Over the past 18 years, Dr. Xiu-Min Li has investigated a number of interventions derived from traditional Chinese medicines (TCM) for allergic conditions, including food allergies, asthma, and atopic dermatitis. She has developed 19 herbal inventions and several patented formulas. ASHMI was approved by the US FDA as the first botanical investigational new drug (IND) for asthma, and FAHF-2 as first botanical IND for food allergy. She is a sponsor of US-FDA approved clinical studies of these botanical INDs for asthma and food allergy. She also directs immunobiology and herbal chemistry laboratories. Her research has resulted in nearly 100 publications and in ongoing clinical and practice-based trials at Mount Sinai including:

- Assessing the first US FDA botanical investigational new drug for asthma (ASHMI™) in FDA Phase I and II trials.
- Assessing the first US FDA botanical investigational new drug for food allergy (FAHF-2) in FDA Phase I and II trials.
- Practice based studies of TCM therapy for food allergies in children with frequent and severe food allergy anaphylaxis.
Dr. Li’s clinical studies demonstrate the safety and efficacy of her treatments using Chinese herbal medicine for several allergic conditions:

- ASHMI was shown to be safe and effective as a stand-alone asthma therapy for moderate to severe asthma - comparable to prednisone.
- FAHF-2 treatment was shown to be safe, and produced immune modifications of underlying markers of allergy.
- Development of a unique comprehensive TCM therapy for eczema associated with food allergy that is resistant to conventional treatment. This therapy reduces IgE levels and improves the skin condition.
- Clinical practice-based observational data showed that a combined TCM therapy reduced frequent and potentially severe reactions in children with highly sensitive food allergies.

The Chinese Herbal Medicine Investigational Laboratory at Mount Sinai

In her Mount Sinai laboratory, Dr. Li mentors clinical and research fellows, graduate students, and junior faculty, many of whom have received career development grants. Her team comprises experts in immunology and chemistry who investigate traditional Chinese herbal medicines, and isolated botanical compounds for the treatment of multiple allergic conditions.
To learn more about supporting the Center for Integrative Medicine for Allergies and Wellness, contact:

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We invite you to support Dr. Li’s innovative efforts by making a gift. The advances she has accomplished to date have been possible through the philanthropy of our generous supporters, in addition to NIH grants. Your support will help sustain the progress and evolution of biomarker studies, treatment of food allergy, asthma, and eczema, and will support Dr. Li’s research contributions, while directly benefiting the patients and families we serve.

To learn more about Dr. Li’s Chinese Herbal Medicine research and read more about her work with food allergies, below is a list of selected publications:


For more information about Dr. Li’s Chinese Herbal Medicine practice, contact:

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