

APRIL 2017

MUIH Research Symposium: An Overview

On March 24, 2017, students, faculty, and staff gathered for the second annual MUIH Research Symposium, an event that highlights the best of the University's research and scholarship. Two awards of excellence were given for student and faculty poster presenters, and the annual Excellence in Research and Scholarship Award was presented.



The center-piece of the event was a poster session displaying recent research from the MUIH community. Students, faculty, and alumni submitted abstracts and were chosen to present through a peer-review process. [Read more](#)

Featured Events

[Webinar: Nutrition from the Back Yard](#)
May 3, 7-8 p.m.

[Graduate Programs Open House](#)
May 24, 7-9 p.m.

[MUIH Nutrition Symposium: Nutritional Genomics in Clinical Practice](#)
June 23-25

Early Bird Registration Ends May 8

Events Calendar

[Webinar: Yoga Teacher to Yoga Therapist: Making the Transition](#)
May 1, 1-2 p.m.

[Webinar: Herbs for Spring Cleanse and Renewal](#)
May 4, 12-1 p.m.

[Web Information Session: Health Promotion Program](#)
May 8, 12-1 p.m.

[Web Information Session: Doctor of Clinical Nutrition](#)
May 9, 1-2 p.m.

[Web Information Session: Herbal Medicine Programs](#)
May 10, 7-8 p.m.

[Web Information Session: Nutrition and Integrative Health Programs](#)
May 11, 12-1 p.m.

[Webinar: A New Standard in Nutrition: CNS vs RD](#)

Tending Ourselves: Self-Care Strategies for Sustainable Work-Life Balance



Creating a sustainable work-life balance is an ongoing challenge for many, even those who love their jobs. If you've been burning the candle at both ends and are feeling frazzled, it may be time to reflect upon your current self-care regimen. Rather than face burnout, try these simple strategies from MUIH Associate Professors Bevin Clare and Camille Freeman to help restore balance and productivity in your daily life. [Read more](#)



2017 Faculty Research Poster Award Winner: Daryl Nault

This year's Research Symposium Faculty Research Poster Award winner was Daryl Nault, M.S. Nault is an adjunct faculty member at MUIH presently teaching research literacy and statistics. We recently interviewed Nault about her research study, and the role of eHealth literacy within integrative health fields. [Read more](#)



Council for the Advancement of Standards in Higher Education Appoints Leslie Perkins to Expert Reviewer Team

The Council for the Advancement of Standards in Higher Education (CAS) has appointed Leslie Perkins, Academic Support Specialist at MUIH, to serve on its team of expert reviewers. CAS promotes standards to foster and enhance student learning, development,

May 16, 6-7 p.m.

[Webinar: Five Exciting Jobs for Community Health Educators](#)

May 18, 12-1 p.m.

[Webinar: Coaching Simulation Workshop](#)

May 18, 7-8 p.m.

[Web Information Session: Acupuncture and Oriental Medicine Programs](#)

May 22, 7-8 p.m.

[Web Information Session: Yoga Therapy Program](#)

May 23, 7-8 p.m.

[Herb Walk](#)

May 24, 5-7 p.m.

[Web Information Session: Admissions and Financial Aid](#)

May 26, 12-1 p.m.

[See all Upcoming Events](#)

and achievement, and in general to promote good professional practice.



"Trataka" Opens at Himmelfarb Gallery

"Trataka" features paintings by Baltimore artist Elisabeth Gambino and opened March 31 in the Himmelfarb Gallery at MUIH. In this series, Gambino employs gazing at the natural and cultivated landscape in order to focus, relax, and calm the mind. [Read more](#)



MUIH in the News

Maryland's The Daily Record Names Dr. Steven Combs as "Featured Mover"

The Daily Record, a statewide business and legal multimedia news source, has named MUIH President & CEO Steven Combs a "Featured Mover" as he assumes his new role. [Read more](#)



Deborah Mizeur Discusses the Future of Food on NPR Affiliate

MUIH alumna Deborah Mizeur, nutritionist, clinical herbalist, and co-owner of Apotheosis Herb Farm, spoke with Sheilah Kast of WYPR's "On The Record" about the future of food. [Listen here](#)



Nutritionist and MUIH Alumna Elizabeth McMillan in Natural Awakenings DC Magazine

Elizabeth McMillan discussed how the foods you eat play a role in maintaining a proper pH level in the Washington, DC edition of Natural Awakenings magazine. [Read more](#)



Recipe: Berry Beet Smoothie

Although all the seasons are important, we'd be lying if we said we didn't revel in all the benefits of spring! This recipe from Nutrition & Integrative Health student Jessica Waller will help you kick off the season with a smoothie that has that "spring" feeling. Nutrient-rich beet juice is blended with bright, energizing ingredients like carrots, blueberries, pineapple, and baby greens, to help you feel refreshed and revitalized! [Read more](#)

Have You Connected with MUIH Yet?



In Case You Missed It...

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

[Study shows how slow breathing induces tranquility \(Stanford Medicine\)](#)

In a new study, researchers at the Stanford University School of Medicine and their colleagues have identified a handful of nerve cells in the brainstem that connect breathing to states of mind, providing a cellular and molecular understanding of how that relationship might work.

['Medicinal food' diet counters onset of type 1 diabetes \(Monash University\)](#)

Researchers have found -- for the first time -- that a specialized diet encouraging gut bacteria to produce high levels of specific fatty acids provided protection against type 1 diabetes. According to one researcher, "The findings illustrate the dawn of a new era in treating human disease with medicinal foods."

[Does good food count as health care? New research aims to find out \(STAT\)](#)

Community Servings, a Boston-based nonprofit, has been providing medically tailored meals for nearly three decades to individuals with chronic diseases who have trouble shopping and preparing food. Now, doctors are studying the program to see whether food really can become medicine.

[First study to show chair yoga as effective alternative treatment for osteoarthritis \(EurekaAlert!\)](#)

A new study, conducted by researchers at Florida Atlantic University found that participants in chair yoga showed a reduction in pain and pain interference during their sessions, and that reduction in pain interference lasted for about three months after program was completed.

[Why Acupuncture Works for Anxiety Relief \(Everyday Health\)](#)

A growing body of research shows that acupuncture can help treat a condition that affects everyone from time to time: anxiety.

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

