

Explore

FEB/2018

Maryland University
of Integrative Health

MUIH

A PUBLICATION FOR THE MUIH COMMUNITY



In Touch WITH OUR MANAGING EDITOR



Welcome to the first issue of our new monthly newsletter, *Explore MUIH*. On behalf of the Advancement Team, we hope you enjoy this

new way of keeping you informed of all the exciting news from students, faculty, and alumni of Maryland University of Integrative Health.

Our goal with this newsletter is to create something that is relevant, genuine, and beneficial to our community. Each month you can look forward to valuable updates about what's happening at MUIH, seasonal and topical articles from our students and expert faculty, entertaining commentaries, delectable recipes, and more.

We'd love to hear from you! If you have story ideas, or would like to contribute as a guest writer, email your thoughts to advancement@muih.edu.

With regards,

Natalie Williams

Natalie Williams
Vice President of University
Advancement


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at Maryland University of Integrative Health

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MUIH Partners with City of Laurel, Maryland

MUIH is pleased to announce that it is partnering with the city of Laurel, MD to produce *The Wellness Minute*. Hosted by members of MUIH's faculty, and featuring experts from the region's integrative health community, this monthly video series examines relevant health topics through the lens of various integrative disciplines such as naturopathic medicine, nutrition, acupuncture, herbal medicine, yoga therapy, health promotion, health and wellness coaching, and more.

This February, *The Wellness Minute* is recognizing American Heart Month and will be featuring a discussion with Drs. Juanita Cox and Randy Gastwirt. Dr. Abigail Aiyepola, professor and associate dean of MUIH's School of Naturopathic Medicine, will serve as host and moderator.

Beginning the morning of Friday, February 2, 2018 residents of the city of Laurel can catch this month's *The Wellness Minute* through the following TV Stations:

Laurel TV on Verizon **FiOS Channel 12**

Comcast **Channel 996 (HD)**

Comcast **71 (SD)**

BE SURE TO CHECK US OUT ON:

The Wellness Minute will also be available on MUIH's YouTube channel and Facebook page.

REMEMBERING *Jim Duke*



James A. "Jim" Duke, Ph.D., a much-loved and valued member of the MUIH community, recently passed away at his home at the age of 88. Jim had served as a distinguished herbal lecturer with MUIH, and provided rare, enriching, and unforgettable learning experiences for students at his Green Farmacy Garden.

Born in Birmingham, Alabama, on April 4, 1929, Jim exhibited a passion for bluegrass music and played in a Dixieland jazz band while in college. He rose to prominence as a world-renowned ethnobotanist during his 32-year career with the United States Department of Agriculture. While at the USDA, he developed the agency's Phytochemical and Ethnobotanical Database which is still one of the most frequently consulted areas of the USDA website. Jim was a Phi Eta Sigma and Phi Beta Kappa graduate of University of North Carolina (Chapel Hill), where he was elected distinguished alumnus some 50 years after his degree was conferred.

After retiring in 1995, Jim continued to compile data on medicinal plants and update several of his 30 published books. Fluent in Spanish, he frequently led ethnobotanical trips to ecologically rich areas of the world. Jim also served as one of the founding members of the Board of Trustees of the American Botanical Council.

Located just three miles from the MUIH campus, Jim Duke established the Green Farmacy Garden in 1998. It hosts 300 medicinal plant species from around the world, including vegetation of multiple habitats. Students and faculty have spent many pleasant hours at the Green Farmacy Garden viewing the morphology and spirit of the plants with the passing of the seasons. In a life estate arrangement with Jim and Peggy Duke, MUIH will inherit the garden and the beautiful six-acre property.

Through his generosity and passion for the natural world, Jim's legacy survives with the countless students, faculty, staff and friends he inspired during his tenure with MUIH. On behalf of the entire MUIH community, we send our thoughts and condolences to his wife Peggy, daughter Cissy, and son John.

From the Expert

Ayurvedic Massage for Winter Wellness



BY DIANE FINLAYSON, M.A., C-IAYT, ERYT 500
Program Director, Yoga Therapy

As much as we do not want to believe it, humans are ruled by circadian and seasonal rhythms. Just like many other mammals, when the sun comes in at a low slant and the temperature plummets we do better resting in our nests than running around the world. But

the culture we live in demands that we keep chugging along, even though the reptilian part of our brains is crying for restorative time. The way we handle this season informs how well we'll feel during the rest of the year.

In Ayurveda, winter is considered a vata dosha season. The vata dosha is comprised of the elements of air and space. The qualities when these two elements combine are: clear, subtle, soft, light, dry, cold, and mobile. Those who are vata constitution or a dual dosha with vata (vata pitta, pitta vata, kapha vata, vata kapha) will feel these qualities more keenly because they are already part of their inherent nature and Ayurveda is a system where "like increases like." Pitta, pitta kapha and kapha pitta will have fewer issues during this time vata dosha takes the world in through touch and sound. Touch and sound become very important senses to pacify in this season for that reason. A hot oil massage and the Ayurvedic practice of abhyanga are great during this time of year.

