



Shachar Lev Ari

Visiting Instructor/Lecturer, Genetics

 NIH Biosketch available Online

Bio

BIO

I am a member and former Chair of the Department of Health Promotion, in the School of Public Health, in the Faculty of Medicine at Tel-Aviv University, former director, and founder of the Integrative Medicine Center & Research Laboratory at the Tel- Aviv Medical Center, and Head of the Health Promotion Unit in the Integrated Cancer Prevention Center. My training is in cellular biology, integrative medicine, intervention research, and health promotion science. I received the Outstanding Israeli Researcher for Complementary and Integrative Medicine award. The goal of my research is to unravel the biology, physiology, and psychology of health promotion approaches and translate findings into interventions that effectively target salutogenic mechanisms underpinning the biopsychology of well-being. I initiated the "lasting change" study and will co-lead this project in my current role as visiting scholar, at Prof. Michael Snyder's Lab, a global leader in precision health at Stanford University.

https://en.wikipedia.org/wiki/Shahar_Lev-Ari

ACADEMIC APPOINTMENTS

- Visiting Instructor/Lecturer, Genetics

Teaching

COURSES

2025-26

- Precision Health & Wellbeing: GENE 237 (Sum)

Publications

PUBLICATIONS

- **Using Ecological Momentary Assessments to Study How Daily Fluctuations in Psychological States Impact Stress, Well-Being, and Health.** *Journal of clinical medicine*
Mengelkoch, S., Moriarity, D. P., Novak, A. M., Snyder, M. P., Slavich, G. M., Lev-Ari, S.
2023; 13 (1)
- **Mental Health for All: The Case for Investing in Digital Mental Health to Improve Global Outcomes, Access, and Innovation in Low-Resource Settings.** *Journal of clinical medicine*
Faria, M., Zin, S. T., Chestnov, R., Novak, A. M., Lev-Ari, S., Snyder, M.
2023; 12 (21)
- **Data From a One-Stop-Shop Comprehensive Cancer Screening Center** *JOURNAL OF CLINICAL ONCOLOGY*

- Bernstein, E., Lev-Ari, S., Shapira, S., Leshno, A., Sommer, U., Al-Shamsi, H., Shaked, M., Segal, O., Galazan, L., Hay-Levy, M., Srour, M., Harlap-Gat, A., Peer, et al
2023; 41 (14): 2503-+
- **Distress following the COVID-19 Pandemic among Schools' Stakeholders: Psychosocial Aspects and Communication.** *International journal of environmental research and public health*
Kaim, A., Lev-Ari, S., Adini, B.
2023; 20 (6)
 - **Resilience, Stress, Well-Being, and Sleep Quality in Multiple Sclerosis** *JOURNAL OF CLINICAL MEDICINE*
Novak, A., Lev-Ari, S.
2023; 12 (2)
