



**Tai Sophia  
Institute**

**For Immediate Release**

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**Tai Sophia Institute Receives Approval for Nutrition  
and Integrative Health Master of Science  
Now Enrolling for September 2011, Degree Will Prepare Graduates  
for a Variety of Nutrition and Wellness Careers**

**LAUREL, MD (April 28, 2011)** – [Tai Sophia Institute](http://www.tai.edu), an accredited, nonprofit graduate school for wellness-based studies, announced today that it has received Maryland Higher Education Commission (MHEC) endorsement of its new [Master of Science in Nutrition and Integrative Health](#). The comprehensive and multi-faceted degree program, which is now enrolling for the September 2011 inaugural class, is offered in a two-year, weekend and intensive format to accommodate working professionals. The 47-credit program prepares graduates for certification through the Certified Nutrition Specialist (CNS) exam.

“We are so pleased to offer a truly unique integrative nutrition program that recognizes the multiple, inter-related roles food plays in our lives,” said Tai Sophia Provost and Executive Vice President for Academic Affairs Judith K. Broida, Ph.D. Grounded in Tai Sophia’s signature blend of global healing traditions, modern science, and the timeless teachings of nature, the curriculum features core competencies in nutrition assessment and treatment strategies, custom-designed science courses, and whole foods cooking. “Tai Sophia’s one-of-a-kind program also addresses sustainability and the relationships between our food choices, our agricultural and food processing practices, and the environment,” added Broida.

Broida said she is pleased to have attracted faculty who are passionate about nutrition and food and to have had the assistance of nationally known nutrition experts including Annemarie Colbin and Kathie Swift in designing the curriculum.

“This program will change the landscape of the nutrition profession,” said integrative nutrition consultant and author Kathie Madonna Swift, M.S., R.D., L.D.N. “as Tai Sophia graduates will earn recognition as highly qualified and credentialed integrative nutrition care providers. Registered dietitians (RDs) will especially be interested in and benefit from this program which can greatly expand their education and training, providing an integrative nutrition lens to enrich their practice. The Tai Sophia program is the right match for the RD searching for the future of nutrition now.”

(more)



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“Tai Sophia’s program harmonizes the standard nutritional/biochemical model with a ‘wholistic’ approach, something I’ve wanted to see for a long time,” said Natural Gourmet Institute founder and best-selling author Annemarie Colbin, Ph.D. Colbin has been teaching a “wholistic” approach to nutrition using whole foods instead of nutrients to help people make healthful food choices for nearly 40 years. “What makes this program unique is a solid theoretical framework that supports both the common sense, user-friendly whole foods view and the scholarly, science-based biochemical view.”

Prospective students can learn more about the new nutrition degree at the **Nutrition Program Open House on Thursday, May 19** from **6:00 p.m. – 8:00 p.m.**, and at All Programs Open Houses on Saturday, June 18 and Saturday, July 30 from 9:30 a.m. – 12:30 p.m. For more information and to register for these events, please contact Tai Sophia’s Office of Graduate Admissions at 410-888-9048 ext. 6647 or [admissions@tai.edu](mailto:admissions@tai.edu).

**About Tai Sophia Institute**

Tai Sophia Institute, a private, nonprofit educational institution based in Laurel, MD, is a leading center for wellness-based education, client care, and public policy discourse. The Institute is accredited by the Middle States Commission on Higher Education. In addition to offering the nation’s first accredited [Master of Acupuncture](#), the nation’s first and only [Master of Science in Herbal Medicine](#), and the innovative [Master of Arts in Transformative Leadership and Social Change](#), Tai Sophia also offers [graduate certificates](#) in Health Coaching, Herbal Studies, Medical Herbalism, Transformative Leadership, Wellness Coaching, and Chinese Herbs.

Founded in 1974 in Columbia, MD, Tai Sophia Institute has evolved into a diverse health and wellness resource, providing accredited graduate academic programs, continuing professional education, community wellness programs, and clinical services in acupuncture, nutrition counseling, herbal medicine, and more through its Natural Care Center. The Institute’s 12-acre main campus also houses a bookstore, a library, herb and meditation gardens, and the Himmelfarb Gallery – all of which are open to the public.

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