

MAY 2016

MUIH Expands to New Maple Lawn Campus



Over the past few years as MUIH has grown, it has accelerated its investment in institutional infrastructure including people, systems, and facilities. Taking the next big step, MUIH will be expanding into two office suites on the first floor of a brand new building in Maple Lawn, a 600-acre mixed-use business community in Howard County, Maryland. [Read more](#)

MUIH Welcomes New NCC Consulting Medical Advisor



As MUIH moves toward a more integrative model in our Natural Care Center and university teaching clinics, the University is able to open new doors and manifest new possibilities. In working to realize this goal, MUIH is pleased to announce the immediate appointment of Linda Lee, M.D., to serve as the Natural Care Center Consulting Medical Advisor. [Read more](#)

2016 Commencement Speaker Announced



Andrew Heyman, M.D., M.H.S.A., is an internationally recognized expert in Integrative Medicine. He is currently the Program Director of Integrative and Metabolic Medicine at The George Washington University. Prior to assuming this role, he spent 16 years at the University of Michigan, serving to build one of the largest and most successful academic-based Integrative Medicine programs in the United States. [Read more](#)

MUIH in the News



Steffany Moonaz Elected to ACIH Board of Directors

The Academic Collaborative for Integrative Health, an organization consisting of colleges and accrediting and certifying agencies working in licensed integrative health professions, unanimously voted to appoint Steffany Moonaz, Ph.D., RYT 500, to its Board of Directors. Dr. Moonaz will be representing the Traditional World Medicine/Emerging Professions board seat. [Read more](#)

Two MUIH Faculty to Co-present at Teaching Professor Conference in June

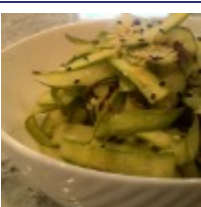
Associate Professors Bevin Clare, M.S., RH(AHG), CNS, and Camille Freeman, M.S., CNS, LDN, will present on the topic "Tending the Teacher: Self-care Strategies for Dynamic Faculty" at this leading online pedagogy conference. [Read more](#)



Herb Walk

June 13, 5:00 - 7:00 p.m.

Join us for a relaxing and informative tour of the MUIH herb garden and surrounding property before the Graduate Open House! Learn to recognize a variety of herbs and understand more about how they are used for healing and wellness. [Read more](#)



Recipe: Shaved Asparagus Salad with Lemon Tahini Dressing

Fresh local asparagus are a sure sign of spring's arrival. With bit of crunch, a bit of spice, and a bit of tang, if you've never tried raw asparagus, let this month's recipe by MUIH Clinical

Featured Events

[Graduate Programs Open House](#)

May 11, 7 – 9 p.m.

Calendar

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

May 12, 12 – 1 p.m.

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

May 13, 6 – 7 p.m.

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

May 16, 12 – 1 p.m.

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

May 16, 7 – 8 p.m.

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

May 17, 12 – 1 p.m.

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

May 18, 7 – 8 p.m.

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

May 19, 7 – 8 p.m.

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

May 24, 12 – 1 p.m.

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

May 26, 12 – 1 p.m.

[Webinar: Careers in Health Coaching](#)

May 26, 7 – 8 p.m.

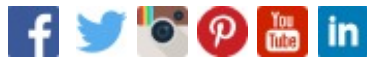
[Webinar: Yoga Teacher to Yoga Therapist: Making the Transition](#)

May 31, 1 – 2 p.m.

[See all Upcoming Events](#)

Nutrition Intern Sherryl Van Lare be your introduction. [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.

[7 Habits That May Actually Change the Brain, According to Science \(Mindful\)](#)

Want to change your brain? According to science, exercise, meditation, and sleep are the best ways to do so.

[Many Grouchy, Error-Prone Workers Just Need More Sleep \(NPR\)](#)

Sleep deprivation is a workplace wellness struggle for one third of employees, and employers are paying for it in the form of mistakes, productivity loss, accidents, and increased health insurance costs.

[Dean Ornish: Healing Through Diet \(TED\)](#)

In this TED Talk, Dr. Dean Ornish speaks about using diet and lifestyle changes to allow the body to tap into its innate ability to naturally heal itself.

[Why Hidden Allergies May Be The Cause of Your Health Issues \(MindBodyGreen\)](#)

The allergy epidemic affects an estimated 1 billion people around the world. Here's how to balance your immune system with fruit, vegetables, and herbal remedies.

[Acupuncture Used Alongside Medication Benefits Patients Better Than Medication Alone \(Nature\)](#)

When combined with acupuncture, popular diabetes medication Metformin was more effective at regulating insulin than when used alone.

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

