



▲ LATEST NEWS  
UNIVERSITY  
CELEBRATES  
RETIRED  
BOARD  
CHAIR, ADELE  
WILZACK

2



▼ YOGA THERAPY FOR  
ACUTE CARE  
UNIQUE  
EXPERIENTIAL  
TRAINING

3



► LATEST NEWS  
NUTRITION  
SYMPOSIUM 2018

4

▼ LATEST NEWS  
CELEBRATING  
JIM DUKE

6



▲ LATEST NEWS  
MUIH  
HIRES NEW  
ASSOCIATE  
VICE  
PRESIDENT  
OF STUDENT  
AND ALUMNI  
AFFAIRS

3



## ◀ LATEST NEWS

### MUIH Launches New Online Integrative Health Programs

Programs take bold step to  
address most challenging issues  
in healthcare

Maryland University of Integrative Health is pleased to announce that we will launch six new online academic programs starting in Fall 2018. Graduates of these programs will help meet the growing demand for qualified professionals in these areas of concentration.

#### WORKPLACE WELLNESS: ONLINE POST-BACCALAUREATE CERTIFICATE

Prepares educators, fitness instructors, employee assistance specialists, human resource specialists, healthcare professionals, and others to empower working individuals to take charge of their health and create sustainable change.

#### SPORTS PERFORMANCE AND INTEGRATIVE NUTRITION: ONLINE POST-BACCALAUREATE CERTIFICATE

Prepares individuals to blend foundational knowledge in holistic nutrition with a broader perspective on the role of nutrition in sports and athletic performance.

#### AYURVEDIC WELLNESS PRACTICES: ONLINE POST-BACCALAUREATE CERTIFICATE

Participants gain the skills,



## In Touch WITH OUR MANAGING EDITOR

Summer is a time of abundance. As longer days shower us with extra sunshine, a profusion of fruits, vegetables, flowers, and herbs come into season.

While summer is a time to enjoy lighter schedules and a more relaxed pace, for many students at MUIH, classes continue through the summer trimester and many work hard to stay ahead of the curve. Despite the workload, students can still find ways to enjoy everything that summer has to offer. On-campus students can enjoy a break from class by strolling through the herb garden, or delight in a refreshing treat from the Meeting Point in one of the campus picnic areas. Online students can schedule some time to participate in summer activities that are relaxing and align with their academic interests, like visiting a local “pick your own” farm or doing some outdoor yoga.

Our July newsletter is filled with an abundance of University news and useful tips to help kick off the summer. We’re very pleased to announce the launch of six new online integrative health programs; Cheryl Walker Shapero, Associate Provost for Values, Diversity and Inclusion, discusses the MUIH practice of active listening; and Eleonora Gafton offers a recipe for a refreshing summer breadfruit curry.

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](mailto:advancement@muih.edu).

Warm regards,

*Natalie Williams*  
Natalie Williams  
Vice President of  
University Advancement



### ► LATEST NEWS

## University Celebrates Adele Wilzack’s Two Decades of Service



On Saturday, June 2, MUIH was pleased to honor retiring Board Chair Adele Wilzack, M.S., R.N., with a tree planting ceremony near the University herb garden. The ceremony was attended by University leadership, and commemorated her two decades of service on the Board of Trustees.

Ms. Wilzack has been an influential and highly effective healthcare leader in the state and the nation for more than 40 years. After earning a nursing degree from Mercy Hospital School of Nursing, and a master’s degree from the University of Maryland School of Nursing, she worked in hospital administration and later began a career in public health. In 1974, she was appointed assistant commissioner for health services for the aging and medical care for Baltimore City. In 1979, Ms. Wilzack was appointed assistant secretary of Maryland’s Department of Health and Mental Hygiene, which included administration of the Maryland Medicaid program. In 1983, Maryland Governor Harry Hughes appointed Ms. Wilzack secretary of Maryland’s Department of Health and Mental Hygiene, making her the first woman and nurse to serve in this capacity. She was then appointed by Governor William Donald Schaefer to continue in this position during his administration. Subsequently, Ms. Wilzack served as the president of the Health Facilities Association of Maryland, a leading long-term care advocacy organization.

Ms. Wilzack joined Maryland University of Integrative Health’s Board of Trustees in October 1998, was elected to serve as Vice Chair in 2006, and has served as chair since 2013. Her interest in complementary medicine began when she turned to acupuncture treatments at MUIH (then Tai Sophia Institute) to help with a personal health challenge. Since then, she has been a strong supporter of integrative health.

