

# Explore MUIH

MAY/2018

Maryland University  
of Integrative Health

A PUBLICATION FOR THE MUIH COMMUNITY



Rovenia M. Brock, Ph.D.

## ◀ LATEST NEWS

### MUIH Commencement Speaker Announced

Maryland University of Integrative Health is pleased to announce that Rovenia M. Brock, Ph.D., award-winning nutritionist, lecturer, and author, will be our 2018 commencement speaker.

Rovenia M. Brock, Ph.D., a.k.a. Dr. Ro, earned a Bachelor of Science in Food and Nutrition from Virginia State University; a double master's degree in Community Nutrition and Broadcast Journalism from Howard University; and a Ph.D. in Nutritional Sciences, also from Howard University. Currently, Dr. Ro is Nutrition Contributor to National Public Radio, and Nutrition Advisor to *The Today Show*. She is host of the "Livin' Healthy with Dr. Ro" series aired on TV One and frequently seen on *The Today Show*. She hosted Black Entertainment Television's *Heart & Soul*, the first-ever national health and fitness television show for African American women, and was the Nutrition Counselor for ABC News' "Lifetime Live" and the Weekly Nutritionist to NBC's *Morning Show* in Washington, DC. Dr. Ro was also Health Expert for the WHUR Adult Mix Morning Show, the leading adult listening radio station in Washington, DC, where she hosted a weekly segment, "Heads Up on Health with Dr. Ro." In addition, she served as

## ▶ FROM THE EXPERT PRACTICUM EXPERIENCE

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### NATIONAL LIBRARY OF MEDICINE

Founded in 1836 as the Library of the Surgeon-General's Office United States Army, developed a national resource under the leadership of John Shaw Billings, Librarian from 1865 to 1895. Named Army Medical Library in 1922, and Armed Forces Medical Library in 1952, made a part of the Public Health Service of the Department of Health, Education and Welfare in 1956, established its site in 1961, the one hundred and twenty-fifth anniversary of its founding.

## ▶ INTERN SPOTLIGHT OLIVIA FUSTER

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# In Touch

## WITH OUR MANAGING EDITOR

This month, we are eagerly anticipating the MUIH Commencement Ceremony and reception on June 3, and we are very pleased today to announce Rovenia M. Brock, Ph.D., award-winning nutritionist, lecturer, and author, as our 2018 commencement speaker. Commencement weekend promises to be filled with memorable moments and opportunities to reminisce with your classmates and loved ones. We are all looking forward to celebrating the noteworthy achievements of the Class of 2018.

We've included a few surprises in this month's newsletter! In our special *From the Expert – Travel Edition* column, adjunct faculty member Jason Bosley-Smith talks to us about his experiences at a cancer research practicum hosted by the National Institutes of Health.

*Our Intern Spotlight* feature was written by Olivia Fuster, a junior at The Field School in Washington, D.C. who recently participated in a unique internship program with the Acupuncture and Oriental Medicine program. And special guest host Rebecca Pille discusses the benefits of acupuncture and Chinese herbal medicine for treating various mental health issues in this month's *Wellness Minute*.

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

### “Collaboration”

On Display Now in the Himmelfarb Gallery

What draws us together? Instinct nudges living beings to intertwine awareness and multiply possibilities by mingling consciousness. While the creative impulse knows a kind of freedom in solitude, nature endures through its relentless love of the mutual. Its daring interdependence reminds us that worlds unseen in our separation can become infinite through relationship. Multifaceted and nuanced, this is how life engenders itself—through spirited collaboration.



On display through July 31 in the Himmelfarb Gallery is *Collaboration*, an exhibit featuring the works of artists Abbie Chessler, Cindy Cisneros, Anne Whitfield Edgin, Stacy Godfrey, Karen Marie Isailovic, Racquel Keller, and Duane Lutsko.

**An artists' reception will take place on Thursday, May 17, from 6:00 to 8:00 p.m. in the Himmelfarb Gallery and is open to the MUIH community.**

The lobby of MUIH's main campus building serves as The Himmelfarb Gallery, and features exhibits throughout the year that focus on some aspect of healing, wellness, or nature, in keeping with the university's mission. Since opening in April 2003, the gallery has been home to paintings, drawings, prints, photography, fabric, and artist-made paper. The Himmelfarb Gallery is named in honor of Helen M. and Annetta E. Himmelfarb, a mother and daughter who each had a great love of art.

Artwork from the exhibit will be on sale through the Meeting Point bookstore, which is adjacent to the gallery. The gallery is open to the general public every Monday through Thursday, from 8:00 a.m. to 7:00 p.m., Friday from 8:00 a.m. to 5:00 p.m., and Saturday from 8:00 a.m. to 4:00 p.m.

The MUIH Art Committee selects artists after a review of their artworks. Artists interested in exhibiting are welcome to contact [himmelfarbgallery@muih.edu](mailto:himmelfarbgallery@muih.edu) for consideration guidelines. Visit the Himmelfarb Gallery online [muih.edu](http://muih.edu).