 - **The Use of Smart Devices for Mental Health Diagnosis and Care.** *Journal of clinical medicine*
Lautman, Z., Lev-Ari, S.
2022; 11 (18)
 - **A novel platform for attenuating immune hyperactivity using EXO-CD24 in COVID-19 and beyond** *EMBO MOLECULAR MEDICINE*
Shapira, S., Ben Shimon, M., Hay-Levi, M., Shenberg, G., Choshen, G., Bannon, L., Tepper, M., Kazanov, D., Seni, J., Lev-Ari, S., Peer, M., Boubas, D., Stebbing, et al
2022; 14 (9): e15997
 - **The Association between the Sense of Coherence and the Self-Reported Adherence to Guidelines during the First Months of the COVID-19 Pandemic in Israel** *INTERNATIONAL JOURNAL OF ENVIRONMENTAL RESEARCH AND PUBLIC HEALTH*
Novak, A., Katz, A., Bitan, M., Lev-Ari, S.
2022; 19 (13)
 - **Age Differences in Recovery Rate Following an Aerobic-Based Exercise Protocol Inducing Muscle Damage Among Amateur, Male Athletes** *FRONTIERS IN PHYSIOLOGY*
Markus, I., Constantini, K., Goldstein, N., Amedi, R., Bornstein, Y., Stolkovsky, Y., Vidal, M., Lev-Ari, S., Balaban, R., Leibou, S., Blumenfeld-Katzir, T., Ben-Eliezer, N., Peled, et al
2022; 13: 916924
 - **Reaching 80 Years of Age: Clinical, Behavioral, and Psychosocial Related Risk Factors in a Large Cohort of Israeli Working Men** *JOURNAL OF CLINICAL MEDICINE*
Lev-Ari, S., Novak, A., Zemer, A., Gerber, Y., Goldbourt, U.
2021; 10 (23)
 - **Effect of Inquiry-Based Stress Reduction on Well-being and Views on Risk-Reducing Surgery Among Women With BRCA Variants in Israel: A Randomized Clinical Trial.** *JAMA network open*
Landau, C., Novak, A. M., Ganz, A. B., Rolnik, B., Friedman, E., Lev-Ari, S.
1800; 4 (12): e2139670
 - **Mindfulness-Based Stress Reduction Increases Mental Wellbeing and Emotion Regulation During the First Wave of the COVID-19 Pandemic: A Synchronous Online Intervention Study** *FRONTIERS IN PSYCHOLOGY*
Sanilevici, M., Reuveni, O., Lev-Ari, S., Golland, Y., Levit-Binnun, N.
2021; 12: 720965
 - **The Effect of Cognitive Behavioral Group Therapy on Children's Self-Esteem** *CHILDREN-BASEL*
Epel, N., Zohar, A., Artom, A., Novak, A., Lev-Ari, S.
2021; 8 (11)
 - **Excess Body Weight and Long-Term Incidence of Lung and Colon Cancer in Men; Follow-Up Study of 43 Years** *INTERNATIONAL JOURNAL OF ENVIRONMENTAL RESEARCH AND PUBLIC HEALTH*
Gepner, Y., Lev-ari, S., Goldbourt, U.
2021; 18 (19)
 - **Predictors of the CD24/CD11b Biomarker among Healthy Subjects** *JOURNAL OF PERSONALIZED MEDICINE*
Shapira, S., Aiger, G., Ohayon, A., Kazanov, D., Mdah, F., Shimon, M., Hay-Levy, M., Banon, L., Laskov, I., Mashiah, J., Lev-Ari, S., Arber, N.
2021; 11 (9)