For abhyanga use an oil most suited for your dosha. For vata use raw sesame oil. Pitta does best with almond oil (coconut is too cooling even for pitta in winter) and olive oil for our kapha. Keep your room warm. Apply warm oil from scalp to toes. Use long strokes over the long bones of the body and make circles around the skull and joints. You should not need more than two tablespoons to cover the whole body. Leave the oil on for twenty minutes. Listen to some nice music or use the time for reflection and rest. When the twenty minutes have passed, rinse off with a mild castile soap and warm water, pat dry and you're ready to go.

For any dosha that is feeling very depleted, abhyanga can be done with ghee. This is one of the most restorative practices that can be done. If you are indeed depleted, you may find the body takes up somewhat more than the two tablespoons that would have been used were you applying oils.



New Massage Therapy at the Natural Care Center

The Natural Care Center at Maryland University of Integrative Health is pleased to announce that it has added two licensed medical and therapeutic massage therapists to its clinical staff. Services are available Sundays and Tuesdays, and an introductory discount is available for MUIH students, faculty, and staff.

SPECIALTIES INCLUDE:

Acupressure; CranioSacral Therapy; Deep Tissue; Lymphatic Drainage; Pre- and Postnatal Care; Myofascial Release; Shiatsu; Sports Injuries and Prevention; Swedish; Trigger Point

SERVICE FEES

Initial Appointment

30 minute intake / 60 minute massage:
\$135

Introductory discount for MUIH students, faculty, and staff

\$90

Follow-Up Appointments

60 minutes: \$90
30 minutes: \$45

Discounted monthly plans will be available. Ask staff at the Natural Care Center front desk for more details. Appointments can be made by calling the Natural Care Center at **410-888-9048 ext 6614**.

HOW CAN ACUPUNCTURE HELP HEAL MEDICAL RACISM?

A Conversation Among Peers
in honor of
BLACK HISTORY MONTH

Please join members of the Diversity, Cultural Competence and Inclusion Committee and members of the January 17 Acupuncture Class in a crucial conversation about the history and contributions made to the field of acupuncture by non-white individuals and groups to acupuncture.

REGISTER BY FEB. 8

Participants must register through email to cshapero@muih.edu and must download and read the article prior to the discussion.

WHO: Faculty and students from all MUIH departments, as well as MUIH staff members

WHAT: A candid conversation to discuss *Unusual Tale of Acupuncture, Racism and African American History in the USA* by Tenisha Dandridge, Lac.

This article disputes the widely held premise that acupuncture's first appearance in the U.S. was in the 1970's when President Nixon visited China. Join us for a discussion about The New York Lincoln Detox Center, in the South Bronx, also during the 1970's. This center was the first drug rehabilitation center to incorporate acupuncture in the U.S.

WHEN: **February 13, 2018 | 12:30-2:00 PM**
and
February 15, 2018 | 5:00-6:30 PM

WHERE: MUIH
7750 Montpelier Road Laurel, MD 20723
Room 8 on February 13
Room 2 on February 15
(Conference Call Access will be sent to you with registration)



Free download Scan here or visit:
<https://everyones-place.com/2016/10/04/unusual-history-of-acupuncture-in-the-usa/>

MUIH Announces Agreement with the Foundation for Advanced Education in the Sciences at NIH

MUIH is pleased to announce that it has signed an articulation agreement with the Foundation for Advanced Education in the Sciences (FAES) at the National Institutes of Health (NIH). This agreement provides a pathway to enrollment in MUIH's programs for individuals who have completed courses at FAES, via the transfer or exemption of equivalent FAES coursework into MUIH's graduate programs in integrative health.

"This agreement is a first step in what we hope will be an expanding relationship between our institutions, in support of our mutual interests in health and scientific research", says Dr. Christina Sax, MUIH's Provost and Vice President for Academic and Student Affairs.

"FAES is proud to collaborate with MUIH to create new learning and networking opportunities for practitioners from all scientific disciplines," Christina Farias, CEO and Executive Director, FAES.

The Foundation for Advanced Education in the Sciences was established in 1959 by eleven scientists at the National Institutes of Health to facilitate a collegial environment and provide educational and professional services for the scientific community. Over the last five decades, FAES has grown to be much more to the NIH community serving not only the Bethesda Campus, but also Frederick, Rockledge, and Baltimore, Maryland as well as NIH sites in Arizona, North Carolina, and

Montana. Today, FAES offers 150 courses each year and over 60 core biotechnology training workshops, and runs a series of management and leadership training classes for scientists who want to bridge the gap between the bench/bedside and business or other disciplines. Since its founding, FAES has educated over 40,000 scientists and continues to expand and customize educational opportunities for the community.

