

AUGUST 2016

MUIH's Natural Care Center Running for "Best of Howard" Award



It's that time of year again! Each day, our student interns and faculty offer our community compassionate and affordable services in natural medicine. Last year, MUIH and its Natural Care Center were voted "Best of Howard for Alternative Wellness Services" in our county and this honor brought increased awareness of MUIH and the powers of integrative health. We'd like your help to hold onto this title. [Please vote for Maryland University of Integrative Health in question 23](#) for "Best alternative wellness services." Even if you don't live in the county or don't complete the full survey, you can still vote for us.

In the Natural Care Center, we provide optimal healing possibilities through the movement of the body's qi with acupuncture, the healing properties of Chinese herbs, the power of integrative and functional nutrition, and the use of breath, movement, and mindfulness in yoga therapy. [Read more](#)



Inside the Herb Garden: Summer, Fall, and Winter Blooms

Though we are in the dead of heat now, summer has been flying by and the crisp air of fall will be upon us soon. In preparation for the summer season peak, we sat down to chat with Andrea Miller, a student in the Master of Science in Therapeutic Herbalism program and the new gardener in the herb garden at MUIH. Andrea shared her knowledge with us about what's in season, what we should plant now in preparation for cooler months, and what some of her best practices for gardening include. [Read more](#)



MUIH in the News

Bevin Claire Featured on UK Television Show *Superfoods*

Associate Professor and Clinical Herbalism Program Manager Bevin Clare was interviewed on the hit show *Superfoods*, which aired in the United Kingdom. In this episode, host Kate Quilton speaks with Clare about dandelions and all their benefits. [Watch now](#)

Heming Zhu and Heidi Most Published in Medical Acupuncture

Professor Heming Zhu and Associate Professor Heidi Most published a review in the August issue of *Medical Acupuncture* exploring similarities and differences between dry needling and acupuncture. The work provides suggestions for debate and solutions for conflict between non-physician dry needling practitioners and acupuncturists. [Read more](#)

Alumna Jennifer Stukey Wins 2016 SmartCEO Brava Award

MUIH alumna and NCC clinic supervisor Jennifer Stukey was awarded for her work with bringing acupuncture to a larger population by accepting medical insurance for treatments. The SmartCEO Brava Awards recognize top female CEOs and executives who combine entrepreneurial spirit with giving back to their community. [Read more](#)

Featured Event

[Open House](#)

Sep. 14, 7 -9 p.m.

Events Calendar

[Webinar: Yoga Teacher to Yoga Therapist](#)

Aug. 23, 12 -1 p.m.

[Webinar: What Does A Health Educator Do?](#)

Sep. 6, 12 -1 p.m.

[Webinar: Herbal Enthusiast to Herbal Expert](#)

Sep. 8, 12 -1 p.m.

[Web Information Session: Health and Wellness Coaching Programs](#)

Sep. 12, 12 -1 p.m.

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

Sep. 13, 12 -1 p.m.

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

Sep. 16, 12 -1 p.m.

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

Sep. 19, 12 -1 p.m.

[Web Information Session: Herbal Medicine Programs](#)

Sep. 20, 7 -8 p.m.

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

Sep. 21, 7 -8 p.m.

[Webinar: Coaching Simulation Workshop](#)

Sep. 22, 1 -2 p.m.

[Web Information Session: Internships in Nutrition and Integrative Health Programs](#)

Sep. 28, 7 -8 p.m.

[Web Information Session: Health Promotion Program](#)

Sep. 29, 7 -8 p.m.

[See all Upcoming Events](#)

Michael Tims Published in *JACM*

Herbal Programs Academic Director Michael Tims reviews DNA technology in relation to herbal supplements in his new review, "Putting the Cart Before the Horse: Toward the Appropriate Use of DNA Methods for Quality Assurance in the Herbal Supplement Industry." The piece was published in the July issue of *The Journal of Alternative and Complementary Medicine*. [Read more](#)

Christina Sax Article on Academic Innovation

Christina Sax, Provost and Vice President for Academic Affairs at MUIH, explores steps for academic innovation, change, and transformation in her recently published article on *The EvoLLution*, the leading online newspaper for higher education news, information, and opinions through a non-traditional lens. [Read more](#)



Recipe: Raw Heirloom Tomato Marinara Sauce

Growing seasonal vegetables at home can make it easier to meet your health goals. Vegetables like heirloom tomatoes are traditional vegetables that have maintained their original, or non-hybridized, plant DNA. This recipe by MUIH Nutrition Intern Trina Cobbler, M.S., highlights the robust garden flavor of the heirloom tomato to create a respectable marinara sauce seasoned with classic Italian herbs and spices. [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.

[4 Foods That Stress You Out—and 12 Foods to Tame Stress \(Dr. Frank Lipman\)](#)

Feeling stressed lately? Part of that might be related to the food you're consuming. Here is a list of stress-boosting foods to avoid and the stress-tamers you should always have within easy reach, particularly when times are tough.

[Yoga, Meditation May Help Reduce Childhood Anxiety \(Newsweek\)](#)

Researchers find that the anxiety of adolescent patients who have been diagnosed with anxiety disorders was significantly reduced after treatments of yoga and mindfulness.

[What Are the Purple Dots on Michael Phelps? Cupping Has an Olympic Moment \(New York Times\)](#)

Olympic swimmers have been seen in the games sporting purple and red circles on their shoulders and arms. The culprit? Cupping, an ancient Chinese healing practice.

[Wellness Programs Take Aim at Workplace Stress \(NPR\)](#)

A recent poll found that a substantial number of working adults say stress—a disposition that has long been shown to increase the risk of heart disease, obesity, diabetes and a number of mental health problems—is a critical health issue they face at work.

[Eight Ways To Nurture Your Gut For Overall Health \(MindBodyGreen\)](#)

Do you know how to optimize conditions in your microbiome? There are approaches that anyone can take today without spending a lot of money, and here are some of the best research-backed ways to improve your microbiome for overall health.

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