- **Feasibility of CD24/CD11b as a Screening Test for Hematological Malignancies** *JOURNAL OF PERSONALIZED MEDICINE*
Shapira, S., Kazanov, D., Mdah, F., Yaakobi, H., Herishanu, Y., Perry, C., Avivi, I., Itchaki, G., Shacham-Abulafia, A., Raanani, P., Hay-Levy, M., Aiger, G., Mashiah, et al
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- **Tone it down: Vagal nerve activity is associated with pro-inflammatory and anti-viral factors in breast cancer - An exploratory study** *COMPREHENSIVE PSYCHONEUROENDOCRINOLOGY*
Ricon-Becker, I., Fogel, E., Cole, S. W., Haldar, R., Lev-Ari, S., Gidron, Y.
2021; 7: 100057
- **Health Literacy, Primary Care Health Care Providers, and Communication.** *Health literacy research and practice*
Mor-Anavy, S., Lev-Ari, S., Levin-Zamir, D.
2021; 5 (3): e194-e200
- **Rh2-enriched Korean ginseng (Ginseng Rh2+) inhibits tumor growth and development of metastasis of non-small cell lung cancer** *FOOD & FUNCTION*
Lev-ari, S., Starr, A. N., Vexler, A., Kalich-Philosoph, L., Yoo, H., Kwon, K., Yadgar, M., Bondar, E., Bar-shai, A., Volovitz, I., Schwarz, Y.
2021; 12 (17): 8068-8077
- **Immune Responses to SARS-CoV2 Mirror Societal Responses to COVID-19: Identifying Factors Underlying a Successful Viral Response** *BIOLOGY-BASEL*
Lev-Ari, S., Rolnik, B., Volovitz, I.
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- **Inquiry Based Stress Reduction (IBSR) Improves Overall Stuttering Experience among Adults Who Stutter: A Randomized Controlled Trial.** *Journal of clinical medicine*
Feldman, O., Goldstien, E., Rolnik, B., Ganz, A. B., Lev-Ari, S.
2021; 10 (10)
- **Inquiry Based Stress Reduction (IBSR) Improves Overall Stuttering Experience among Adults Who Stutter: A Randomized Controlled Trial** *JOURNAL OF CLINICAL MEDICINE*
Feldman, O., Goldstien, E., Rolnik, B., Ganz, A. B., Lev-Ari, S.
2021; 10 (10)
- **Continued Participation of Israeli Adolescents in Online Sports Programs during the COVID-19 Pandemic Is Associated with Higher Resilience** *INTERNATIONAL JOURNAL OF ENVIRONMENTAL RESEARCH AND PUBLIC HEALTH*
Constantini, K., Markus, I., Epel, N., Jakobovich, R., Gepner, Y., Lev-Ari, S.
2021; 18 (8)
- **Effect of Inquiry-Based Stress Reduction (IBSR) Intervention on Well-Being, Resilience and Burnout of Teachers during the COVID-19 Pandemic.** *International journal of environmental research and public health*
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- **Dissatisfaction with Married Life in Men Is Related to Increased Stroke and All-Cause Mortality** *JOURNAL OF CLINICAL MEDICINE*
Lev-ari, S., Gepner, Y., Goldbourt, U.
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- **Health promotion preparedness for health crises - a 'must' or 'nice to have'? Case studies and global lessons learned from the COVID-19 Pandemic** *GLOBAL HEALTH PROMOTION*
Levin-Zamir, D., Sorensen, K., Su, T., Sentell, T., Rowlands, G., Messer, M., Pleasant, A., Nunes, L., Lev-Ari, S., Okan, O.
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- **Adequacy of Web-Based Activities as a Substitute for In-Person Activities for Older Persons During the COVID-19 Pandemic: Survey Study (vol 23, e25848, 2021)** *JOURNAL OF MEDICAL INTERNET RESEARCH*
Cohen-Mansfield, J., Muff, A., Meschiany, G., Lev-Ari, S.
2021; 23 (2): e27687
- **Adequacy of Web-Based Activities as a Substitute for In-Person Activities for Older Persons During the COVID-19 Pandemic: Survey Study** *JOURNAL OF MEDICAL INTERNET RESEARCH*
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- **The Effect of Inquiry-Based Stress Reduction on Teacher Burnout: A Controlled Trial.** *Brain sciences*
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- **Combined Effect of Moringa oleifera and Ionizing Radiation on Survival and Metastatic Activity of Pancreatic Cancer Cells** *INTEGRATIVE CANCER THERAPIES*
Hagoel, L., Vexler, A., Kalich-Philosoph, L., Earon, G., Ron, I., Shtabsky, A., Marmor, S., Lev-Ari, S.
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Smernoff, E., Mitnik, I., Lev-ari, S.
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- **Modified Citrus Pectin as a Potential Sensitizer for Radiotherapy in Prostate Cancer** *INTEGRATIVE CANCER THERAPIES*
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2018; 17 (4): 1225-1234
- **Combined acetyl-11-keto-β-boswellic acid and radiation treatment inhibited glioblastoma tumor cells** *PLOS ONE*
Conti, S., Vexler, A., Edry-Botzer, L., Kalich-Philosoph, L., Corn, B. W., Shtraus, N., Meir, Y., Hagoel, L., Shtabsky, A., Marmor, S., Earon, G., Lev-Ari, S.
2018; 13 (7): e0198627
