

OCTOBER 2016

In Memoriam: Bob Duggan

It is with tremendous sadness that we share news of the recent death of Robert "Bob" M. Duggan, co-founder and President Emeritus of Tai Sophia Institute, now Maryland University of Integrative Health. Bob was a true pioneer in the field of integrative health and an assertive voice for wellness in America. He served as an educator, acupuncture practitioner, author, thought leader, and advocate, as well as an advisor to policymakers and organizations. Though he will be missed, his legacy will thrive through all those he touched. [Read more](#)

iRest® Meditation: A Tool to Meet the Stress of Life and Increase Well-Being



iRest is a research-based transformative practice of deep relaxation and meditative inquiry that helps individuals deal with difficult emotions and beliefs by reconnecting with their deep, innate sense of wholeness and essential well-being that remains untouched by life's events and circumstances. Karen Soltes, who will teach iRest at MUIH this spring, explores it as a tool for dealing with anxiety. [Read more](#)



MUIH in the News

Robert Gordon Writes Piece for the Imago Center of Washington DC

Faculty member Robert Gordon, M.S.O.D., M.A., M.S., recently published an article on the Imago Center of Washington DC's website about making peace with one's inner pessimist and critic. He explores the negative bias and gives mindfulness tips on how to deal when these thoughts come up. [Read more](#)

Steffany Moonaz Contributes Chapter to Book on Yoga and Social Change

Steffany Moonaz, Ph.D., write an essay on "Yoga and Dis'Ability," recently published in the volume *Yoga, the Body, and Embodied Social Change: An Intersectional Feminist Analysis*. "A celebration of a vital grassroots movement that honors the human body in all its manifestations, this book illuminates yoga as an act of resistance, a way of creating justice in our many communities." [Read more](#)

Celeste Homan Published Twice in *Meridians* Journal

In a very rare but exciting case, Assistant Professor Celeste Homan, M.Ac., M.S., is published twice in the most recent edition of *Meridians: The Journal of Acupuncture and Oriental Medicine*, the Official Journal of the NCCAOM. Her pieces on the treatment of cystic acne and channel theory through the clinical application of Leamington acupuncture can be found in the Fall 2016 edition. [Read more](#)

MUIH Faculty and Alumni Leave Impression at AHG Symposium

Two MUIH alumni won awards at the 2016 American Herbalists Guild Symposium: Tricia McCauley's No Fly

Featured Events

[Integrative Health Graduate Fair](#)
Nov. 17, 6:30-8:30 p.m.

Events Calendar

[Web Information Session: Acupuncture and Oriental Medicine](#)
Nov. 2, 7-8 p.m.

[Webinar: Herbal Enthusiast to Herbal Expert](#)
Nov. 7, 12-1 p.m.

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

[Web Information Session: Internships in Nutrition and Integrative Health](#)
Nov. 9, 7-8 p.m.

[Immune Boosting Seasonal Superfoods](#)
Nov. 10, 7-8:30 p.m.

[Web Information Session: Nutrition and Integrative Health](#)
Nov. 14, 12-1 p.m.

[Web Information Session: Yoga Therapy](#)
Nov. 15, 1-2 p.m.

[Web Information Session: Health and Wellness Coaching](#)
Nov. 16, 12-1 p.m.

[Web Information Session: Admissions and Financial Aid](#)
Nov. 18, 12-1 p.m.

[Web Information Session: Herbal Medicine](#)
Nov. 22, 7-8 p.m.

[Webinar: Promoting Health in Communities and Workplaces](#)
Nov. 29, 12-1 p.m.

[Webinar: Culinary Herbs](#)
Nov. 29, 2-3 p.m.

[See all Upcoming Events](#)

Zone took home the award for "Most Creative Product Name" and Betsy Miller's Coffee Bitters won "Most Promising or Innovative Formula." Alumni Betsy Miller and Jillian Carnrick had their product lines on display. In addition, faculty members Bevin Clare, Camille Freeman, and Michael Tims as well as alumni Mimi Hernandez, Olatokunboh Obasi, Vicki Ransom, and Rebecca Snow were all speakers at the symposium.



Recipe: Cauliflower Crust Pizza

As the weather gets cooler, it's so much more tempting to turn to our favorite comfort foods. Who doesn't love a good slice of pizza? Before you pick up the phone to call your favorite delivery spot, know that there's a way to enjoy the classics without any of the guilt! Cue this delicious gluten free take on the classic margherita pizza by MUIH Clinical Nutrition Intern Elizabeth Herbert. [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.

Scuba, Parrots, Yoga: Veterans Embrace Alternative Therapies for PTSD (New York Times)

"...as new studies suggest that things like yoga and interacting with animals can be as beneficial as drugs in reducing depression and anxiety without side effects or stigma, a growing number of psychotherapists are building them into treatment plans." [Read more](#)

Across The Globe, Our Diets Are Making Us Sicker, Report Finds (NPR)

According to a recent report published by the Global Panel on Agriculture and Food Systems Nutrition, an independent group of experts on nutrition and health, diet and nutrition are now the biggest risk factors for people's health both in developed and developing countries. [Read more](#)

A Tough Day Could Erase the Perks of Choosing 'Good' Fat Sources, Study Finds (ScienceDaily)

Eating well has many known benefits. But a good diet may not be able to counteract all the ill effects of stress on our bodies. A new study suggests stress can diminish the benefits of more healthful food choices. [Read more](#)

This School Replaced Detention with Meditation and the Results Are Stunning (Upworthy)

Robert W. Coleman Elementary School has been offering meditation when students act out rather than punishing them. Both students and staff are seeing the positive results. [Read more](#)

Sports Stats May Be an Ideal Measure of Mental Health (The Atlantic)

Since athletes perform in controlled, quantified environments—such as when measuring race times—they may offer clues to how psychological conditions that are difficult to quantify affect the body. [Read more](#)

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