

Kijoon Kim, Ph.D., M.D.

Professor in Residence

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EDUCATION

- Ph.D. in Food and Nutrition, Seoul National University, Seoul, Korea
- M.D. in Korean Medicine, Kyung Hee University, Seoul, Korea
- M.S. in Material Science and Engineering, Seoul National University, Seoul, Korea
- B.S. in Material Science and Engineering, Seoul National University, Seoul, Korea

PROFESSIONAL EXPERIENCE

- Professor in Residence, Nutritional Sciences, University of Connecticut (UConn), Storrs, CT (September 2024 – present)
- Adjunct Professor, Food and Nutrition, Sookmyung Women's University, Seoul, Korea (September 2018 – August 2024)
- Adjunct Faculty, Food and Nutrition, Dooksung Women's University, Seoul, Korea (March 2018 – February 2019)
- Adjunct Faculty, Food Science and Nutrition, Catholic University of Korea, Seoul, Korea (March – August 2018)
- Research Scientist, Nutritional Sciences, University of Connecticut (UConn), Storrs, CT (January 2016 – August 2024)

- Postdoctoral Fellow, Nutritional Sciences, University of Connecticut (UConn), Storrs, CT (January 2014 – December 2015)

EDITORIAL EXPERIENCE

- Guest Editor, *Nutrients*, Special Issue: "Natural Active Compounds in Inflammation and Metabolic Diseases" (September 2024 – present)
- Guest Editor, *Metabolites*, Special Issue: "Nutritional Epidemiology and Metabolic Disorders" (September 2023 – November 2024)
- Guest Editor, *Metabolites*, Special Issue: "Dietary Antioxidants and Metabolic Diseases" (June 2022 – May 2023)

ENTREPRENEURIAL AND EXECUTIVE EXPERIENCE

- Founder, Kim Kijoon BOM Clinic
- Founder, HerbEat
- Founder, Somavera
- CEO, BOM Institute of Nutrition and Natural Medicine

LEADERSHIP ROLES IN PROFESSIONAL ORGANIZATIONS

- Director of Convergence Precision Nutrition Committee, Korean Nutrition Society (January 2024 – December 2024)
- Director of Medical Nutrition Committee, Korean Nutrition Society (January 2023 – December 2023)
- Secretary Special Affairs, Korean Nutrition Society (January 2021 – December 2022)
- Member of Academic Committee, Korean Nutrition Society (January 2019 – present)

- Director of Alternative Nutrition Committee, Korean Nutrition Society (January 2019 – December 2022)
- Member of Public Relations Committee, Association of Korean Medicine (September 2003 – August 2004)

PERSONAL LICENSE

- Korean Medical Doctor (February 2003 – present)

INTERESTS

Dr. Kijoon Kim's long-term research interests encompass nutrition, herbal medicine, and chronic disease prevention, with a focus on identifying interventions that can reduce disease risk and enhance overall health. Specifically, his work focuses on: 1) the role of herbs and natural compounds in reducing inflammation and oxidative stress, which are significant contributors to chronic diseases such as cardiovascular disease (CVD) and diabetes; 2) human clinical trials evaluating the impact of herbal supplements, dietary behaviors, and nutrition on metabolic health and disease prevention; and 3) nutritional epidemiology research investigating the relationship between dietary antioxidants, total antioxidant capacity (TAC), and health outcomes, including mortality and chronic disease risk.

In addition to his research, Dr. Kim is a licensed clinician specializing in herbal medicine. His expertise extends beyond the academic sphere, as he applies his knowledge to the development of consumer health products. As the founder of HerbEat, Dr. Kim has created a brand focused on producing accessible, high-quality herbal supplements for general

consumers, combining his clinical practice with entrepreneurial leadership as CEO of the BOM Institute of Nutrition and Natural Medicine. His work bridges the gap between cutting-edge research and practical applications for improving public health.