Ms. Wilzack has devoted her entire career to advocating for improved patient care and healthcare delivery, and has championed integrative health as a viable option to achieving these goals. Today, Ms. Wilzack serves as a board member of the Upper Chesapeake Medical Center and chairs its Quality Care Committee. She is also a member of the Dean’s Advisory Council of Notre Dame of the Maryland University School of Pharmacy and a member of the Johns Hopkins Certificate on Aging Advisory Board.

Please join us in expressing gratitude to Ms. Wilzack for her many contributions to the MUIH community.

## Yoga Therapy for Acute Care

# Elite New Program Offers Yoga Therapists Unique Experiential Training



BY BETH ROMANSKI, PROGRAM DIRECTOR OF PROFESSIONAL AND CONTINUING EDUCATION

More and more healthcare institutions and agencies are coming to understand the value of true integrative practices for their patients. New research on yoga therapy shows the efficacy of this modality to address patient concerns with stress, anxiety, and even pain management.

The Office of Professional and Continuing Education at MUIH, in partnership with Howard County Hospital, is pleased to offer a new, elite program that will provide yoga therapists with unique experiential training to help them position their private practice for specific populations with an integrative health focus. It will also benefit those who are interested in learning specific techniques for patient care in an acute hospital setting.

I recently interviewed Julia Romano, course developer and instructor, about this exciting new program.

### What makes this program special?

This continuing education course is the first of its kind, largely because the kind of work we're doing is pioneering. While yoga therapy in the acute care setting certainly exists elsewhere, we are working to systematize the process in a way that can be formally communicated through both our master's coursework as well as this fall's continuing education course. After 32 hours of intensive online coursework preparing participants for the in situ experience, students will spend four full days on the floor of Howard County General Hospital enjoying numerous opportunities for both patient sessions and supervision. We'll explore every step of the process, from initial patient interaction, to interview, plan of care, and integrated assessment communicated to the supervisor in language specifically geared toward allopathic practitioners.

### Why would a professional learner want to participate?

This program is built for certified yoga therapists looking to extend their practice into specialty settings such as hospitals, clinics, and doctors' offices. These traditionally allopathic settings are now beginning to recognize the efficacy of formal partnerships with complementary medicines such as yoga therapy. Students will develop and hone tools geared to assess and treat some of the more subtle aspects of each patient. Whereas in private practice, yoga therapists often largely work in

## ► LATEST NEWS

# MUIH Hires New Associate Vice President of Student and Alumni Affairs

We are pleased to announce the selection of Dr. Tita Gray as the Associate Vice President of Student and Alumni Affairs for Maryland University of Integrative Health (MUIH).

Dr. Gray joins MUIH with a wealth of experience in student and alumni affairs, as well as, experience as a faculty member at San Diego State University and Miami Dade College. From her previous roles, she brings particular expertise in managing a comprehensive and integrated set of student and alumni support and success services, linking students' pre-professional experiences to their careers as alumni, and has a strong focus on diversity and inclusiveness.

Dr. Gray is well prepared to achieve our overarching goal to provide high quality support that is unique to the needs of all of MUIH's students and alumni, and to actualize our vision of an engaged professional network of students, alumni, and faculty. She holds a Doctorate of Education from San Diego State University, a Masters of Business Administration from San Francisco State University, and a Bachelor of Business Administration from Baruch College/CUNY. She has also completed the Management Development Program at Harvard University and has been certified as a Life and Career Coach by the Life Purpose Institute.

*"I am thrilled to be joining the MUIH family. Working in an environment that values the well-being and engagement of students and alumni is critical to leading with head, heart, and hand," says Dr. Tita Gray. "Student and alumni affairs plays a critical role in the shifting of economic and social trends of higher education and healthcare. MUIH understands this shift, and is adopting innovative strategies to better serve our students and alumni, and I am proud to be leading that charge."*



► LATEST NEWS

## Nutrition Symposium 2018

Nutrition Symposium 2018 was held from Friday, June 15 to Sunday, June 17 on MUIH's main campus in Fulton, MD. Presented by the MUIH Nutrition Department in partnership with Maryland Naturopathic Doctors Association (MNDA), the symposium focused on Nutritional Genomics in Clinical Practice.



## MUIH Practices



BY CHERYL WALKER SHAPERO, M.L.,  
MCC, ASSOCIATE PROVOST FOR  
VALUES, DIVERSITY AND INCLUSION

For over 40 years, Maryland University of Integrative Health (MUIH) has been educating students to become health professionals. A unique feature in several of our academic programs is teaching students personal development tools that enhance a sense of well-being and help develop relational skills.