## From the Expert

# Practicum Experience



JASON BOSLEY-SMITH, M.S., LDN, CNS, FDN, DISCUSSES HIS WEEK WITH THE JOHN MILNER NUTRITION AND CANCER PREVENTION RESEARCH PRACTICUM

Earlier this year, Jason Bosley-Smith, M.S., LDN, CNS, FDN, Adjunct Faculty, Nutrition and Integrative Sciences participated in the annual John Milner Nutrition and Cancer Prevention

Research Practicum. The practicum is offered by the Nutritional Science Research Group in the Division of Cancer Prevention at the National Cancer Institute, National Institutes of Health (NIH) and in partnership with the Department of Nutrition at the Clinical Center, National Institutes of Health, and the U.S. Department of Agriculture's (USDA) Beltsville Human Nutrition Research Center.

The five-day, intense learning session focused on "Nutrition and Cancer Prevention Research," and was offered to selected individuals who showed a sustained commitment to nutrition and health promotion. It provided specialized instruction in the role that diet and nutritional elements have in treating and reducing the risk of cancer, and engaged participants through educational and interactive experiences.

We recently had the opportunity to speak with Jason about his experience and how he plans to leverage the knowledge gained in his professional work:

### **Q: Why did you decide to participate in the John Milner Nutrition and Cancer Prevention Research Practicum?**

**A:** I'm presently conducting nutrition research with the University of Maryland's Proton Treatment Center. I'm working with a radiation oncologist and a cohort of 12 prostate cancer patients, and we're testing underlying metabolic changes through dietary therapy. Specifically, we're investigating an eight-week ketogenic diet with the patients, and I'm serving as the clinical nutritionist and co-investigator in this pilot study. The study examines and compares the patients' tissue on the cellular and molecular level pre- and post-biopsy to uncover if there are any changes. In addition, we're assessing patient outcomes around weight loss and inflammation via specific markers in their blood. I felt that participating in the practicum would support the research we're doing at the Proton Treatment Center and help inform my work with future clinical trials.

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# Professional and Continuing Education at MUIH

The Office of Professional and Continuing Education (PCE) supports MUIH's mission by delivering progressive educational programs, fostering mutually beneficial partnerships, and expanding opportunities for fulfilling, successful careers for complementary and integrative health practitioners. PCE offers a diverse range of flexible online continuing education opportunities to expand the skills and credentials of wellness professionals. View our current list of online programs at [ce.muih.edu](http://ce.muih.edu) and join us as a virtual learner!

### **AYURVEDA MASTER CLASS: WHAT IS AYURVEDA? & EAT RIGHT FOR THE SEASONS**

In this Master Class, discover how to see the world through "Ayurveda glasses" to integrate a personalized approach to wellness in your practice. Classes available independently or as a package.

*Self-paced: \$49 for individual class, or \$79 for Master Class package*

### **ACUPUNCTURE & LYMPHEDEMA PRECAUTIONS MASTER CLASS**

This training will explore the causes of lymphedema precautions and the clinical guidelines for acupuncture treatment. Furthermore, you will examine the early signs of cellulitis and lymphedema, ways to reduce the risk of lymphedema, and the process of referring individuals for lymphedema therapy.

*Self-paced: \$29*

### **INTEGRATIVE HEALTH SCHOLAR LIBRARY: EDITION I**

Are you a health enthusiast or wellness practitioner thirsty for more knowledge? Gain access to a library of 20 webinars featuring a variety of practical wellness topics and you'll expand your knowledge as an integrative health scholar!

*Self-paced: \$49*

For questions about classes and continuing education credits, contact the Office of Professional and Continuing Education Master at [ce@muih.edu](mailto:ce@muih.edu).



# SHARE YOUR JOURNEY AT MUIH

**DO YOU KNOW ANYONE WHO IS READY TO PURSUE THEIR PASSION IN HEALTH AND WELLNESS?**

Maryland University of Integrative Health is a distinctive community of individuals working together to promote whole person, relationship-centered healthcare.

**ENROLLING WITH SOMEONE YOU KNOW:**

- » Means you have a partner on your academic journey
- » Provides support during assignments and exams
- » Share the life-changing experience of an MUIH education

**IF YOUR REFERRAL APPLIES, IS ACCEPTED, AND ENROLLS IN AN ACADEMIC PROGRAM AT MUIH:**

- » The student will receive a \$500 grant toward their education in your name
- » You will also receive a \$500 grant towards your next tuition payment as our way of saying “thanks!”

**REFER A FRIEND, CO-WORKER, OR FAMILY MEMBER TODAY**

Email [admissions@muoh.edu](mailto:admissions@muoh.edu) or call 410-888-9048 ext. 6647  
to speak with an Admissions Counselor.