For more information about advanced standing, transfer credit, and course exemptions, visit muih.edu/admissions/transfer-information.

STUDENT SPOTLIGHT



CHRISTINE CHERPAK

Program:

Doctor of Clinical Nutrition

Q: What drew you to MUIH?

A: I was drawn to Maryland University of Integrative Health because it satisfied my thirst

for an innovative curriculum combining rigorous coursework, research, and experiential training. Maryland University of Integrative Health's foundational principles of interconnections, holism, transformation, diversity, and resilience underscored my commitment to facilitate optimal nutrition and health; attending to one's whole body, including physical, emotional, mental, and spiritual realms, as opposed to a body composed of parts in need of "fixing." Nutrition is an art and science. Maryland University of Integrative Health understands this and integrates such a philosophy into its program offerings.

Q: What excites you about your academic field of study?

A: My academic field of study excites me each day because nutrition is an evolving science. Nutrition is an undervalued and underutilized determinant for long-term health and wellness. Research and advocacy elicit awareness of nutrition's influential role in effecting optimal human nutrition and health. And there's a growing demand for professionals with advanced training and skills in nutrition. Nutrition is not limited to basic principles, but is multifaceted. Leaders in the global transformation of health and wellness understand how cognition and physiology coalesce to shape a complex food and nutrition structure. Every role of food and nutrition—physiological, environmental, socio-cultural, and spiritual—is essential to optimal human health. It is not enough to isolate macronutrients and micronutrients. As Dr. Robert

Svoboda affirms, “[e]ven the nectar of immortality is a poison if the body can’t digest it.” And just as the field of nutrition is dynamic, each client is a unique whole in which a vital force lives, capable of healing, maintaining health, and preventing disease. Thus, client encounters that await me upon graduation will create a kaleidoscope of partnerships and discoveries.

Q: Has there been a course you’ve particularly enjoyed?

A: One course that I particularly enjoyed was Nutritional Biochemistry. Although the content was challenging, Dr. Bryan Walsh presented the material in an enthusiastic and passionate manner that fully engaged students. I found this course to be foundational and I continue to utilize the knowledge I acquired in Nutritional Biochemistry in each new course I take. Notably, the course followed a storyline, which resulted in my not merely memorizing information, but truly integrating the material to solve complex nutrition-related client cases.

Q: Can you speak about the faculty here?

A: The faculty at Maryland University of Integrative Health is of high caliber and is as unique as the University itself. Often, faculty members are leaders in the nutrition field who author books and peer-reviewed journal articles, and hold distinguished positions with other organizations such as The Institute for Functional Medicine. There is an undercurrent of exchanged learning between faculty and students; in other words, faculty position themselves beside students and value opportunities to grow as well. And they are available to support student success beyond the completion of a course—Dr. Mary

Fry repeatedly exemplifies this with her willingness to communicate with past students in a manner that is welcoming, despite her other commitments and current students. This communal spirit is one that I value and emulates the partnership that is essential to a strong client-practitioner relationship.

Q: What is your best MUIH memory?

A: My best Maryland University of Integrative Health memory is being accepted into my program of study. At this time, I was overcome with hope and possibility. And such feelings paved the way for me to renew these sensations at the start of each trimester. The more I learn and build partnerships with the members of the Maryland University of Integrative Health community, the more I envision ways to serve future clients and collaborate with colleagues. My acceptance into my program of study was the first of several stepping stones that don’t lead to a destination, but rather to a lifelong journey of learning—the consequence of which are unimagined horizons.

Q: How do you plan to use what you’ve learned here?

A: I plan on utilizing what I’ve learned at Maryland University of Integrative Health in a clinical nutrition and research career that honors the mind, body, and spirit interconnection. My research interests include digestive health and its impact on extraintestinal health; epigenetics; complex health consequences of methylenetetrahydrofolate reductase (MTHFR) gene mutation; how Single Nucleotide Polymorphisms (SNPs) are nutritionally actionable; and how a dysregulated stress response,

and toxins and toxicants contribute to digestive disturbances. As a functional nutrition practitioner, I will execute literature reviews, conduct independent research, publish in peer-reviewed journals, and present my research findings at conferences, which will complement my academic and clinical skills. In addition, I intend to teach nutrition-related courses at the graduate level, hold wellness retreats, and give back to my community by providing community nutrition education seminars. Throughout my portfolio career, I will thrive on the challenges I encounter and join a distinctive community of scholars, researchers, practitioners, and advocates promoting whole person, relationship-centered healthcare.

Q: What would you say about MUIH to a prospective student who is interested in attending?

