 Conference, March 15-19, 2003, Tucson, Arizona.
69. Koithan M, Bell IR. Patterns of healing and curing: goals of homeopathic treatment. Presentation at the Annual Symposium on Complementary Health Care, Royal College of Physicians, London, England, November, 2003.
70. Koithan M, DeToro D, Bell IR. Complementary health and healing: making the case for qualitative methods. Presentation at the 25<sup>th</sup> Annual Meeting of the Society of Behavioral Medicine, Baltimore, MD, March 24-27, 2004.
71. Koithan M, Baldwin CM, Bell IR, DeToro D, Campesino M, McDonough-Means S. Transforming health care through research. Preconference Workshop at the 24<sup>th</sup> Annual Meeting of the American Holistic Nurses Association, Scottsdale, AZ, June 17, 2004.
72. Bell IR. A Complex Adaptive Systems Science Model for Transformational Healing in Homeopathy. Presentation at the First Annual ISSSEEM Research Symposium on Energetic and Spiritual Processes of Healing, Colorado Springs, CO, June 25, 2004.
73. Bell IR, Lewis D, Schwartz GE, Lewis S, Scott A, Brooks AJ, Baldwin CM. Dynamical Changes in EEG Alpha Cordance Responses over Time during Successful Homeopathic Treatment of Fibromyalgia. Presentation at the First Annual ISSSEEM Research Symposium on Energetic and Spiritual Processes of Healing, Colorado Springs, CO, June 25, 2004.
74. Koithan M, DeToro D, Bell IR. Patient outcomes in homeopathic treatment for chronic disease. Presentation at Annual Symposium on Complementary Health Care, Royal College of Physicians, Exeter, England, November, 2004. (Published abstract: Bell, I, Koithan M, & DeToro, D. (2004). Outcomes of Homeopathic Treatment: Patient Perceptions and Experiences. *Focus on Alternative and Complementary Therapies: An Evidence-based Approach*, 9(4), 21.)

75. Koithan M, Bell IR. Holographs and Jigsaw Puzzles: Lessons from Providers and Patients on Homeopathic Healing. Presentation at the National Center for Homeopathy Annual Meeting, Orlando, FL, April 10, 2005. (Published abstract: Koithan, M., Bell, I. & Campesino, M. (2005). Holographs and jigsaw puzzles: Processes of care and approaches to healing of classical homeopaths. *Focus on Alternative and Complementary Therapies: An Evidence-based Approach*, 10(1), 29).
76. Baldwin KM, Bell IR, Quan SF. Restless legs syndrome is associated with depression and elevated leptin in military veterans. Accepted for presentation at the 19<sup>th</sup> Annual Meeting of the Associated Professional Sleep Societies, Denver, CO, June 18-23, 2005.
77. Bell IR, Lewis DA, Brooks AJ, Lewis S, Baldwin CM, Schwartz GE. Heart rate variability changes in fibromyalgia patients treated with individualized homeopathy. Presentation at the 2<sup>nd</sup> Annual ISSSEEM Research Symposium on Energetic and Spiritual Processes in Healing, Colorado Springs, CO, June 24, 2005.
78. Koithan M and Bell IR. Patient perspectives on unstuckness and transformation during classical homeopathic treatment for chronic diseases. Presentation at the 2<sup>nd</sup> Annual ISSSEEM Research Symposium on Energetic and Spiritual Processes in Healing, Colorado Springs, CO, June 24, 2005.
79. Baldwin CM, Bell IR, Quan SF. (2005). RLS is associated with depression and elevated leptin in military veterans. *Sleep* 28:A269.
80. Baldwin CM, Bell IR. (2005). *Differences in Mexican American and Non-Hispanic White veterans' homocysteine levels*. Paper presented at the 38<sup>th</sup> Biennial Convention of Sigma Theta Tau International Honor Society of Nursing, Indianapolis, IN (11/14/05).
81. Baldwin CM, Bell IR, Mays MZ, Quan SF. (2006). Health-related quality of life of military veterans with obstructive sleep apnea. *Sleep* 29:A252.
82. Bell IR, Aickin M, Lewis D, Lewis S, and Schwartz GE. Gas Discharge Visualization Patterns: A Novel Psychophysiological Approach to Objective Optical Emission Assessment of Homeopathic Remedy Effects in Human Subjects. Presentation at the North American Research Conference on Complementary and Alternative Medicine, Edmonton, AB, Canada, May 24-27, 2006.
83. Bell IR. Panel member and presenter at discussion session on "Considerations for the incorporation of dietary and nutritional supplement guidelines into an integrative medicine research model," the North American Research Conference on Complementary and Alternative Medicine, Edmonton, AB, Canada, May 24-27, 2006.
84. Bell IR. Panel member and presenter at workshop session on "Methodological challenges in whole systems research," the North American Research Conference on Complementary and Alternative Medicine, Edmonton, AB, Canada, May 24-27, 2006.
85. Ritenbaugh C, Koithan M, Coons S, Verhoef M, Sutherland E, Warber S, Elder C, Bell IR. Developing Patient-Centered Measures for Outcomes of CAM Therapies. Presentation at the International Congress on Complementary Medicine Research, Munich, Germany, May, 2007.
86. Baldwin CM, Bell IR, Silva Torres G, Mays MZ, Quan SF. (2007). Sleep Symptoms of Mexican American Veterans with and without Diabetes. *Sleep* 30:A316.
87. Baldwin CM, Bell IR, Silva GE, Mays MZ, Quan SF. (2007). Sleep Symptoms of Mexican American Veterans with and without Diabetes. Poster presentation at the SLEEP 2007 21st Annual Meeting of the APSS, Minneapolis, MN, June 9-14.

