



SEPTEMBER 2014

MUIH Welcomes Incoming September Students



We're so excited to welcome our new students! As MUIH continues to grow, so too does the diversity of our student population. The 183 incoming students represent 29 U.S. states, joining us as far away as Alaska and as close as Columbia, Md. Their professional backgrounds span a wide number of fields, including health care, education and the military. Among them, their professions include a cake decorator, emergency room RN, girls' lacrosse referee, and a small farm manager.

See more stats on the incoming class and meet three of them [here](#)

Free Health and Wellness Coaching Available

Struggling with those last 10 lbs? Can't get in the groove with your fitness routine? Stress levels out of control?

Our health and wellness coaching students stand ready to help – at no

Featured Events

[Reiki First Degree Healing](#)
Starts Sept. 13

[Mindfulness Meditation for Well-Being and Happiness](#)
Starts Sept. 23

[Introduction to Chinese Wellness](#)
Oct 4–5, 9 a.m.–5 p.m.

Calendar

SEPTEMBER

[Web Info Session: IIN Graduates](#)
Sept. 12, 12–1 p.m.

[New Thinking, New Science](#)
Starts Sept. 13

[Webinar: ABCs of Childhood Nutrition and Healthy Snacking](#)
Sept. 15, 7–8 p.m.

[Web Info Session: Health Coaching & Health Promotion Programs](#)
Sept. 15, 7–8 p.m.

[Graduate Programs Open House](#)
Sept. 16, 7–9 p.m.

[Webinar: Sports Medicine and Musculoskeletal Problems: The Chinese Medicine Approach](#)

cost to you! As part of the practicum phase of their program, students in our health and wellness coaching programs are required to complete several one-on-one sessions with clients. Their goal is to guide and support you in reaching your wellness goals. Interested in becoming a volunteer client? [Learn more and sign up by October 1.](#)

Do you see yourself becoming a coach? Our [Health and Wellness Coaching programs](#) enroll this January. [Contact the Office of Graduate Admissions](#) for more information.

5 Health Coaching Techniques to Use in Difficult Situations

By Julie Reisler

If you haven't experienced some kind of difficult life challenge then I'm guessing you are either living solo on a mountain top somewhere or in a bubble. I truly believe that our ability to relate to others in life comes from the experiences we gain by going through and coming out of tough life situations.



What I have learned along my journey thus far in life is that while we'll never be able to completely avoid life's challenges, we can look at the situation from a new perspective, or in coaching terms, learn to "reframe" our experiences. I've outlined a few coaching techniques that I invite you to look at as a possible new way to approach any upsetting situation. [Read More](#)



MUIH in the News

Eleonora Gafton Explores Culinary Herbs in Natural Awakenings Magazine

Cooking Lab Administrator Eleonora Gafton writes about how the use of herbs in cooking has evolved over the past few thousand years. Many herbs that we use in cooking today, including garlic, coriander and thyme have been documented as being used in cooking as far back as 2000 B.C. in ancient Babylon. [Read more](#)



David Winston Offers Free Lecture at MUIH

September 17, 7 – 9 p.m.

Anyone who has studied or used western herbs over

Sept. 16, 7–8 p.m.

[Effective Pain Management with Botanicals](#)

Sept. 17, 7–9 p.m.

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

Sept. 17, 12–1 p.m.

[Experience MUIH's Yoga Therapy Community](#)

Sept. 19, 3:30–5:30 p.m.

[Yoga for Chronic Pain](#)

Sept. 22, 1–3 p.m.

[Herb Walk](#)

Sept. 24, 5–7 p.m.

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

Sept. 24, 7–8 p.m.

[Webinar: 10 Herbs for Kids](#)

Sept. 25, 12–1 p.m.

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

Sept. 25, 12–1 p.m.

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

Sept. 25, 5–7 p.m.

[Call-in Info Session: Acupuncture and Oriental Medicine Programs](#)

Sept. 29, 12–1 p.m.

[Health Promotion and Coaching Career Panel](#)

Sept. 29, 7–8:30 p.m.

OCTOBER

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

Oct. 6, 7–8 p.m.

[Anxiety and Depression: The](#)

the past 30 years has probably relied on the work of David Winston, a true luminary in the field. He is an ethnobotanist and author with 45 years of training and practice in clinical herbalism. He is also an herbal consultant to physicians, herbalists, and researchers throughout the U.S. and Canada. David has graciously accepted our invitation to visit at MUIH and will speak on Effective Pain Management with Botanicals. Open to all on a space available basis, this program is offered for free as a gift to you from MUIH and David.

[Learn more and register today.](#)



Raw Key Lime Pie

This is a perfect end of summer dessert that manages to satisfy your sweet tooth without relying on processed sugar. The pie's creamy filling uses avocados, which are high in monounsaturated fat and can help reduce bad cholesterol levels. Avocados are also good sources of vitamins E and B as well as fiber. [Get the recipe](#)

In Case You Missed It...

Here are some of the most interesting health and wellness related items buzzing around online right now.

[The complete guide to getting yourself to like healthy food \(Quartz\)](#)

You can teach yourself to like healthy food. But first you have to stop eating all that junk.

[Health Coaches Help Patients Battle Chronic Illness \(Vermont Public Radio\)](#)

More than 25 million Americans suffer from diabetes, and one in every 10 health care dollars is spent to treat it. But what if those patients were coached to live healthier lives?

[Generation Health: Baby Boomers Are Defining The Concept Of Healthy Aging \(Huffington Post\)](#)

Baby boomers are living longer, but far too many of them will spend far too much of their longer lives not wholly sick but not wholly well. The generation's newest challenge: healthy aging.

[Chinese Medicine Approach](#)

Oct. 7, 6:30–8 p.m.

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

Oct. 7, 7–8 p.m.

[Seasonal Eating for Your Body](#)

Oct. 8, 7–8:30 p.m.

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

Oct. 9, 12–1 p.m.

[Communicating Reiki Mainstream with Pamela Miles](#)

Oct. 9, 6:30–8:30 p.m.

[Redefining Health](#)

Oct. 11–12, 9 a.m.–5 p.m.

[Graduate Programs Open House](#)

Oct. 13, 7–9 p.m.

[Web Info Session: IIN Graduates](#)

Oct. 15, 4–5 p.m.

[Webinar: Anxiety and Depression: The Chinese Medicine Approach](#)

Oct 15, 7–8 p.m.

[Webinar: Seasonal Eating for Your Body](#)

Oct. 16, 7–8 p.m.

[Crohn's and Colitis: Healing through Diet and Lifestyle](#) Starts Oct. 22

[Webinar: Crohn's and Colitis: Healing Through Diet and Lifestyle](#)

Starts Oct. 23

[Chinese Medical Classics](#)

Oct. 25–26, 9 a.m.–5:30 p.m.

[See all Upcoming Events](#)

External Events

[Natural Products Expo East](#)

Baltimore, MD

Sept. 18–20

Booth #8514, NEXT Pavilion

[Food as Medicine](#)

Kripalu Center for

Yoga & Health

Sept. 17–21

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