PUBLICATIONS

1. **Kijoon Kim**, Seoeun Ahn, Matthew P. Madore, Ock K Chun. (2024) Associations between Serum Biomarkers of Fruit and Vegetable Intake and All-Cause, Cancer, and CVD Mortality among U.S. Adults. *Nutrients*. (In review)
2. **Kijoon Kim**, Matthew P. Madore, Ock K. Chun. (2024) Changes in Intake and Major Food Sources of Carotenoids among U.S. Adults between 2009–2018. *Metabolites* 2024, 14(1), 13
3. Jihee Choi, Joungee Lee, **Kijoon Kim**, Hyo-Kyoung Choi, Se-A Lee, Hae-Jeung Lee. (2022) Effects of Ginger Intake on Chemotherapy-Induced Nausea and Vomiting. *Nutrients*. 14(23): 4982.
4. Briana M. Nosal, Junichi R. Sakaki, Zachary Macdonald, Kyle Mahoney, **Kijoon Kim**, Matthew Madore, Staci Thornton, Thi Dong Binh Tran, George Weinstock, Elaine Choung-Hee Lee, Ock K. Chun. (2022) Blackcurrants Reduce the Risk of Postmenopausal Osteoporosis: A Pilot Double-Blind, Randomized, Placebo-Controlled Clinical Trial. *Nutrients*. 2022;14(23).
5. Yoona Kim, Dong Woo Kim, **Kijoon Kim**, Jeong-Sook Choe, Hae-Jeung Lee. (2022) Usual intake of dietary isoflavone and its major food sources in Koreans: Korea National Health and Nutrition Examination Survey 2016-2018 data. *Nutr Res Pract*. 2022;16:e43.

6. **Kijoon Kim**, Melissa M. Melough, Dongwoo Kim, Junichi R. Sakaki, Joonsuk Lee, Kyungju Choi and Ock K. Chun. (2021) Nutritional Adequacy and Diet Quality Are Associated with Standardized Height-for-Age among U.S. Children. *Nutrients*, 13(5)
7. Kyungho Ha, **Kijoon Kim**, Junichi R. Sakaki, Ock K. Chun. (2020) Relative Validity of Dietary Total Antioxidant Capacity for Predicting All-Cause Mortality in Comparison to Diet Quality Indexes in US Adults. *Nutrients*, 12(5).
8. **Kijoon Kim**, Melissa M. Melough, Junichi R. Sakaki, Kyungho Ha, Dalia Marmash, Hwayoung Noh, Ock K. Chun. (2020) Association between Urinary Cadmium-to-Zinc Intake Ratio and Adult Mortality in a Follow-Up Study of NHANES 1988–1994 and 1999–2004. *Nutrients*. 12(1); 56.
9. **Kijoon Kim**, Joonsuk Lee, Hee Young Paik, Bongha Ryu, Jae Eun Shim. (2019) Effects of Multiple Herb Formula (SEC-33) Supplementation on the Respiratory Immunity, Dietary Intake, and Growth of Thin Children. *J East Asian Soc Diet Life* 29(4): 281~290
10. Melissa M. Melough, **Kijoon Kim**, Eunyong Cho, Ock K. Chun. (2019) Relationship between Furocoumarin Intake and Melanoma History among US Adults in the National Health and Nutrition Examination Survey 2003-2012. *Nutrition and Cancer*. May 10:1-9.
11. **Kijoon Kim**, Melissa M. Melough, Terrence M. Vance, Dongwoo Kim, Hwayoung Noh, Sung I. Koo, Ock K. Chun. (2019) The relationship between zinc intake and cadmium burden is influenced by smoking status. *Food Chem Toxicol*, 125: 210
12. **Kijoon Kim**, Terrence Vance, Ming-Hui Chen, Ock K. Chun. (2017) Dietary total antioxidant capacity is inversely associated with all-cause and cardiovascular disease death of US adults. *Eur J Nutr*, 57(7):2469-2476.
13. Kyungho Ha, **Kijoon Kim**, Ock K. Chun, Hyojee Joung, YoonJu Song. (2017) Differential association of dietary carbohydrate intake with metabolic syndrome in US and Korean adults: Data from the 2007-2012 NHANES and KNHANES. *Eur J Clin Nutr* 72(6):848-860. Editor's choice (<https://www.nature.com/collections/ktdfndgnlj>)

