

JUNE 2016

MUIH Celebrates 2016 Commencement



On June 6 at 7 p.m., Maryland University of Integrative Health held its 2016 Commencement. During the evening ceremony, 273 new healers celebrated their graduation and prepared to enter the professional world of health and wellness—our largest graduating class yet! This year also included MUIH's first crop of yoga therapy graduates. [Read more](#)

MUIH Announces New Provost and Vice President for Academic Affairs

This month MUIH welcomed Christina Sax, Ph.D., as the new Provost and Vice President for Academic Affairs. "I look forward to partnering with such a strategic and prudent thinker as Dr. Sax. I believe she will help shape the direction of the University for years to come," said Frank Vitale, President and CEO at MUIH. [Read more](#)



MUIH in the News

Alumna Vickie Shufer Featured in Spring 2016 HerbalGram

Herbal medicine master's program graduate Vickie Shufer, author of a monograph about yaupon, was featured inside the Spring 2016 issue for her work and expertise on the plant.

MUIH Clinical Nutrition Interns Published in Holistic Primary Care

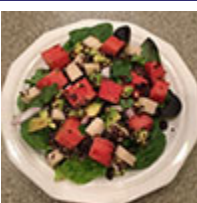
Last month, five of MUIH's Clinical Nutrition Interns had articles published on Holistic Primary Care's website. Topics include vaccinations, vitamin prescriptions, wearable fitness trackers, FDA regulations, and more. [Read more](#)

Bevin Clare Presented at Traditional Roots Institute Herbal Conference

Associate Professor and Clinical Herbalism Program Manager Bevin Clare presented at the National College of Natural Medicine's Traditional Roots Institute Herbal Conference in Portland. Professor Clare discussed approaching epidemics with affordable medicines and botanical powders applied clinically for chronic disease. [Read more](#)

Michael Tims Appointed to JACM Editorial Board

The Journal of Alternative and Complementary Medicine recently invited MUIH Herbal Program Academic Director Michael Tims, Ph.D., to its editorial board. JACM was the first complementary medicine publication and has high visibility around the world, with readers in 170 countries.



Recipe: Watermelon Mexican Fiesta Salad

A refreshing and hydrating fruit, watermelon is the epitome of summer. This watermelon fiesta salad by MUIH Clinical Nutrition Intern Jessica Best has everything to make a

Calendar

[Web Information Session: Admissions and Financial Aid](#)
Jun. 17, 12 -1 p.m.

[Web Information Session: Internships in Nutrition and Integrative Health Programs](#)
Jun. 20, 7 -8 p.m.

[Webinar: Careers in Herbal Medicine](#)
Jun. 20, 7 -8 p.m.

[Webinar: Yoga Teacher to Yoga Therapist: Making the Transition](#)
Jun. 21, 1 -2 p.m.

[Webinar: Coaching Simulation Workshop](#)
Jun. 25, 10 -11 a.m.

[Web Information Session: Acupuncture and Oriental Medicine Programs](#)
Jun. 28, 12 -1 p.m.

[Web Information Session: Health and Wellness Coaching Programs](#)
Jul. 6, 12 -1 p.m.

[Web Information Session: Acupuncture and Oriental Medicine Programs](#)
Jul. 7, 7 -8 p.m.

[Web Information Session: Herbal Medicine Programs](#)
Jul. 11, 7 -8 p.m.

[Webinar: Herbs for Family Health](#)
Jul. 13, 12 -1 p.m.

[Web Information Session: Health Promotion Program](#)
Jul. 13, 7 -8 p.m.

[See all Upcoming Events](#)

healthy, complete summertime meal and is filled with fresh flavors and textures. [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.

[Research: Diet and Gut Microbes Can Influence Brain Inflammation\(Harvard Gazette\)](#)

A team of investigators at Brigham and Women's Hospital has found evidence suggesting that bacteria living in the gut may influence the activity of cells in the brain that are involved in controlling inflammation and neurodegeneration.

[Acupuncture Gives Relief to Debilitating Migraines \(The Washington Post\)](#)

Migraines were destroying the life of the Washington Post's Margarita Gokun Silver. Acupuncture was the only thing that could finally give her relief.

[Palliative Care Is Not About Dying, But About Quality of Living \(The Star\)](#)

Palliative care is not what happens when all treatments have failed. It does not mean "giving up" or "stopping the fight." It is about living through to the end as best we can.

[Nutrition Is the New Performance Enhancer in High School Sports\(New York Times\)](#)

Schools are starting to bring in dietitians to discuss the importance of nutrition with young athletes, showing them how nutrition can supplement workouts and athletic performance.

[Research: Mindfulness Can Control Depression As Well As Mood-Boosting Drugs \(The Telegraph\)](#)

A meta-analysis into the effectiveness of the treatment by Oxford University found that the therapy prevented people relapsing as well as anti-depressants.

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