88. Baldwin CM, Bell IR, Mays MZ, Quan SF. (2006). *Health-Related Quality of Life of Military Veterans with Obstructive Sleep Apnea*. Poster presented at the SLEEP 2006 20th Anniversary Meeting of the Associated Professional Sleep Societies, Salt Lake City, UT, (6/17-22/06).
89. Rowe T, Bell IR. Homeopathic community research. Workshop at the 3<sup>rd</sup> Annual Joint American Homeopathic Conference, Warwick, RI, April 13-15, 2008.
90. Pomerleau CS, Bell IR, Brooks AJ, Leischow S. Characteristics of smokers endorsing increased appetite/weight gain as an effect of smoking abstinence. Presentation at the Society for Research on Nicotine and Tobacco, Dublin, Ireland, April 27-29, 2009.
91. Bell IR, Aickin M, Jackson N, Howerter A. Interaction of homeopathic remedies with personality types on the complexity of sleep EEG. Presentation at the North American Research Conference on Complementary and Integrative Medicine, Minneapolis, MN, May 12-16, 2009.
92. Bell IR, Howerter A, Jackson N, Aickin M, Bootzin RR. Effects of homeopathic remedies on polysomnographic sleep in healthy young adults. Presentation at the North American Research Conference on Complementary and Integrative Medicine, Minneapolis, MN, May 12-16, 2009.
93. Bell IR, Jackson N, Howerter A, Aickin M, Bootzin RR. Homeopathic remedies increase spectral electroencephalographic power during sleep in healthy young adults. Presentation at the North American Research Conference on Complementary and Integrative Medicine, Minneapolis, MN, May 12-16, 2009.
94. Poindexter B, Bell IR, Koithan M. Applying linguistic categorization methods to homeopathy transcripts toward improving diagnostic classification. Presentation at the North American Research Conference on Complementary and Integrative Medicine, Minneapolis, MN, May 12-16, 2009.
95. Bell IR, Menk Otto L, Howerter A, Jackson N. Evaluating a nonlinear dynamical model for human flourishing: relationship of PANAS positive-to-negative affect ratio and global health and well-being. Presentation at the North American Research Conference on Complementary and Integrative Medicine, Minneapolis, MN, May 12-16, 2009.
96. Bell IR. The Complexity of Unstuckness and Healing: Synthesizing Holistic Science with Holistic Therapies. Workshop Presentation at the 19<sup>th</sup> Annual Conference of the International Society for the Study of Subtle Energies and Energy Medicine, Westminster, CO, June 26-July 1, 2009.
97. Poindexter B, Mehl M, Bell IR, Howerter A, Jackson N. Linguistic differences in dream diaries of young adults with different constitutional types receiving homeopathic remedies versus placebo. Presentation at the 19<sup>th</sup> Annual Conference of the International Society for the Study of Subtle Energies and Energy Medicine, Westminster, CO, June 26-July 1, 2009.
98. Brooks AJ, Bell IR, Howerter A, Jackson N, Aickin M. Effects of homeopathic medicines on mood of adults with histories of coffee-related insomnia. Presentation at the 19<sup>th</sup> Annual Conference of the International Society for the Study of Subtle Energies and Energy Medicine, Westminster, CO, June 26-July 1, 2009.

This is a true and accurate statement of my activities and accomplishments. I understand that misrepresentation in securing promotion and tenure may lead to dismissal or suspension under ABOR Policy 6-201 J.1.b.