CURRICULUM VITAE

Young H. Ju, Ph.D.

Department of Human Nutrition, Foods and Exercise
Virginia Tech
295 Campus Drive
Blacksburg, VA 24061
Tel: 540-231-6168
Email: yhju@vt.edu

EDUCATIONS:

Degree	Year	Field of Study	Institutions
Ph.D.	1998	Crop Sciences	University of Illinois at Urbana-Champaign, IL
M.S.	1992	Horticulture	University of Illinois at Urbana-Champaign, IL
B.S.	1987	Horticulture	Korea University, Seoul, Korea

RESEARCH & TEACHING INTERESTS:

Behavioral and Community Science
Exploring the potential benefits of integrative health modalities in a variety of situations that include pain management, relief of symptoms in cancer patients and survivors, quality of life improvement, and promoting healthy behaviors.
Exploring the potential benefits and adverse effects of functional foods on chronic health conditions.

PROFESSIONAL APPOINTMENTS and HONORS:

Positions and Employments

2011-present	Associate Professor	Human Nutrition, Foods & Exercise, Virginia Tech, Blacksburg, VA.
2004-2011	Assistant Professor	Human Nutrition, Foods & Exercise, Virginia Tech, Blacksburg, VA.
2003-2004	Research Assistant Professor	Food Science & Human Nutrition, UIUC, IL.
2001-2003	Postdoctoral Fellow	NIH Postdoctoral Training Fellowship in Endocrine, Developmental & Reproductive Toxicology
1998-2001	Research Associate	Food Science & Human Nutrition, UIUC, IL.
1992-1989	Graduate Research Assistant	Crop Sciences, UIUC, IL.
1987-1988	Researcher	Bonsai Research Institute, Seoul, Korea

Honors and Awards

2001-2003	National Institute of Health Postdoctoral Training Fellowship in Endocrine, Development & Reproductive Toxicology, UIUC, IL.
1997	Participant for Summer Institute in Japan Program, National Science Foundation (U.S.)
1997	Student Travel Awards for the 28th Annual Meeting, Environmental Mutagen Society
1995-1998	Interdisciplinary Environmental Toxicology Scholarship, UIUC
1995	Alumni Award for Graduate Travel, Crop Sciences, UIUC
1989-1992	Study Abroad Scholarship, Korea

Professional Memberships

American Society for Nutrition

TEACHING ACTIVITIES:

Spring

HNFE 4224: Alternative and Complementary Nutrition Therapy
HNFE 2334: Introduction to Integrative Health

Fall

HNFE 4114/5114G: Food and Nutritional Toxicology
HNFE 4004: Seminar in HNFE: Writing and discourse in the major

Virginia Cooperative Extension program

Get the Facts Webinar Series

SELECTED PEER REVIEWED PUBLICATIONS (2012- present):

Kennedy, L., Hosig, K, Ju, Y., & Serrano, E (2019) Evaluation of a mindfulness-based stress management and nutrition education program for mothers. Cogent Social Sciences 5:1682928.

Rafie, C., Zarghami, F., & Ju, Y. (2017). Understanding Cancer: What we know about breast cancer (HNFE-411NP).

Ju, Y., & Morgan, Kim (2017). Anti-diabetic potentials of white mulberry (HNFE-518P).

Ju, Y., & Morgan, Kim (2017). Anti-diabetic potentials of bitter melon (HNFE-512P).

Ju, Y. (2017). Can flaxseed lower cholesterol levels? (HNFE-444P)

Ju, Y. (2016). Are low-fat or fat-free products problem-free? (HNFE-370P).

Rafie, C., Ju, Y., & Strong, K. A. (2016). Cancer and survivorship: superfoods and qigong. Woodbridge, VA.

Rafie, C., Ju, Y., & Zarghami, F. (2016). Understanding Cancer: What we know about lung cancer (HNFE-338NP).

Rafie, C., Anderson, C., Zarghami, F., & Ju, Y. (2016). Understanding Cancer: What we know about colorectal cancer (HNFE-368NP).

Ju, Y. H. (2016). Is gluten-free diet healthy for people without celiac disease? (HNFE-350P).

Ju, Y. H. (2016). To soy or not to soy: Effects of Soybeans on Breast Cancer, Menopause and Heart Disease. (HNFE-339P).

Ju, Y. H. (2015). Caffeinated energy drinks/energy shots among young adults. (HNFE-299P).

Andrade, J. E., Ju, Y. H., Baker, C., Doerge, D. R., & Helferich, W. G. (2015). Long-term exposure to dietary sources of genistein induces estrogen-independence in the human breast cancer (MCF-7) xenograft model. MOLECULAR NUTRITION & FOOD RESEARCH, 59(3), 413-423. doi:10.1002/mnfr.201300780

Du, M., Yang, X., Hartman, J. A., Cooke, P. S., Doerge, D. R., Ju, Y. H., & Helferich, W. G. (2012). Low-dose dietary genistein negates the therapeutic effect of tamoxifen in athymic nude mice. CARCINOGENESIS, 33(4), 895-901. doi:10.1093/carcin/bgs017