



**Tai Sophia
Institute**

For Immediate Release

Media Contact: Lisa Connelly-Duggan

410-888-9048 ext. 6652

lisacd@tai.edu

FREE Herbal Medicine Lunchtime Lecture Series This Fall

September 6, 2011 (Laurel, MD) – Tai Sophia Institute will be hosting FREE lunchtime lecture series Thursdays this fall beginning September 8, 2011. Lectures are lead by senior-level students of the Master of Science in Herbal Medicine program.

All lectures will be held on the Tai Sophia campus at 7750 Montpelier Road, Laurel, MD, 20723. **To register to reserve your seat**, please visit www.tai.edu (keyword: lunchtime lectures) or call 410-888-9048 ext. 6616.

Wise Women: Using Food and Herbs to Thrive in Today's World

Thursday, September 8

12:00 noon – 1:00 p.m.

Learn about simple daily practices, foods and herbs that can be used to support wellbeing. All genders and ages are welcome to come learn ways to support themselves and the women in their lives.

12 Simple Ways to Detoxify Your Body

Thursday, September 22

12:00 noon – 1:00 p.m.

This presentation offers explanations for the ways our body naturally cleanses itself, along with simple instructions and recipes to safely cleanse your body at home.

Regulating Gut Inflammation with Food and Herbs

Thursday, October 13

12:00 noon – 1:00 p.m.

Explore the physiology of gastrointestinal inflammation and examples of types of foods and herbs that support the reduction of inflammation. In addition, discuss lifestyle choices that promote and reduce inflammation.

The Colors of Wellness

Thursday, October 13

12:00 noon – 1:00 p.m.

This lecture examines how the color of foods and herbs indicates specific benefits to the body – benefits through chemical constituent groups that can positively affect the body in different ways.

Supporting Immunity in Fall and Winter

Thursday, November 10

12:00 noon – 1:00 p.m.

This workshop provides creative ideas for enhancing our own natural immunity and explores how food, herbs, and lifestyle activities can help us move toward a more balanced and healthy “cold” season.



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Probiotics in Children's Health

Thursday, December 1
12:00 noon – 1:00 p.m.

Join us to learn more about the essential role that probiotics play in building and strengthening the pediatric immune system. Samples and recipes will be available, and babies and children are welcome!

Herbal Approaches to Healthy Hair: A Cross-Cultural View

Thursday, December 8
12:00 noon – 1:00 p.m.

Many global approaches to maintaining healthy hair incorporate herbal and nutritional healing. Join us for an enlightening discussion about healthy hair, some of the disorders that affect the hair and scalp, and historical herbal remedies from several countries and cultures.

ABOUT TAI SOPHIA INSTITUTE

Founded in 1974, Tai Sophia Institute (<http://www.tai.edu>), is a private, nonprofit, educational institution for health and wellness studies. The Institute is accredited by the Middle States Commission on Higher Education. It offers master's degree programs in Acupuncture, Therapeutic Herbalism, Nutrition and Integrative Health, and Transformative Leadership and Social Change; graduate certificate programs in Health Coaching, Herbal Studies, Medical Herbalism, Transformative Leadership, Wellness Coaching, Chinese Herbs, and a new post-master's certificate in Women's Holistic Health; individual graduate courses; and, community wellness programs, as well as continuing professional education and clinical services. The Institute's 12-acre main campus in Laurel, Maryland, also houses a bookstore, a library, and herb and meditation gardens, all of which are open to the public.

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