14. Melough MM, Lee SG, Cho E, **Kijoon Kim**, Provatas AA, Perkins C, Park MK, Qureshi A, Chun OK. (2017) Identification and Quantitation of Furocoumarins in Popularly Consumed Foods in the U.S. Using QuEChERS Extraction Coupled with UPLC-MS/MS Analysis. *J Agric Food Chem* 65:5049-5055.
15. Melissa Melough, **Kijoon Kim**, Eunyoung Cho, Anthony Provatas, Christopher Perkins, Min Kyung Park, Abrar Qureshi, Chun OK. Estimation of Furocoumarin Intake of the U.S. Population in the National Health and Nutrition Examination Survey. 2017 Experimental Biology Conference, American Society for Nutrition, Chicago, IL, April 22-26, 2017
16. **Kijoon Kim**, Terrence Vance, Ock K. Chun. (2016) Greater Total Antioxidant Capacity from Diet and Supplements Is Associated with a Less Atherogenic Blood Profile in U.S. Adults. *Nutrients*, 8(1), 15.
17. **Kijoon Kim**, Terrence Vance, Ock K. Chun. (2016) Greater flavonoid intake is associated with improved CVD risk factors in US adults. *Br J Nutr*, 115:1481-1488.
18. **Kijoon Kim**, Terrence Vance, Ock K. Chun. (2016) Estimated intake and major food sources of flavonoids among US adults: changes between 1999-2002 and 2007-2010 in NHANES. *Eur J Nutr*, 55(2):833-43.
19. Minji Kang, Dong Woo Kim, Hyun Ju Jung, Jae Eun Shim, YoonJu Song, **Kijoon Kim**, Hee-Young Paik. (2016) Dietary supplement use and nutrient intake among children in South Korea. *J Acad Nutr Diet*. Aug;116(8):1316-22.
20. Sang Gil Lee, **Kijoon Kim**, Terrence M. Vance, Christopher Perkins, Anthony Provatas, Shaowei Wu, Abrar Qureshi, Eunyoung Cho, Ock K. Chun. (2016) Development of a comprehensive analytical method for furanocoumarins in grapefruit and their metabolites in plasma and urine using UPLC-MS/MS: a preliminary study. *Int J Food Sci Nutr*, Dec;67(8):
21. **Kijoon Kim**, Joonsuk Lee, Hee Young Paik, Jihyun Yoon, Bongha Ryu, Jae Eun Shim. (2015) Effects of multiple herb formula SEC-22 supplementation on dietary intake, picky eating behaviors, and growth indices in thin preschool children. *Nutr Res Pract*. Aug;9(4):393-9

22. Jae Eun Shim, Ji Hyun Yoon, **Kijoon Kim**, Hee Young Paik. (2013) Association between picky eating behaviors and growth in preschool children. *J Nutr Health*, 46(5): 418 ~ 426
23. **Kijoon Kim**, Joonsuk Lee, Jihyun Yoon, Bongha Ryu, Hee Young Paik. (2012) The Weight Gain Effects of the Bofesungjangjeungbo-tang(Bǔfèichéngzhǎngzēngbǔ-tang) on Under-weight Korean Preschool Children with Frequent Common Cold or Chronic Rhinitis. *J Pediatr Korean Med*, 26(4):44-50
24. **Kijoon Kim**, Joonsuk Lee, Jihyun Yoon, Bongha Ryu, Hee Young Paik. (2012) The Weight Gain Effects of the Sungjangjeungbo-tang(Chéngzhǎngzēngbǔ-tang) on Thin Korean Preschool Children. *Korean J Orient Int Med*, 33(2); 180-187
25. **Kijoon Kim**, Joonsuk Lee. (2009) The Clinical Study on the Effects of BOM Gunbisoyeom-tang(Jianbixiaoyan-tang) Gamibang for Allergic Rhinitis. *J Korean Med Ophthalmol Otolaryngol Dermatol*, 22(1); 141-147
26. **Kijoon Kim**, J. H. Sone, S.-O. Kim, J. S. Park, Hyeong Joon Kim. (1996) Deposition mechanism and electrical properties of low pressure chemically vapor deposited W as a gate electrode. *J. Vac. Sci. Technol. A*, 14(3), pp.919-923
27. Sunoo Kim, **Kijoon Kim**, Hyoung Sub Kim, Sug Bong Kang, Jae Hyun Sone, Jeong Soo Byun, Hyeong Joon Kim. (1994) Electrical Properties of p+-Gate Electrode of the a-Si/poly-Si Double Layer. *Thin Solid Films*, 253(1,2), 413
28. Jae Hyun Son, Sunoo Kim, **Kijoon Kim**, Hyoung Sub Kim, Hyeong Joon Kim. (1994) Formation of LPCVD-W Thin Film on Silicon Dioxide for Gate Electrode Application. *Thin Solid Films*, Vol.253, 377-381