Over time, we have referred to these tools as “practices” because it is through practice and repetition of these tools that personal growth is achieved. We have observed that with committed practice, our students go beyond intellectually understanding the practices to actually embodying them in their daily lives.

Not only do we teach a set of practices to our students, we also teach them to our staff. We believe that the personal growth derived from these practices enhances a sense of well-being and lends to more harmonious relationships. It is through our experience that there is a direct correlation between these practices and sustaining a positive work culture.

The newest MUIH staff members are required to attend a Cultural Orientation, which occur three times a year. Five MUIH practices are introduced at these orientations, and staff members are encouraged to adopt them as their own.

We’d like to share one of the practices our staff learn at Cultural Orientation and invite you to try it yourself.

### ACTIVE LISTENING

As simple as this may sound, most of us fail to be fully attentive when someone is speaking to us. How often do our minds wander when someone is speaking? How often are we thinking about what we want to say next?

Once a day every day this month, we invite you to give someone your full attention when they are speaking. This means no multi-tasking or interrupting. As you do this, notice how you feel, notice the quality of the interaction, and notice the reaction of the other person.

Many of us have found that over time, this simple practice improves the quality of our relationships and has a profound impact on our own sense of well-being.

# STUDENT SPOTLIGHT



**KATERI PAYNE**

**Program:**

*Nutrition and Integrative Health,  
and Herbal Studies Post-  
Baccalaureate Certificate*

**Q: What drew you to MUIH?**

**A:** MUIH appealed to me for two main reasons. The first was its integrative approach to nutrition, including its emphasis on healing presence. I was really looking for a program that went beyond macronutrients and calories to considering a client's whole person including sleep, stress, lifestyle, etc. My own journey to health and weight loss required so much more than "dieting," and I want to provide my clients a more personal, integrative plan for health.

Second, MUIH's focus on science was extremely appealing. After looking at the requirements for certification as a Certified Nutritionist Specialist and researching what coursework MUIH offered to meet those requirements, I realized this was going to be an excellent program for learning the science behind the nutrition. MUIH was ultimately the best choice for me, combining the scientific background and research with my personal focus on whole health and holistic principles.

**Q: What excites you about nutrition as an academic field of study?**

**A:** Nutrition in general excites me because we all eat food, and the food we eat can heal or harm us. Learning how to use food is an accessible way for most of us to heal and nourish our bodies and spirits. By learning the science behind food, I can educate and empower my clients to heal; and by learning about behavior change, I can support my clients in making changes to their life that support them, their families, and even their communities.

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

**A:** I have enjoyed almost all of them, which tells me I am in the right place. However, my favorites have culminated in the final coursework that includes the experiential portion. Applying everything we have learned to case studies and clients in clinic has been extremely rewarding in addition to deepening the learning process.

**Q: Can you speak about the faculty here?**

**A:** One of my favorite parts of this school is the professors. Most of my professors here are practitioners in the field coming from a variety of backgrounds who share their successes and experiences with their own clients. Whether we are learning our foundational sciences or in advanced applied courses, the professors have continually challenged and engaged me to dig deeper and think about how what we're learning can make a difference in someone's life.

**Q: What is your best MUIH memory?**

**A:** The most heartfelt memories that I will take from MUIH will be the memories of the connections I've made with the people. Students,

faculty, and staff have made this journey a turning point in my life. I have felt safe and supported in my career change, I have been inspired, and I have witnessed amazing transformations in others. I may not always be great at names, but I will always cherish the shared experiences.

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

**A:** I plan to build communities of both nutritionists and healers in support of each other and of individuals who connect through their healing journeys. In my own practice, I hope to work with mothers who struggle with chronic illnesses to find peace and support as they raise their children. In addition, I want to create a business organization that unites nutritionists in practice where they can be in business for themselves but not by themselves.

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

**A:** Know your "why?" What do you hope to do when you graduate? You will benefit from a program like those offered at MUIH if you believe in a holistic approach to healing and health, appreciate evidence-based training for expanding knowledge, and are open to growing personally as you develop your own healing presence throughout the program.

**Q: What is the one word that comes to mind when you think of MUIH?**

**A:** Journey.

**Q: Is there anything else you'd like to add?**

**A:** This has been the single best educational decision I have made in my life. No matter I do in the future, this experience has helped me become who I believe I was always meant to be.

## ► LATEST NEWS

## Celebrating Jim Duke

BY MICHAEL TIMS, PH.D.

