

Transition

Joseph Pizzorno, ND, Editor in Chief



Abstract

IMCJ (*Integrative Medicine, A Clinician's Journal*) was first published 24 years ago. We had a clear vision:

Our mission: To improve clinical efficacy, practice satisfaction, and community impact of clinicians practicing collaborative and integrative medicine. This journal is about the new medicine we are evolving together.

I am honored to say that we have been faithful to this vision. We have published many important articles, Editorials, Commentaries and Case Reports that have substantially advanced the fields of functional,

integrative, natural and environmental medicine. *IMCJ* has played a big role in documenting the credibility of Health Medicine, by whatever name.

And, the time has come for change. With my again taking on the responsibilities of President of Bastyr University I had to recruit expert help to ensure *IMCJ* would continue to be an important resource for clinicians. We announce today that Chris D'Adamo, PhD is now Co-Editor-in-Chief of *IMCJ*. I will continue as Co-Editor-in-Chief, writing editorials, recruiting Commentaries, working to advance this field of medicine and helping Chris in any way I can.

Joseph Pizzorno, ND, Editor in Chief, *IMCJ*; co-author, *Textbook of Natural Medicine*; Founding President, Bastyr University; Founding Member, Board of Directors, Institute for Functional Medicine.

Introduction

This is the hardest editorial I have ever written, which is probably why it took me so long (sorry Dick). A change in my life has required rethinking my role at *IMCJ*: last July the Bastyr University Board of Trustees asked me to come back as interim president to rescue the school. The good news is that Bastyr is much stronger now and out of crisis. The challenging news is that needed work has taken, and will continue to take, virtually all my time and energy. This resulted in my falling further and further behind in my journal duties and made me realize I could no longer fulfill all the responsibilities of Editor-in-Chief.

I have greatly enjoyed creating a special peer-reviewed journal to advance the scientific understanding of our medicine, by whatever name: functional, integrative, natural, environmental medicine. We titled ourselves as a "clinician's journal" to prioritize useful guidance for the patients our practitioners see. I greatly enjoyed reviewing submissions, providing authors guidance on how to improve the quality and reliability of their research, recruiting authors who have something important to say and being a platform for some of the most brilliant people in our medicine to write regular columns about their insights. I hope all our readers enjoyed and benefited from

the many Commentaries written by the inspirational leaders in our field like Sid Baker, MD and Jeff Bland, PhD.

But perhaps best of all, I have greatly valued being able to write wide-ranging editorials on the science, practice and politics of our medicine. Achieving PubMed indexing was a huge accomplishment since this gave us the opportunity to get into the medical literature research and commentary that supports Health Medicine (*IMCJ*), the term I think best exemplifies what we are about.ⁱ

The position of editor-in-chief entails basically 4 responsibilities: recruiting articles, peer review, engaging experts to write Commentaries and writing editorials. As I thought about all these roles, I realized that I could pass on the most crucial, but also time consuming, part of the editorial leadership: the peer-review process. Happily, I was able to recruit one of the top scientists in our field, Dr. Chris D'Adamo. Over the past few years, Chris has been very active in recruiting articles for *IMCJ* and became one of our best peer-reviewers. When I realized I would have to find a special person to take on the critical role of the peer-review process, Chris immediately came to mind and I am so pleased he graciously accepted my invitation.

Introducing Chris D'Adamo, PhD

Dr. D'Adamo achieved his PhD in Epidemiology from the University of Maryland School of Medicine, Baltimore, MD (July 2010). He previously served as the Director of Research at the Center for Integrative Medicine at the

i. Pizzorno J. Health Medicine. *Integr Med (Encinitas)*. 2022 Dec;21(6):8-14. PMID: 36820267; PMCID: PMC9938672.

University of Maryland School of Medicine for over a decade, is currently an Adjunct Assistant Professor at University of Maryland School of Medicine in the Department of Family & Community Medicine, and is a Partner at OvationLab. He has been a very active researcher in this field with over 100 peer-reviewed publications. He has helped advance our scientific foundation in a variety of roles, including Scientific Director and Principal Investigator for Documenting Hope, Senior Research Consultant for the Institute for Functional Medicine, sitting on several scientific advisory boards for several other organizations and has mentored many of the emerging research leaders in the field. You will have seen a few of his excellent articles in *IMCJ*. I will leave to Chris to tell you the rest of his story.

A Bit of History

As we make this transition, the time seemed right to review what we have accomplished over the approximately 150 issues we have published the past 25 years. Unfortunately, this proved to further delay writing this editorial as that is a lot of content to review! I decided to try out AI to see if it could speed the process. I did this with some trepidation since all my trials of AI to enhance my reviews of research have been surprisingly disappointing. Truly, as I asked AI to document something it reported that was new to me, the hallucinations became very obvious. Nonetheless, for a purpose like this, Perplexity AI really came through. The box to the right is its exact text response. Very good!

Conclusion

I will continue as Co-Editor-in-Chief, write editorials and recruit Commentaries. Dr. D'Adamo is now Co-Editor-in-Chief of *IMCJ* and will lead all aspects of the peer review process: deciding if submissions should be put out to peer review, recruiting and supervising peer-reviewers, and making the final publication decisions based on the peer review process.

Thank you for being our loyal readers. Together, Chris and I promise to ensure *IMCJ* is an ever better resource for you.

Integrative Medicine: A Clinician's Journal (IMCJ) has, over 25 years, helped move integrative medicine from the margins of “alternative” care toward a more evidenceinformed, clinically grounded part of mainstream practice. Under the leadership of Editor-in-Chief Dr. Joseph Pizzorno, a longstanding figure in natural and integrative medicine, the journal has consistently emphasized rigor, clinical relevance, and pragmatic guidance for frontline clinicians.

Clinical and practical focus

From its launch in 2002, *IMCJ* was designed as a peerreviewed, clinicianoriented forum that translated emerging evidence into practical strategies for patient care rather than staying purely theoretical. This focus on actionable content has made it a goto resource for practitioners seeking to integrate nutrition, lifestyle, botanical, and other nonpharmacologic therapies into conventional practice.

Field building and systems impact

IMCJ has chronicled and amplified the growth of integrative programs in academic health centers and large systems such as the Veterans Health Administration's Whole Health initiative, helping to legitimize integrative care models within mainstream institutions. By publishing reports, case studies, and commentaries on implementation, outcomes, and cost, the journal has linked integrative approaches to broader healthsystem aims like quality, value, and population health.

Professionalization and shared standards

Through interviews, reflective essays, and coverage of key initiatives, *IMCJ* has documented the evolution of the integrative health movement—from “alternative” medicine to coordinated, teambased care built on defined competencies and shared standards. Its attention to interprofessional collaboration across naturopathic, chiropractic, conventional, and other disciplines has supported the professionalization and mutual recognition needed for effective teambased integrative practice.

In its first 25 years, *Integrative Medicine: A Clinician's Journal*—shaped by Dr. Pizzorno's editorial vision—has established a sustained clinical forum, elevated integrative models inside major systems, and helped anchor integrative medicine in outcomes and valueoriented conversations that influence the future of health care.ⁱⁱ

ii. PerplexityAI search.