



JULY 2017

## What is a Naturopathic Doctor?

Emphasizing prevention and wellness, and engaging the wisdom of nature to promote the body's inherent healing ability, naturopathic doctors diagnose and treat disease and use traditional therapies combined with modern medical practices to help restore, maintain, and improve health. Here, Autumn Frandsen, N.D., clinical associate of the Natural Care Center at Maryland University of Integrative Health (MUIH), discusses the unique, patient-centered care of naturopathic medicine. [Read more](#)



## MUIH Nutrition Symposium: Highlights on Nutritional Genomics in Clinical Practice

MUIH held its inaugural nutrition symposium Nutritional Genomics in Clinical Practice at our main campus in Laurel, MD on June 23-25. The symposium centered specifically on translating nutrigenomics information for the clinician and clinical practice. Over the course of three days, leaders in the field of nutrigenomics presented to a group of 95 healthcare professionals from across the US. [Read more](#)



## Himmelfarb Gallery: "Intertwined" Photography by Stephen Spartana

### Featured Events

[Jeffrey Yuen: Opening the Sensory Orifices](#)

Aug 4

[Jeffrey Yuen: Ophthalmology](#)

Aug 5-6

### Events Calendar

[Integrative Health Graduate Fair](#)

July 27, 6:30-8 p.m.

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

July 28, 12-1 p.m.

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

July 31, 1-2 p.m.

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

Aug 1, 12-1 p.m.

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

Aug 3, 12-1 p.m.

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

Aug 8, 12-1 p.m.

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

Aug 16, 7-8 p.m.

"Intertwined" features photography by Baltimore artist Stephen Spartana and opened on July 1 in the Himmelfarb Gallery at MUIH. In this series, Spartana creates dreamlike landscapes by combining the human form with multiple organic elements. [Read more](#)



### **MUIH in the News**

#### **Staying Hydrated in the Heat**

Elizabeth Owens, M.S., CNS, LDN, manager of experiential programs and adjunct faculty for the nutrition department at MUIH, was back at Baltimore's Fox45 Morning News show to discuss healthy ways to stay hydrated this summer. [Watch now](#)



#### **MUIH Student Expands Mindful Speaker Series**

Becky Crump, a student of the Nutrition and Integrative Health Program, recently spoke to *Richmond BizSense* about the expansion of her speaker series, Mindful Mornings. "It's a community of people who are driven, at a very core level, to give back." [Read more](#)



#### **MUIH and the Growing Role of Nutrigenomics**

Christy Williamson, M.S., CNS, adjunct faculty at MUIH and a speaker at the recent MUIH Nutrition Symposium, spoke to *The Baltimore Sun* about how genetics is playing a growing role in intersection of nutrition and health. [Read more](#)



### **Recipe: Lentil Maitake Burgers with Sundried Tomatoes and Thyme**

These savory burgers were created by nutrition student Lindsay Aragon in the Whole Foods Cooking Lab. Lentils, mushrooms, sundried tomatoes, and walnuts offer a perfect canvas for flavor-rich herbs and spices. [Read more](#)

**Have You Connected with MUIH Yet?**



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

Aug 17, 12-1 p.m.

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

Aug 17, 7-8 p.m.

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

Aug 22, 1-2 p.m.

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

Aug 23, 12-1 p.m.

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

Aug 23, 6-7 p.m.

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

Aug 24, 7-8 p.m.

[Webinar: Careers in Health Coaching](#)

Aug 28, 12-1 p.m.

[Peter Eckman: Constitution and Condition](#)

Nov 4-5

[Peter Eckman: Pulse Diagnosis Practicum](#)

Nov 6, 9 a.m.-4 p.m.

[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.

### **[How Complaining Rewires Your Brain for Negativity \(and How to Break the Habit\) \(TinyBuddha\)](#)**

Neuroscience teaches us that neurons that fire together, wire together. So if you keep your mind looping on self-criticism, it will quickly assist you in thinking those same thoughts again. Try these DIY tips to learn how to respond instead of react during times of stress.

### **[Meditation and Yoga May Change How Stress Affects Our DNA, Study Finds \(NBC\)](#)**

Researchers looked at over a decade of studies, analyzing how our genes are affected by different mind-body interventions including mindfulness, yoga, meditation and Tai Chi. What they found is that these activities don't simply relax us — they may actually have the ability to reverse molecular reactions to stress in our DNA.

### **[What a hunter-gatherer diet does to the body in just three days \(CNN\)](#)**

Mounting evidence suggests that the richer and more diverse the community of microbes in your gut, the lower your risk of disease. But can a healthy, stable gut microbiome be improved in just a few days with a "million-year-old diet?" One researcher tested this possibility on a field trip to Tanzania, where he lived among one of the last remaining hunter-gatherer groups in all of Africa.

### **[How a wellness coach changes your mind \(CNN\)](#)**

Albert Einstein once observed: "We cannot solve our problems with the same level of thinking that created them." Along those lines, we can't improve health when we are in a stressed-out state. Here are some tactics that health coaches use to get you thriving.

### **[Parkinson's May Begin In Gut Before Affecting The Brain \(HuffPost\)](#)**

Parkinson's disease, which involves the malfunction and death of nerve cells in the brain, may originate in the gut, new research suggests. "It's possible that if it starts in the gut, then you could...develop dietary ways of treating those cells because those cells are lining the intestine."

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