

APRIL 2016

MUIH 2016 Research Symposium Winners Announced

On March 11, students, faculty, and staff gathered for the MUIH Research Symposium, an annual event that highlights the best of the University's research and scholarship. Congratulations to President's Award winner Heather Walker and Faculty Research Poster Award winner Celeste Homan. Dr. Steffany Moonaz, Associate Director of Integrative Health Sciences, was also recognized at the event for winning MUIH's first annual Excellence in Research and Scholarship Award. [Read more](#)



Four Lessons on Organic Living from Maria Rodale



MUIH recently had the pleasure of welcoming Maria Rodale—author, activist, and CEO and president of Rodale, Inc.—to campus for a lecture

Featured Events

[Nutrition Strategies for Chronic Stress: Workshop for Health and Wellness Practitioners](#)
Apr. 30, 9 a.m.

Calendar

[Webinar: Estrogen: Exploring Food and Hormone Balance](#)
Apr. 18, 7 -8 p.m.

[Web Information Session: Nutrition and Integrative Health Programs](#)
Apr. 19, 7 -8 p.m.

[Webinar: Careers in Herbal Medicine](#)
Apr. 20, 12 -1 p.m.

[Web Info Session: Yoga Therapy Program](#)
Apr. 21, 7 -8 p.m.

[Web Information Session: Doctor of Clinical Nutrition](#)
Apr. 27, 1 -2 p.m.

[Webinar: Herbal Enthusiast to Herbal Expert](#)
Apr. 30, 11 -12 p.m.

[Web Information Session: Herbal Medicine Programs](#)
May 4, 7 -8 p.m.

and book signing. Maria is a woman who truly embodies and exemplifies MUIH's core values of discernment, inquisitiveness, and integrity. If you weren't able to make it to the event in person, here are some of the key takeaways from her lecture. [Read more](#)

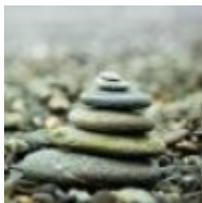
MUIH in the News

Nutrition Faculty Myra Kornfeld's New Cookbook Reviewed on the Gilmer Mirror

Professor Kornfeld's new book with Stephen Massimilla, *Cooking with the Muse: A Sumptuous Gathering of Seasonal Recipes, Culinary Poetry, and Literary Fare*, was published by Tupelo Press on April 1. The Gilmer Mirror online: "*Cooking with the Muse* is a perennially seasonal feast for the senses, a delectable journey that nourishes the body, mind, and spirit." [Read more](#)

Cooking Lab Manager Eleanora Gafton's Recipes Featured in *edibleDC*

The featured recipes in *edibleDC*'s Spring 2016 issue are Eleanora Gafton's Spring Market Spring Rolls and Really Easy Peanut Sauce, which make the most of fresh spring vegetables and herbs. The recipes can be found on page 17 of the current issue, both in print and online. [Read more](#)



Mindfulness Meditation for Well-Being and Happiness

Begins April 20, 6:30 p.m. - 8:00 p.m.

Join us on campus for a six-week course to learn the basics of meditation, including an overview for working with thoughts and emotions, developing wisdom and deepening wisdom and deepening compassion. Mindfulness meditation is a simple approach to bring awareness to our experience, beginning by focusing attention on the breath. The practice concentrates and calms the mind and allows us to live more fully in the present. [Read more](#)



Recipe: Spring Cleaning Detox Salad

The change of seasons is upon us; it's the perfect time to give your body a nice spring-cleaning boost. Supporting your body's natural detoxification pathways is a great way to get rid of the old and make space for new, both physically and emotionally. Spring is all about movement and fresh new energy—this fresh baby spinach green salad recipe by MUIH Master of Science in Nutrition and Integrative Health Candidate and Nutrition Intern Rachael Adams is the perfect way to celebrate! [Read more](#)

Have You Connected with MUIH Yet?

[Graduate Programs Open House](#)
May 11, 7 -9 p.m.

[Web Info Session: Admissions and Financial Aid](#)
May 13, 6 -7 p.m.

[Web Info Session: Health and Wellness Coaching Programs](#)
May 16, 12 -1 p.m.

[Web Info Session: Acupuncture and Oriental Medicine Programs](#)
May 16, 7 -8 p.m.

[See all Upcoming Events](#)



In Case You Missed It...

Here are some of the most interesting health and wellness related items buzzing around online right now.

[U.S. Military Embracing Auricular Battlefield Acupuncture for Active Personnel \(JACM\)](#)

A new article examines the positive effects of acupuncture as a pain management strategy to more efficiently alleviate pain.

[Patients Begin Cooking with Doctors and Exploring the Medicine of Food \(NPR\)](#)

In a few pockets of the U.S., medical students are learning not just about nutrition in the classroom, but also how to cook so that they can better inform their future patients about food.

[Yoga Continues To Have a Positive Impact on Children and Adolescents \(US News\)](#)

Research on yoga programs have found decreased levels of depression, stress and anger, plus improved coping skills; that's in addition to improved strength, flexibility and fitness.

[It Is Possible To Train Your Brain to Boost Your Immune System \(Mindful\)](#)

A recent study followed students trained to use mindfulness to control their immune system. No symptoms seen after students were injected with bacteria that normally induce sickness.

[Gene Testing May Be the Next Level of Workplace Wellness Programing \(Chicago Tribune\)](#)

Individuals report that "having the knowledge of their own individual profile allowed them to gain a certain understanding and mastery of their condition that they didn't have before."

[Website](#) | [Academic Programs](#) | [Admissions](#) | [Open Houses](#) | [Upcoming Events](#) | [Natural Care Center](#)

