

FEBRUARY 2016

2016 Must Reads from Faculty



Ready for greater knowledge, health, and wellbeing in 2016? We've put together this comprehensive reading list on topics that range from gut health to herbal medicine to a personal memoir and more. So grab some herbal tea, a warm blanket, and make yourself comfy because you might not want to put these books down. [Read more](#)

Infographic: MUIH by the Numbers

Featured Events

[Yoga Teacher Workshop: Yoga for Stress Reduction](#)

Feb. 17, 1 – 3 p.m.

[Integrative Health Graduate Fair](#)

Feb. 18, 6:30 – 8:30 p.m.

Calendar

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

Feb. 11, 12 – 1 p.m.

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

Feb. 15, 12 – 1 p.m.

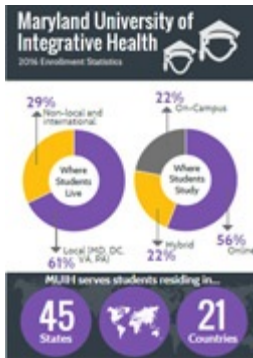
[Web Info Session: Internships in Nutrition and Integrative Health](#)

Feb. 15, 7 – 8 p.m.

[Webinar: Careers in Health Coaching](#)

Feb. 17, 12 – 1 p.m.

[Web Info Session: Admissions and](#)



As interest in integrative health increases, MUIH continues to be on the cutting edge of academic offerings, attracting students from around the globe to partake in our programs. Our student body is growing with each incoming class, so we decided to crunch the numbers. How big is MUIH? What are our most popular programs? Where are our students from? This fast-facts 2016 enrollment infographic has all the details. [Read more](#)



MUIH in the News

Two MUIH Students Earn Conference Scholarships

Two MUIH students earned scholarships to this year's International Congress on Integrative Medicine on Health by participating in a competition sponsored by the Academic Consortium for Complementary and Alternative Health Care (ACCHAC). Melissa Smith, a yoga therapy student and staff member, and Sheri DePetro, an acupuncture doctoral student and faculty member, received two of the 10 scholarships made available to students of the 35 member schools of ACCHAC. Congratulations, Melissa and Sheri!

Herbal Medicine Academic Director Michael Tims Interviewed About Herbalist Training

Dr. Tims weighs in on the progress that has been made in translating herbal lore into a Western, allopathic mode, but much more still needs to be done. [Read more](#)

MUIH Will Be Part of New Hybrid UM UCH Medical Center

MUIH looks forward to being in partnership with University of Maryland Upper Chesapeake Health on this project to improve access to greater health options to better the mind, body, and spirit of those we serve in our community. [Read more](#)

[Financial Aid](#)

Feb. 19, 12 - 1 p.m.

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

Feb. 22, 7 – 8 p.m.

[Call-in Info Session: AOM Doctoral for Alumni](#)

Feb. 23, 12 - 1 p.m.

[Webinar: Eating for a Healthy Heart](#)

Feb. 23, 7 – 8 p.m.

[Web Info Session: Doctor of Clinical Nutrition](#)

Feb. 24, 12 - 1 p.m.

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

Feb. 24, 7 – 8 p.m.

[Webinar: Yoga Teacher to Yoga Therapist: Making the Transition](#)

Feb. 25, 1 -2 p.m.

[Webinar: Coaching Simulation Workshop](#)

Feb. 27, 10 – 11 a.m.

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

Mar. 8, 7 – 8 p.m.

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

Mar. 9, 7 – 8 p.m.



Mindfulness Meditation Retreat: Learning Tools to Be Fully Present in Your Life

As our lives become increasingly complex, hectic, and stressful, it's not common to experience varying levels of anxiety, depression, and physical challenges. At the same time, it is becoming harder and harder to truly be present in our lives and take time to nurture ourselves. Learn or renew your mindfulness meditation practices. [Read more](#)



Recipe: Hearty Vegetable Soup

This tasty soup, with a chicken broth base, is both delicious and nutritionally dense, making it a great choice for any time of year, but especially on a cold winter night. [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.

[Brené Brown Explains Difference between Empathy and Sympathy \(Refinery 29\)](#)

In this funny yet informative animated short, Brené Brown underscores the importance of connection in the way we respond to others' pain.

[The Quiet Revolution of Health and Wellness Coaches \(The Hill\)](#)

The work of health coaches has been quietly improving the health and wellness; figures in the coaching community made a call to DC to recognize their efforts and empower their growth.

[Acupuncture Improves Pain in Pediatric Patients \(Practical Pain Management\)](#)

Past studies have found acupuncture therapy to be beneficial for patients suffering from chronic pain. New research suggests this could be just as true for younger patients.

[When Downward Dog Is on the Syllabus: Why Schools Are Embracing Yoga \(The Seventy Four\)](#)

Yoga continues to make headway in schools, its therapeutic effects helping students understand and recognize their emotions and cope with the pressures of life and education.

[This Is Your Brain on Nature \(National Geographic\)](#)

A cognitive psychologist explores how when we get closer to nature—be it

[MUIH Research Symposium 2016](#)

Mar. 11, 4 – 8 p.m.

[See all Upcoming Events](#)

untouched wilderness or a backyard tree—we do our overstressed brains a favor.

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