A: To prospective students interested in attending Maryland University of Integrative Health, my advice aligns with cardinal advice for all of life’s endeavors: center yourself to fully identify your desires and ensure that they resonate with the offerings of what you are pursuing. Take the time to explore the resources available to students—do they meet your expectations? Don’t be afraid to “interview” a representative from the University. For example, discuss your goals with an Admissions Advisor and ask him/her how the University will help you achieve them. I also recommend requesting to speak with a current student or recent graduate from the program of study in which you are interested. Overall, investing time in delineating your standards and researching the University’s resources and philosophy will maximize your success.

COMMUNITY CORNER

The MUIH Career Services Center is now open to all University students and alumni, and offers career counseling and job search support. **Rob Brooks**, coordinator of career services, is available for appointments with students and alumni in person, over the phone, or online. Contact him to schedule an appointment at rbrooks1@muhi.edu or **410-888-9048 x6613**. Visit www.muhi.edu/career-services to learn more.



Julie Wendt, Nutrition '14, recently co-authored a chapter focusing on nutrition in a new book called *Integrative Geriatric Medicine*. The book is part of the Weil Integrative Medicine Library, a series of volumes for clinicians in various medical specialties published by Oxford University Press.



Dr. Christina Sax, provost and vice president for academic affairs at Maryland University of Integrative Health has been elected as Secretary/Treasurer to the 2018 UPCEA - University Professional & Continuing Education Association Board of Directors. Founded in 1915, UPCEA is the leading association for professional, continuing, and online education.



Dr. Liz Lipski, director of academic development and nutrition programs at MUIH, will be the featured speaker at Diabetes University, a program for those with diabetes, their families, their caregivers, and educators. The program is hosted by the Diabetes Action Research and Education Foundation and the Marriott Hospitality Center at Montgomery College, and takes place on Saturday, March 3 at Montgomery College's Rockville, Maryland campus. Visit diabetesaction.org to learn more and register.

Place Your Ad Here!

To see your ad in the next issue of Explore MUIH, email Susan Larsen at slarsen@muhi.edu.



SPRING WELLNESS OFFERINGS

MUIH's Spring Wellness Offerings are available to all MUIH Students, Faculty, and Staff

RESTORATIVE YOGA

Tuesdays:

12:00 – 12:30 p.m.

Location:

Maple Lawn, Summer Room

AURICULAR ACUPUNCTURE

Tuesdays:

12:00 p.m. – 2:00 p.m.

Location:

Main Campus, rooms vary

Wednesdays:

5:00 p.m. – 7:00 p.m.

(open to the public)

Location:

Main Campus, rooms vary

Thursdays:

12:00 a.m. – 2:00 p.m.

Location:

Main Campus, rooms vary

QI GONG

Wednesdays:

2:00 – 2:30 p.m.

Location:

Maple Lawn, Summer Room

GENTLE YOGA

Thursdays:

1:00 – 1:30 p.m.

Location:

Main Campus, rooms vary

EVENTS CALENDAR



GRADUATE PROGRAMS ONLINE OPEN HOUSE

ONLINE: FEBRUARY 12, 7–9:00 P.M.

Register at
muih.edu/events
or scan here



Distinct from other schools, Maryland University of Integrative Health delivers academic excellence with a focus on the interconnection of mind, body, and spirit. We invite you to attend our online Open House to learn more about our accredited graduate programs and School of Naturopathic Medicine.



LENTIL SALAD WITH WINTER RADISH AND POMEGRANATE SEEDS

Ingredients:

- 1 lb. French lentils* cooked
- 1 watermelon radish, small dice
- 1 c. pomegranate seeds
- ½ cup pumpkin seeds toasted
- ½ cup parsley, fresh chopped
- 2 Tbsp. extra virgin olive oil
- 1 tsp. lemon zest
- ½ tsp. coriander seed, powder
- ½ tsp. cumin seed, powder
- ¼ tsp. cardamom
- 1 lemon, juiced
- Salt and pepper to taste

Method of preparation:

Line a baking tray with parchment paper. Add lentils, radish, pumpkin seeds, pomegranate seeds, parsley and olive

oil and gently rake all ingredients to fully integrate.

In a small bowl add all the spices and whisk them together, then sprinkle on top of the lentil salad. Once again rake the lentil mixture with the spice blend to fully combine.

Add lemon juice, salt and pepper. Taste and adjust flavors as needed. Best served if it is chilled for about one hour to allow for all the flavors to blend.

Enjoy!

*Lentils do not need to be soaked yet it is very important to rinse them well until the water is clear. To cook them bring water to boil, add the lentils and reduce heat to simmer. Lentils will cook in about 20 minutes on low heat. Do not cook vigorously as the lentils will pop. For salad you want the lentils to have an al dente texture.



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MUIHealth



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