



MARCH 2017

Steven Combs Named MUIH's New President and CEO

Steven Combs, Ph.D., has been appointed President and Chief Executive Officer for Maryland University of Integrative Health, and will assume the role on April 1, 2017.



Dr. Combs most recently served as Executive Vice President and Provost of Drury University in Springfield, MO, and previously served in leadership positions at Edinboro University of Pennsylvania and Hawaii Pacific University. In these roles, he has seen success in launching academic programs, enhancing the student experience, expanding alumni relations, leveraging strategic partnerships, and implementing capital campaigns.

In accepting the appointment, Dr. Combs said, "I am honored and humbled by the Board's faith in me to lead MUIH at this moment in the University's history. It is clear that I stand today between a vibrant past and a future filled with promise and potential." [Read more](#)

Featured Events

[MUIH Research Symposium 2017](#)

Mar. 24, 5-8 p.m.

[MUIH Nutrition Symposium 2017](#)

June 23-25

Events Calendar

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

Mar. 24, 12-1 p.m.

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

Mar. 27, 1-2 p.m.

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

Mar. 28, 6-7 p.m.

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

Apr. 3, 12-1 p.m.

[Webinar: Clean Eating: How to Start and Sustain](#)

Apr. 6, 7-8 p.m.

[Webinar: Workplace Wellness: Developing a Culture of Health](#)

Apr. 10, 7-8 p.m.

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

Apr. 11, 12-1 p.m.

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

Apr. 13, 12-1 p.m.

Dr. Moonaz Goes to Washington



What Happens When A Meditation Expert Visits Congress?

Last month, MUIH's Steffany Moonaz, Ph.D., Assistant Director for Academic Research, returned to Capitol Hill to lead a monthly meditation session for members of Congress and their staffers. This ongoing initiative was developed by Rep. Tim Ryan (OH), a champion of mindfulness and meditation practice. We recently interviewed Dr. Moonaz about her experience, and the importance mindful-based practices in today's political landscape. [Read more](#)



Excellence in Research and Scholarship Award Winner: Dr. Michael Tims

MUIH is proud to announce this year's winner of the Excellence in Research and Scholarship Award, [Michael Tims](#), Ph.D. Dr. Tims will be presenting his work at this year's [Research Symposium](#) on March 24. His presentation, titled "Design, Development, and Implementation of Two Student-assisted Research Studies," will cover some of the innovative work he has conducted in his role as Academic Director for Herbal Programs at MUIH. We recently interviewed Dr. Tims about his presentation and the importance of research in herbal medicine. [Read more](#)



iRest® Yoga Nidra Level 1 Training

April 5-9, 2017

Developed over 30 years by Richard Miller Ph.D., iRest Yoga Nidra meditation supports psychological, physical, and spiritual health, healing, and awakening. The Level 1 training is designed to provide you with the basic principles, history, theory, practice, and delivery of iRest. This will allow you to incorporate the simple 10-step iRest protocol into your personal life, professional

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

Apr. 13, 7 -8 p.m.

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

Apr. 18, 1-2 p.m.

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

Apr. 18, 7-8 p.m.

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

Apr. 19, 12-1 p.m.

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

Apr. 20, 12-1 p.m.

[Webinar: Careers in Health Coaching](#)

Apr. 25, 12-1 p.m.

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

Apr. 26, 6-7 p.m.

[See all Upcoming Events](#)

teaching, or clinical practice. [Read more](#)



MUIH in the News

Faculty Support National Health and Wellness Coach Recognition Week

Members of MUIH's Health and Wellness Coaching community headed to Capitol Hill with the Institute for Integrative Nutrition for National Health and Wellness Coach Recognition Week. Among the attendees was MUIH Health & Wellness Coaching Program Director Dr. Rebecca Pille, who described real-life examples of how coaching bridges health information and healthy people. [Read more](#)

Faculty Publish Study on Use of Evidence-Based Practice Among Herbal Medicine Providers

James Snow and Bevin Clare, along with an Australian colleague, have published a new study in *Journal of Complementary and Integrative Medicine* on the use, opinion, skills and training of evidence-based practice among practitioners of Western herbal medicine in the United States. This helps us understand how we may support herbal medicine as a field moving forward. [Read more](#)



Recipe: Spring Basket Salad

As winter ends, we eagerly anticipate the return of fresh spring flavors straight from the farmer's market or garden. This colorful salad features unique flavors such as violet vinegar, golden beets, and burdock root, and is sure to liven up your table with a bright welcome to the spring season. [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.

[Twice Weekly Yoga Classes Plus Home Practice Effective in Reducing Symptoms of Depression \(ScienceDaily\)](#)

A new study finds that people who suffer from depression and regularly participate in yoga and deep breathing, plus practice at home, receive a significant reduction in their symptoms.

[Virginia Herbal Medicine Center Gets \\$200k Grant \(Roanoke Times\)](#)

Virginia Gov. Terry McAuliffe's office recently announced that a \$200,000 award will go to supporting a non-profit organization providing acupuncture, therapeutic bodywork, and farm-to-practitioner Chinese medicinal herbs to

Southwestern Virginia communities.

[Acupuncture Anti-Inflammatory Marker Found \(HealthCMi\)](#)

Chronic inflammation is related to a wide variety of health concerns. Researchers in Korea have recently identified how acupuncture can reduce inflammation, providing a solid groundwork for further research.

[Meditators Have Younger Brains \(Mindful\)](#)

New research shows that long-term meditators have higher concentrations of tissue in the regions of the brain most depleted by aging.

[What Happens When We Reconnect with Nature \(GreaterGood\)](#)

Humans have long intuited that being in nature is good for the mind and body. Now, a large body of research is documenting the positive impacts of nature on human flourishing.

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