- **Acupuncture and Reflexology for Chemotherapy-Induced Peripheral Neuropathy in Breast Cancer** *INTEGRATIVE CANCER THERAPIES*
Ben-Horin, I., Kahan, P., Ryvo, L., Inbar, M., Lev-Ari, S., Geva, R.
2017; 16 (3): 258-262
- **Attitudes Among Nurses Toward the Integration of Complementary Medicine Into Supportive Cancer Care** *ONCOLOGY NURSING FORUM*
Ben-Arye, E., Shulman, B., Eilon, Y., Voitiz, R., Cherniak, V., Sharabi, I., Sher, O., Reches, H., Katz, Y., Arad, M., Schiff, E., Samuels, N., Caspi, et al
2017; 44 (4): 428-434
- **Inquiry-Based Stress Reduction Meditation Technique for Teacher Burnout:A Qualitative Study** *MIND BRAIN AND EDUCATION*
Schneider-Levi, L., Mitnik, I., Zafrani, K., Goldman, Z., Lev-Ari, S.
2017; 11 (2): 75-84
- **Inquiry-based stress reduction (IBSR) meditation technique for <i>BRCA1/2</i> mutation carriers-A qualitative study** *EUROPEAN JOURNAL OF INTEGRATIVE MEDICINE*
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- **Randomized controlled trial of Inquiry-Based Stress Reduction (IBSR) technique for <i>BRCA1</i>/<i>2</i> mutation carriers** *PSYCHO-ONCOLOGY*
Landau, C., Lev-Ari, S., Cohen-Mansfield, J., Tillinger, E., Geva, R., Tarrasch, R., Mitnik, I., Friedman, E.
2015; 24 (6): 726-731
- **THE EFFECTS OF "THE WORK" MEDITATION (BYRON KATIE) ON PSYCHOLOGICAL SYMPTOMS AND QUALITY OF LIFE-A PILOT CLINICAL STUDY** *EXPLORE-THE JOURNAL OF SCIENCE AND HEALING*
Smernoff, E., Mitnik, I., Kolodner, K., Lev-ari, S.
2015; 11 (1): 24-31
- **Curcumin induces apoptosis and inhibits growth of orthotopic human non-small cell lung cancer xenografts** *JOURNAL OF NUTRITIONAL BIOCHEMISTRY*
Lev-Ari, S., Starr, A., Katzburg, S., Berkovich, L., Rimmon, A., Ben-Yosef, R., Vexler, A., Ron, I., Earon, G.
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- **A prospective pilot clinical trial of "The work" meditation technique for survivors of breast cancer** *EUROPEAN JOURNAL OF INTEGRATIVE MEDICINE*
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- **Medical residents' perceptions of their competencies and training needs in health care management: an international comparison** *BMC MEDICAL EDUCATION*
Berkenbosch, L., Schoenmaker, S., Ahern, S., Sojnaes, C., Snell, L., Scherpbier, A. A., Busari, J. O.
2013; 13: 212
- **Escin Chemosensitizes Human Pancreatic Cancer Cells and Inhibits the Nuclear Factor-kappaB Signaling Pathway** *BIOCHEMISTRY RESEARCH INTERNATIONAL*
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- **Integrative oncology in the Middle East: from traditional herbal knowledge to contemporary cancer care** *ANNALS OF ONCOLOGY*
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- **A Prospective, Controlled Study of the Botanical Compound Mixture LCS101 for Chemotherapy-Induced Hematological Complications in Breast Cancer** *ONCOLOGIST*
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- **Acupuncture and Chinese herbal treatment for women undergoing intrauterine insemination** *EUROPEAN JOURNAL OF INTEGRATIVE MEDICINE*
Sela, K., Lehavi, O., Buchan, A., Kedar-Shalem, K., Yavetz, H., Lev-ari, S.
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- **Acupuncture for Treating Temporomandibular Disorder: Retrospective Study on Safety and Efficacy** *JOURNAL OF ACUPUNCTURE AND MERIDIAN STUDIES*
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2009; 119 (10): 2019-2026
- **Invasive Breast Cancer Treated with Taxol and Epirubicin Neo-adjuvant Chemotherapy: The Role in the Outcome of the "Crosstalk" between Erb Receptors and p53** *ANTICANCER RESEARCH*
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- **Curcumin augments gemcitabine cytotoxic effect on pancreatic adenocarcinoma cell lines** *CANCER INVESTIGATION*
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- **Inhibition of pancreatic and lung adenocarcinoma cell survival by curcumin is associated with increased apoptosis, down-regulation of COX-2 and EGFR and inhibition of Erk1/2 activity** *ANTICANCER RESEARCH*
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- **Curcumin synergistically potentiates the growth-inhibitory and pro-apoptotic effects of celecoxib in osteoarthritis synovial adherent cells** *RHEUMATOLOGY*
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- **Celecoxib and curcumin additively inhibit the growth of colorectal cancer in a rat model** *DIGESTION*
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2005; 11 (18): 6738-6744
- **Establishment and characterization of a pancreatic carcinoma cell line derived from malignant pleural effusion** *ONCOLOGY*
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