On Saturday, June 16, over 100 herbalists of all kinds gathered to share their love and affection in memory of Dr. Jim Duke. It was a gorgeous day. Both of his children, Celia and John, were in attendance along with several grandkids. His wife, Peggy, was able to hear a great big chorus of greetings from the

crowd. Among the attendees were over 40 alumni from MUIH's Masters in Therapeutic Herbalism program, along with MUIH faculty and staff. It felt like a festival with children romping all over the beautiful garden. At the end of the day, an honoring ceremony was led by alumna Helen Metzman, long time Green Pharmacy garden manager.

An Ayahuasca plant Jim treasured had died in the garden days before his passing. Jim's long term engagement with the Amazon Center for Environmental Education

and Research (ACEER) had helped him value shamanic plants for their power to heal both individuals and communities. Helen planted a new Ayahuasca plant in the garden, mixed with both Jim's ashes and those of the old La Medicina plant. Fellow alum, Deborah Mizeur, sang a beautiful song of healing. Everyone lingered, not want to say their final goodbyes. The day ended in reconnection with a vibrant community of herbalists from all over the world, just what Jim would have wanted.

## ► CONTINUED FROM PAGE 3

## Elite New Program Offers Yoga Therapists Unique Experiential Training

the realm of the physical body, acute care setting yoga therapy usually takes place in the breath-energetic, psycho-emotional, and wisdom bodies. Therapists must learn to work patiently, simply, and concisely. The acute care setting provides the space for therapists to really hone their craft, while also being a huge asset to their patient-clients.

### How did this program come to fruition?

This program is the product of collaboration between Howard County General Hospital and Maryland University of Integrative Health. While we were initially brought into the hospital to explore the efficacy of yoga therapy as complementary treatment for oncology patients, our work proved effective for patients across acute care admissions. We've been onsite now for about two years, and our work has become a regular fixture of care. Nurses and doctors often refer patients for yoga therapy treatment, and by all reports, the collaboration greatly contributes to patient well-being.

### What is it like to practice yoga therapy in a clinical hospital setting?

This is challenging work. By definition, yoga therapy in this setting regularly involves working with patients with challenging diseases and conditions, often terminal. Every patient is different. Acute care yoga therapy is a unique process, asking therapists to be what few other practitioners in the hospital setting can be. While most everyone else who enters the patient room — from doctor, to nurse, to tech, to social worker, among others — has a set protocol to follow, and medications and diagnoses to dole out, the yoga therapist gets to be an organic, compassionate presence. It's truly a fulfilling and powerful experience.

### How does this program fulfill the new International Association of Yoga Therapy (IAYT) Continuing Education (CE) requirements launching this fall?

IAYT require that yoga therapists earn a minimum of 24 credits per year. This

50-hour program covers CE credits for two years — with 18 online hours of prep work and 32 face-to-face hours, primarily in the hospital, so this largely experiential program is a great value.

As these IAYT CE requirements are new, MUIH will also take part in IAYT's pilot program process as an accredited CE provider. This is an elite program with only eight spots available, so we encourage applicants to apply early. We are excited to offer this unique opportunity for C-IAYT professionals to earn CE credits in a clinical setting exclusively through the partnership between MUIH and Howard County General Hospital.

### Program Details

The onsite portion of the Professional Certificate of Yoga Therapy for Acute Care takes place October 7-12, 2018 at MUIH's main campus and Howard County Hospital. The registration fees are \$999 for MUIH Alumni, and \$1235 for C-IAYT Yoga Therapists. Application deadline is August 17, 2018. Learn more and apply at [ce.muih.edu](http://ce.muih.edu).



# COMMUNITY CORNER



On this month's episode of *The Wellness Minute*, join host, Dr. Rebecca Pille, as she talks with Dr. Aminah Keats, a naturopathic doctor, about Juvenile Arthritis. Find out about different therapies, remedies, and resources that naturopaths help to treat this disease. Residents of the city of Laurel can watch this month's episode on Laurel TV, available on Verizon FiOS Channel 12, Comcast Channel 996 (HD), and Comcast 71 (SD). *The Wellness Minute* is also available on MUIH's YouTube channel.



The Association of Continuing Higher Education (ASHE) MidAtlantic Region recently elected the 2018-19 officers for the Board. Included in this year's election is Beth Romanski, who will serve as the Maryland State Representative. Beth will be an integral member of the region's leadership for the coming year, and will also assist the region as it prepares for the 2019 spring conference.



Herbal medicine alumna Georganne Giordano, M.S. (Class of 2005), has been an adjunct faculty member of Johns Hopkins University since 2013, and recently opened The Sanctuary Wellness Center in an historic church in Berryville, VA. Learn more Georganne's integrative wellness center at [www.sanctuaryberryville.com](http://www.sanctuaryberryville.com).



