

FOR IMMEDIATE RELEASE

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**Dr. Liz Lipski named new academic director for
Tai Sophia Institute's Nutrition and Integrative Health programs**

LAUREL, Md., Jan. 8, 2013 – Tai Sophia Institute has announced the appointment of Dr. Liz Lipski as the new academic director for the Nutrition and Integrative Health programs.

“Liz is a national figure in the field of holistic nutrition and, more importantly, shares a philosophy of healing and wellness that mirrors that of Tai Sophia. In meeting her, I could feel an instant connection to our values. Her heart-centered approach, evidence-based teachings, and university background are the perfect combination for moving our nutrition programs forward,” said Dr. Judith Broida, provost and executive vice president of Tai Sophia.

Dr. Lipski is board certified in Clinical Nutrition (CCN) and Holistic Nutrition (CHN) and is a Certified Nutrition Specialist (CNS). She received her doctorate in Clinical Nutrition from the Union Institute with a specialization in Functional Medicine and has been working in the fields of nutrition, holistic health, herbology, and lifestyle management for more than 30 years. She has been extensively published in many academic journals and is the author of four books, including *Digestive Wellness* and *The Digestive Connection*. Dr. Lipski speaks nationally and internationally, is on faculty at the Institute for Functional Medicine, and serves on advisory boards for the Ceres Foundation and the Autism Help Alliance. She most recently served as director of doctoral studies and educational director at Hawthorne University.

“Lifestyle is the basis of health. Our relationship to food, movement, sleep, other people, and sense of meaning and purpose in life helps prevent or delay the degenerative illnesses that plague us,” said Dr. Lipski. “I am thrilled to be part of the leadership team at Tai Sophia, and to help train a generation of nutritionists who can help us to live more in harmony with our environment.”

About Tai Sophia Institute

Founded in 1974, Tai Sophia Institute, (www.tai.edu), is a private, nonprofit, academic institution focused on integrative health and wellness. Accredited by the Middle States Commission on Higher Education, the Institute offers graduate degrees and academic certificates in a wide range of health and wellness fields, including acupuncture and oriental medicine, integrative nutrition, herbal medicine, health and wellness coaching, and health education.

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