

JUNE 2014

Videos: 2014 Commencement



The 2014 commencement will be remembered as one of the most moving and exciting events in MUIH's history. The faculty, leadership, and guests acknowledged the tremendous accomplishments of our graduates, including the first graduates of the M.S. in Nutrition and Integrative Health and M.S. in Health Promotion. Dr. Tracy Gaudet, our commencement speaker, Alma Danita Rountree Green, our student speaker, and others delivered meaningful, poignant, messages that lead to both tears and laughter throughout the evening. [See videos and read more...](#)

Featured Events

[Graduate Programs Open House](#)

Jun. 19, 7 – 9 p.m.

[Fundraiser to Support the Herbal Clinic for All at MUIH](#)

Jun. 20, 4 – 8:30 p.m.

Calendar

JUNE

[Acupuncture and Oriental Medicine Career Panel](#)

June 10, 6:30 – 8 p.m.

[Healthy Fat Superfoods: Why We Need Them](#)

Jun. 12, 7 – 8:30 p.m.

[Communicating Reiki Mainstream with Pamela Miles](#)

Jun. 13, 6:30 – 8:30 p.m.

[Reiki First Degree Healing: Weekend 3](#)

Jun. 14 – 15

[Webinar: Healthy Fat Superfoods: Why We Need Them](#)

Jun. 16, 7 – 8 p.m.

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

Jun. 20, 12 – 1 p.m.

[Why Does it Hurt? The Chinese](#)

Herbal Clinic for All Fundraiser

June 20, 4 – 8:30 p.m.

Join us Friday, June 20, in supporting the Herbal Clinic for All (HCFA) by attending an educational and inspiring evening devoted to the power of herbal medicine. Over the years, the HCFA has made funds available through the Natural Care Center at MUIH to support patients in restoring health and achieving overall wellness goals. Funding for the HCFA is completely dependent on your generosity through private donations. The evening will include a silent auction, herb show, and lecture by expert herbalists, as well as food and beverages. [RSVP for the event here](#)



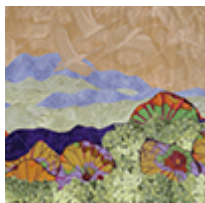
MUIH in the News

MUIH Faculty Dr. Steffany Moonaz Suggests Yoga as Possible Treatment for Arthritis

Due to longer lifespans as well as an increasing amount of people being overweight, the number of people dealing with arthritis is growing. Gentle yoga may be one solution for living with arthritis pain. Dr. Moonaz's has studied the effects of yoga practice on arthritis and contributes to this Examiner article. [Read the article...](#)

MUIH Student Kelly Rulle Published and Profiled

Ms. Rulle wrote a paper about cystinosis, a rare kidney disorder, for her Life Cycle Nutrition course at MUIH last fall. After submitting it to the Cystinosis Research Network, her paper was published on their website and she was profiled in their [recent newsletter](#) (see pg 24).



Himmelfarb Gallery Opening

"Elemental Applique" features art quilts by Anne Smyers of Reston, Virginia, and opens Friday, June 20, in the Himmelfarb Gallery at MUIH. Fiber artist Anne Smyers works in a contemporary version of the classical floral appliqué method 'broderie perse,' creating what she calls floral landscapes. Floral

[Medical Philosophy Behind Pain](#)

Jun. 21, 11 a.m. – 12 p.m.

[Call-in Info Session: Yoga Therapy Programs](#)

Jun. 23, 12 – 1 p.m.

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

Jun. 23, 7 – 8 p.m.

[The Brain and Behavior Change](#)

Jun. 23, 7 – 8:30 p.m.

[Webinar: American Ginseng: Where Culture, Trade and Politics Collide](#)

Jun. 24, 7 – 8 p.m.

[Webinar: Why Does it Hurt? The Chinese Medical Philosophy Behind Pain](#)

Jun. 25, 7 – 8 p.m.

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

Jun. 27, 12 – 1 p.m.

JULY

[Anxiety and Depression: The Chinese Medicine Approach](#)

July 8, 6:30 – 8 p.m.

[Webinar: Culinary Herbs and Health](#)

July 10, 12 – 1 p.m.

[Call-in Info Session: Yoga Therapy Programs](#)

July 14, 12 – 1 p.m.

[Herb Walk](#)

July 15, 5 – 7 p.m.

[Webinar: Anxiety and Depression: The Chinese Medicine Approach](#)

July 17, 12:30 – 1:30 p.m.

fabrics are cut, layered, fused and stitched to a base to create the impression of landscapes. An artist reception, which is free and open to the public, is scheduled for Thursday, June 26, from 5 – 7:30 p.m. [Learn more here...](#)



Recipe: Drop It Like It's Hot Masala Popcorn

A wonderfully simple way to infuse powerful herbal healing qualities and a spicy kick into a classic American snack, while still maintaining the popcorn and butter combo loved by so many. Thanks to clinical herbalism student Rohan Jasani for 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.

[Our food system is failing us — and Laurie David is fed up \(The Boston Globe\)](#)

Laurie David, the producer behind the Academy Award-winning documentary on climate change, “An Inconvenient Truth,” has set her sights on what she sees as another major problem of our time: the American food system.

[For New College Grads, Finding Mental Health Care Can Be Tough \(NPR\)](#)

With graduation, many young people start managing their own health care for the first time. Planning ahead and being your own advocate can help clear the path to treatment.

[Are some antimicrobial soaps harmful? A state's decision to ban renews questions \(Washington Post\)](#)

Hand and body sanitizers using triclosan are being restricted in Minnesota. Should you be worried about this chemical?

[Web Info Session: Health Coaching & Health Promotion Programs](#)

July 21, 7 – 8 p.m.

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

July 22, 12 – 1 p.m.

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

July 22, 7 – 8 p.m.

[Graduate Programs Open House](#)

July 24, 7 – 9 p.m.

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

July 25, 12 – 1 p.m.

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

July 28, 12 – 1 p.m.

[Nutrition Career Panel](#)

July 30, 7 – 8:30 p.m.

[See all Upcoming Events](#)

External Events

[Society for Nutrition Education and Behavior Annual Conference](#)

June 28 – July 1
Milwaukee, WI

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

