

AUGUST 2014

New Research: How Consumers Associate Wellness with Food



James Snow, interim academic director for integrative health sciences, was among a team of researchers who developed a questionnaire to measure consumers' perceived associations between wellness and certain foods and ingredients. We spoke with him about the questionnaire and its possible uses within the commercial food industry. [Read more](#)

Research Day Winner: Jason Bosley-Smith on MBSR for Cancer Patients

Featured Events

[Chinese Medicine Strategies for Resolving Persistent Lyme Disease and Co-infections](#)
Aug 27, 6:30 – 8 p.m.

[Reiki First Degree Healing](#)
Starts Sept 13

[Mindfulness Meditation for Well-Being and Happiness](#)
Starts Sept 23

Calendar

AUGUST

[Web Info Session: IIN Graduates](#)
Aug 18, 4 – 5 p.m.

[Call-in Info Session: Acupuncture and Oriental Medicine Programs](#)
Aug 18, 7 – 8 p.m.

[Herb Walk](#)
Aug 20, 5 – 7 p.m.

[Estrogen Sensitive Cancers: Potential Causes and Interventions](#)
Aug 21, 7 – 8:30 p.m.

[Graduate Programs Open House](#)
Aug 23, 9 – 11 a.m.

[Web Info Session: Admissions](#)

We interviewed Jason Bosley-Smith, winner of the President's Award at this year's Research Day for his research poster on using mindfulness-based stress reduction to alleviate emesis, nausea and food aversion among cancer treatment patients. [Read his interview here](#)



See the interesting abstracts of all [faculty](#) and [student](#) Research Day submissions.



MUIH in the News

Mary Luttamus featured in *Police Chief Magazine* for providing yoga classes to police officers

After Falls Church Virginia Police Detective Jennifer Elliot received a yoga therapy session with Mary Luttamus, MUIH's program director for yoga therapy, Elliot lobbied the police department to offer yoga classes. Now Luttamus teaches weekly yoga classes that also incorporate mindfulness practices to help officers manage work-related stress and injuries. [Read more](#)

MUIH student Lisa Fischer weighs in on the Every-Other-Day-Diet

University of Rochester Medical Center's *Health Matters* interviewed Lisa Fischer, RD and graduate student in our M.S. in Nutrition and Integrative Health. They asked for her opinion on a controversial new diet book, *The Every-Other-Day-Diet*. The book's author encourages alternating between a day of eating no more than 500 calories with a day of unlimited eating for weight loss. Fischer argues against the book's "absolutely unhealthy approach to nutrition." [Read more](#)



Mindfulness Meditation for Well-Being and Happiness

Starts Sept. 23

2014 has been called *The Year of Mindfulness*. Science is touting its benefits and, if you're serious about wellness, you've probably been meaning to begin or continue with a meditation practice. Over the course of this six week program taught by of the nation's leading mindfulness meditation instructors, Dr. Hugh Byrne, you'll learn to cultivate mindfulness

[and Financial Aid](#)
Aug 25, 12 – 1 p.m.

[Webinar: Estrogen Sensitive Cancers: Potential Causes and Interventions](#)
Aug 25, 7 – 8 p.m.

[Web Info Session: Nutrition and Integrative Health Programs](#)
Aug 26, 12 – 1 p.m.

[Webinar: Catching ZZZs: Herbal Remedies To Improve Your Sleep](#)
Aug 26, 7 – 8 p.m.

[Webinar: Integrative Health and Health and Wellness Coaching](#)
Aug 27, 7 – 8 p.m.

SEPTEMBER

[SOPHIA - School of Philosophy and Healing in Action Intensive](#)
Sept 2 – 11, times vary

[Web Info Session: Herbal Medicine Programs](#)
Sept 9, 7 – 8 p.m.

[Sports Medicine and Musculoskeletal Problems: The Chinese Medicine Approach](#)
Sept 10, 6:30 – 8 p.m.

[Web Info Session: IIN Grads](#)
Sept 12, 12 – 1 p.m.

[New Thinking, New Science](#)
Starts Sept 13

[Web Info Session: Health Coaching & Health Promotion Programs](#)
Sept 15, 7 – 8 p.m.

[Graduate Programs Open House](#)
Sept 16, 7 – 9 p.m.

[Webinar: Sports Medicine and](#)

through a series of meditation exercises that can be used to begin or deepen your personal practice.

Space is limited. [Learn more and register online](#)



Recipe: Black Bean Brownies

These brownies are so delicious that you'll forget they have black beans in them! Two of the recipe's ingredients stand out for their health-promoting properties. First, black beans contribute fiber, which most Americans need more of. Fiber helps lower cholesterol and balance blood sugar levels. Second, raw cacao powder (not to be confused with cocoa powder) is an antioxidant and is a great source of magnesium, iron and potassium. Thank you to Linda Burka, a nutrition student, for sharing this recipe! [Get the recipe](#)

In Case You Missed It...

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

[This is Your Brain on Fish \(The Atlantic\)](#)

Eating fish just once a week can protect you from developing Alzheimer's, according to a new study in the current American Journal of Preventive Medicine.

[How to Improve Your Run \(The Guardian\)](#)

You can run faster and for longer with simple changes, making your runs more enjoyable with a reduced risk of injury.

[Meditation Helps Vets Improve Diabetes Control \(Medpage Today\)](#)

Mindfulness meditation may help veterans relieve diabetes-related stress and ultimately improve their health, researchers reported at the recent American Association of Diabetes Educators meeting.

[Musculoskeletal Problems: The Chinese Medicine Approach](#)

Sept 16, 7 – 8 p.m.

[Web Info Session: Nutrition and Integrative Health Programs](#)

Sept 17, 12 – 1 p.m.

[Yoga for Chronic Pain](#)

Sept 22, 1 – 3 p.m.

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

Sept 25, 12 -1 p.m.

[Call-in Info Session: Acupuncture and Oriental Medicine Programs](#)

Sept 29, 12 – 1 p.m.

[Health Promotion and Coaching](#) Career Panel

Sept 29, 7 – 8:30 p.m.

[See all Upcoming Events](#)

External Events

[Natural Products Expo East](#)

Baltimore, MD

Sept. 18 – 20

Booth #8514, NEXT Pavilion

