

JANUARY 2016

MUIH Announces New Partnerships with AHG and IFM



MUIH and the American Herbalists Guild (AHG) have joined forces to educate students studying clinical herbalism. The articulation agreement allows MUIH students in the Master of Science in Therapeutic Herbalism program to earn clinical hours by enrolling in the AHG Supervisory Mentoring Program. [Read more](#)

MUIH and The Institute for Functional Medicine (IFM) have established a new collaboration. The agreement allows certified IFM practitioners an opportunity to earn up to nine credits of advanced standing in MUIH's Doctor of Clinical Nutrition program. [Read more](#)

2015 Research in Review

2015 was a step forward for faculty research at Maryland University of Integrative Health. Every day, our faculty works to find better ways of understanding, implementing and sharing integrative health methods.

Featured Events

[Graduate Programs Open House](#)

Jan. 13, 7 – 9 p.m.

[Nutrition and Digestive Health](#)

Jan. 23-24

Calendar

[Graduate Open House](#)

Jan. 13, 7- 9 p.m.

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

Jan. 14, 12 -1 p.m.

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

Jan. 15, 12 - 1 p.m.

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

Jan. 19, 1 -2 p.m.

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

Jan. 19, 7 p.m.

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

Jan. 20, 7 -8 p.m.

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

Jan. 21, 7 -8 p.m.

We've highlighted seven significant MUIH papers published in 2015 by MUIH faculty, including research on yoga therapy, herbal medicine, wellness, and nutrition. [Read more](#)



MUIH in the News

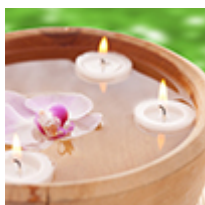
MUIH and Natural Care Center Named "Best Alternative Wellness Services"

MUIH and its Natural Care Center have been voted "Best Alternative Wellness Services" in *Howard Magazine's* Annual Best of Howard County survey. [Read more](#)

Two MUIH Alumni Featured in The Frederick News-Post

After the loss of her husband, Courtney Luck began receiving acupuncture treatments to help cope with her grief. After experiencing the treatment's healing effects firsthand, Luck decided to pursue acupuncture as a career. She recently opened up her own practice after graduating from MUIH in October 2015. [Read More](#)

One of our first yoga therapy graduates, Aimee Firor McBride, owns The Shala, a full-spectrum Mind-Body Wellness Center in Frederick, Maryland, and has begun offering yoga therapy services there. McBride and therapists at The Shala work with clients' doctors or other care providers to create a program to fit their daily life. [Read more](#)



Mindfulness Meditation for Well-Being and Happiness

Jan. 19 - Feb. 23

Would you like to bring greater ease to your life with a regular meditation practice? Learn the basics of meditation, including an overview for working with thoughts and emotions, developing wisdom, and deepening compassion, with Hugh Byrne. This course is offered over six weeks on Tuesday evenings. [Read more](#)



Recipe: Sweet Potato and Lentil Chili

This vegan recipe is packed full of nutritious food sources and spices, featuring fibrous sweet potatoes and Vitamin B9-rich lentils. [Read more](#)

[Nutrition and Digestive Health](#)

Jan. 23, 9 a.m.

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

Feb. 8, 7 -8 p.m.

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

Feb. 9, 7 -8 p.m.

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

Feb. 10, 12 -1 p.m.

[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: Nutrition and Integrative Health Internship](#)

Feb. 15, 7 -8 p.m.

External Events

[HealthFest](#)

Jan. 23, 10 a.m. - 6 p.m.
Unity of Washington, D.C.

[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.

[5 Underrated Detoxing Foods \(MindBodyGreen\)](#)

Not all white food is evil. These five unprocessed white foods can be incorporated into your diet as nutritious detox-boosting eats.

[12 Minutes of Yoga for Bone Health New York Times](#)

New research from a decade-long study has been published that only 12 minutes of yoga a day could be the path to better, stronger bones.

[Keep Things Simple for a Healthy, Long Life \(NPR\)](#)

A doctor offers small reminders for living a long and healthy life: make prevention a priority and keep things simple.

[Nobel Prize Based on a Traditional Chinese Medicine Herb & Text \(The Integrator Blog\)](#)

Global traditional medicine news is over-flowing with multiple reflections on the meaning of the award of the Nobel Prize in Medicine to Chinese scientist Tu Youyou.

[For Cancer Patients, Eating Right is Part of the Therapy \(National Geographic\)](#)

The Cancer Treatment Center of America (CTCA) in Tulsa, Oklahoma, is working to help food and nutrition become an integral part of the healing journey.

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