MUIH was proud to have a strong presence at the International Congress on Integrative Medicine and Health in May. This annual event brings together the best and the brightest working globally in the field of Integrative

Medicine and Health to share the leading work in research, clinical care, policy and education.

## ► CONTINUED FROM THE COVER

### MUIH Launches New Online Integrative Health Programs

knowledge, and framework needed to specialize in the wellness therapies used in traditional Ayurveda.

#### NUTRITIONAL GENOMICS IN CLINICAL PRACTICE: ONLINE POST-MASTER'S CERTIFICATE

Prepares individuals to explore and apply the emerging field of nutritional genomics research in clinical practice.

#### INTEGRATIVE HEALTH STUDIES: ONLINE POST-BACCALAUREATE CERTIFICATE

Participants gain a deeper understanding of the benefits and application of integrative health principles and practices.

#### INTEGRATIVE HEALTH STUDIES: ONLINE MASTER OF ARTS

Expands upon the coursework offered through the Online Post-Baccalaureate Certificate program for Integrative Health Studies.

By offering these programs in a flexible online format, MUIH recognizes the needs of today's busy and diverse student body.

Visit [www.muih.edu](http://www.muih.edu) to learn more about these new programs, or contact the Office of Graduate Admissions at [admissions@muih.edu](mailto:admissions@muih.edu) or 410-888-9048 ext. 6647.



## Place Your Ad Here!

To see your ad in the next issue of *Explore MUIH*, email Susan Larsen at [slarsen@muih.edu](mailto:slarsen@muih.edu).

# EVENTS CALENDAR



## INTEGRATIVE HEALTH GRADUATE FAIR

WEDNESDAY, JULY 18, 2018  
5:00PM – 8:00PM | MUIH

Learn more at  
[muih.edu/events](http://muih.edu/events)  
or RSVP here



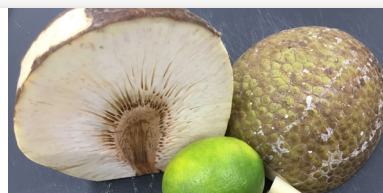
Visit our **Integrative Health Grad Fair** to meet with faculty and students in our academic programs. You'll have an opportunity to connect with them one-on-one and learn what makes our curriculum and courses so effective and innovative. You'll also learn about our certificate and degree programs, our admissions processes and how to apply, financial aid and scholarships that are available, and what kind of jobs our grads are getting. **Register at [muih.edu/events](http://muih.edu/events).**



### SUMMER BREADFRUIT CURRY

#### Ingredients:

- 1 Tbsp. coconut oil
- 1 small onion, sliced
- 1 breadfruit, medium dice (about 4-5 cups)
- 1 6-inch lemon grass, bruised
- 2 cups Magic Mineral broth
- 1 can full fat coconut oil
- 1 tsp. Celtic Sea Salt
- 1 tsp. turmeric
- ½ tsp. coriander
- ¼ tsp. allspice
- 1/8 tsp. cumin
- 1/8 tsp. cardamom
- 1/8 tsp. fresh ground black pepper
- 1 lime, juice and zest
- ½ bunch of fresh cilantro, minced



#### Method of preparation:

Heat a medium pot on medium heat, then add the oil and a pinch of salt. Add the onions and caramelize them until they are golden. Add the spice blend and sauté for another minute. Deglaze with the Magic Mineral broth, then add the lemon grass and coconut milk and simmer for 30 minutes until the breadfruit is fork tender and the liquid is almost absorbed. Finish with fresh squeezed lime juice and garnish with lime zest and fresh cilantro. Enjoy!

Breadfruit comes from the Moraceae family which includes jackfruit, mulberries, and figs. Breadfruit originated in the South Pacific and is well known

in Oceania and other tropical regions as it is a low-cost source of nutrient density. One cup of breadfruit has about 227 calories, yet it has almost 11 gr of fiber about half of the daily recommended intake in just one serving. It is high in vitamin C (106% DV, or daily value), potassium (30% DV), magnesium, and much more making this fruit a powerhouse of nutrients. According to a study from University of British Columbia, breadfruit contains "a full spectrum of the essential amino acids and are especially rich in phenylalanine, leucine, isoleucine, and valine."

©Eleonora Gafton, All Rights Reserved

Managing Editor: **Natalie Williams** Editor: **Susan Larsen**

7750 Montpelier Road, Laurel, Maryland 20723

410.888.9048



MUIHealth



@MUIHealth

[muih.edu](http://muih.edu) [#exploreMUIH](https://twitter.com/exploreMUIH)

**Maryland University**  
of **Integrative Health**