

MARCH 2014

In Case You Missed It: Watch Clips from MUIH's February Integrative Health Care Panel



On February 10, we hosted, **HEALTH CARE: Critical Questions. Integrative Answers.**, an event that brought together prominent thought leaders in integrative health and health care to discuss the current state of the field, identify emerging trends, and explore future opportunities. Emerging from that panel was some of the most thought-provoking and inspiring discussion on the future of health care that we've heard in a long time. [Watch clips from the event here...](#)

VIDEO: MUIH Acupuncture Alum Clark Mollenhoff Talks About Building His Practice

Featured Events

[Acupuncture and Chinese Medicine for Allergies](#)

Mar. 17, 6:30 – 8:30 p.m.

[Nutrition Expo](#)

Apr. 6, 3 – 5:30 p.m.

[Honest Tea Co-Founder Lecture and Book Signing](#)

Apr. 24, 12 - 1:30 p.m.

Calendar

MARCH

[Yoga Teacher Workshop: Yoga for Arthritis](#)

Mar. 12, 6 – 8 p.m.

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

Mar. 12, 7 – 8 p.m.

[The Language of Wholeheartedness Creating Breakthroughs in Relationships](#)

Mar. 15, 9 a.m. – 5 p.m.

[Call-In Info Session: Yoga Therapy Program](#)

Mar. 17, 12 – 1 p.m.

[Graduate Programs Open House](#)

Mar. 19, 7 – 9 p.m.

Since graduating from MUIH's acupuncture program in 2012, Clark Mollenhoff has owned and operated his own private practice in Sandy Spring, Md. In this video, he talks about why he chose MUIH to study acupuncture and shares his path since graduating. He also offers some words of wisdom for acupuncture students who are about to graduate. [Watch the video here...](#)



MUIH in the News

Dr. Liz Lipski Interviewed in The Washington Post

Dr. Lipski, director of academic development, nutrition and integrative health, discusses the connection between good digestion and healthy skin in "Foods That Help Save Your Skin." [Read more...](#)



MUIH Nutrition Program Faculty Weigh in on the FDA's Proposed Changes to Nutrition Labels

On February 27, the FDA announced that it is proposing major updates to the nutrition facts label found on food packages for the first time in 20 years. So we asked one of our nutrition program faculty: **What do you think these proposed changes mean for consumers?** [See their answers here...](#)



Recipe: Raw Carrot Cake Squares with Lemony Icing

This gluten and dairy free recipe requires no baking and makes for a deliciously sweet (and healthy!) snack during any time of day. The recipe includes omega-3 rich hemp seeds and walnuts as well as carrots, which are full of beta carotene (vitamin A), biotin and vitamin K. This recipe also uses fiber-packed and densely nutritious coconut butter. Thanks to holistic nutritionist Joy McCarthy of Joyous Health for sharing her recipe with us! [Get the recipe](#)

[Medicine Making: Essential Oils and Aromatherapy](#)

Mar. 20, 6 – 8 p.m.

[Call-in Info Session:](#)

[Admissions and Financial Aid](#)

Mar. 21, 12 – 1 p.m.

[Webinar: Springtime Renewal – Using Herbs to Cleanse, Detoxify and Renew](#)

Mar. 25, 7 – 8 p.m.

[Yoga Therapy Career Panel](#)

Mar. 31, 7 – 9 p.m.

APRIL

[Medicine Making: Plant Identification and Organoleptic Assessment](#)

Apr. 3, 6 – 8 p.m.

[Coaching Café](#)

Apr. 3, 7 – 8:30 p.m.

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

Apr. 8, 7 – 8 p.m.

[Spring Cleaning Your Diet](#)

Apr. 10, 7 – 8:30 p.m.

[Webinar: Spring Cleaning Your Diet](#)

Apr. 14, 7 – 8 p.m.

[Yoga Teacher Workshop: Low Back Pain](#)

Apr. 16, 1 – 3 p.m.

[Graduate Open House](#)

Apr. 22, 7 – 9 p.m.

[NCCAOM Review Course](#)

Starts Apr. 30

[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.

[Traditional Chinese Medicine May Reduce Risk of Diabetes \(Fox News\)](#)

New research shows Chinese herbal medicine may hold promising solutions for people with prediabetes, reports a study in The Journal of Clinical Endocrinology & Metabolism.

[A Big Bet on Gluten Free \(New York Times\)](#)

"About 30 percent of the public says it would like to cut back on the amount of gluten it's eating, and if you find 30 percent of the public doing anything, you'll find a lot of marketers right there, too."

[Dr. Yogi: Physicians Integrate Yoga Into Medical Practice](#)

Yoga may be more than just an exercise. In Maryland, doctors are learning how to use yoga instead of drugs to treat various medical problems.

External Events

[Society for Public Health
Education Annual Meeting](#)

Mar. 19 – 21

Hyatt Regency Inner Harbor,
Baltimore, Md.

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