# INTERN SPOTLIGHT



## OLIVIA FUSTER

*is a junior at The Field School in Washington, D.C. and recently participated in an internship program with the Acupuncture and Oriental Medicine program.*



## My Internship With MUIH

BY OLIVIA FUSTER

Through my internship with MUIH, I feel as though I have witnessed and experienced “wellness.” Before, the word wasn’t something I thought much about, just something that I’d say in response to someone asking how my day has been. The meaning of it has changed drastically. It is a state of being in which one is truly at peace with both the world and oneself. Wellness means you have the clarity of mind to face challenging problems in a healthy and wholesome way. Everyone I interacted with at MUIH is and was in a state of wellness, and it is so incredible how they use it to promote change and positivity in the lives of others.

I met with some truly wonderful people, and they have opened my mind to the infinite possibilities within a holistic, integrative health field. I loved all of my interviews and discussions with MUIH community, however, I think the most enlightening was with Stacey Macfarlane, M.Ac., Division Chair of Clinical Foundations. After one of her evening classes, she talked to me about the Five Elements philosophy, which was something

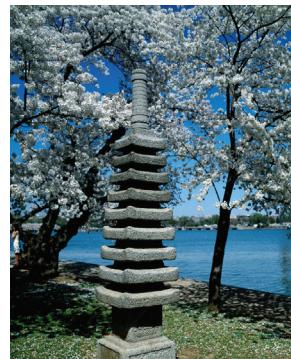
that I hadn’t heard of prior to an interaction during the scavenger hunt in the Sherman Cohn Library. Her approach of the subject spoke to me on a personal level, and I had a new understanding of acupuncture. It isn’t simply a field with which a practitioner is physically and mentally engaged — there is an entire spiritual aspect to it, and that’s what differentiates it from other medical professions.

I would definitely recommend MUIH as a school, and I hope that I myself will be able to attend in several years. Important points (no pun intended!) in my experience were: my self-discovery concerning how I want to interact with my future healthcare patients (I want more than simply a quick check-up and prescribing a “band-aid” treatment); the connections that I have made within the MUIH community; ideas on how I can make my vision of an integrative clinic become a reality; and my understanding of wellness. Overall, everything was truly wonderful and I’m so appreciative to have had this opportunity.

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MUIH acknowledges with appreciation Asian Pacific American Heritage Month, Jewish American Heritage Month and Older Americans Month in May.

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ASIAN PACIFIC  
AMERICAN  
HERITAGE  
MONTH



JEWISH  
AMERICAN  
HERITAGE  
MONTH



## MAY 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**

#### **NEW! Mondays:**

5:00 – 7:00 p.m.

#### **Tuesdays:**

12:00 – 2:00 p.m.

#### **Wednesdays:**

5:00 – 7:00 p.m.

#### **Thursdays:**

12:00 – 2:00 p.m.

#### **Location:**

Main Campus, rooms vary

### **QI GONG**

#### **Wednesdays:**

2:00 – 2:30 p.m.

#### **Updated Location:**

Alternating between Main Campus and Maple Lawn

### **GENTLE YOGA**

#### **Thursdays:**

1:00 – 1:30 p.m.

#### **Location:**

Main Campus, rooms vary

► CONTINUED FROM PAGE 3

### Practicum Experience

#### **Q: What were some of the things you learned during the practicum?**

**A:** A wide range of nutrition research topics were covered, including the existing evidence around dietary patterns and cancer prevention, as well as some of the specific nutrients that influence tumors at the molecular level. I was fascinated to learn that with the advent of genomic technology, there are increasing opportunities to develop and evaluate more precise dietary biomarkers involved in the specific metabolic pathways related to cancer. This advancement can help us better understand the actions of individual compounds found in various herbs and foods or what are referred to as metabolites. Researchers emphasized that there are presently very few studies looking at metabolites related to cancer mechanisms and progression. Sixty percent of metabolites in humans are related to dietary intake, so if we can research and determine which are directly influence cancer development, we'll have additional tools for more prescriptive, personalized nutrition for cancer patients and survivors.

#### **Q: Did you visit any of the facilities at NIH?**

**A:** The facilities were amazing! I had the opportunity to network with fellow clinicians, and to tour the United States National Library of Medicine and the NIH Clinical Center. We also toured the USDA and their nutrition research facility, where all USDA-funded nutrition studies are conducted. I was able to visit the physical place where some of the research studies that I seek out on PubMed are conducted.

#### **Q: What was one of your most memorable experiences?**

**A:** I got to actually see PubMed!

PubMed is a free search engine containing more than 28 million citations for biomedical literature. The servers for PubMed are housed in the National Library of Medicine. It is a massive data center with dozens of servers, screens, and thousands of connections. It was amazing to see the physical computer system of a website I and many of my colleagues rely on for scientific research articles and visit on a regular basis.

#### **Q: What else are you doing in the field of nutrition and cancer research?**

**A:** I also host a podcast specifically geared towards cancer prevention, treatment, and recovery through an integrative lens called ONCancer Health™.

Each week I interview a different cancer expert around the fusion of cancer treatment paradigms and integrative oncology practices. Some of the topics we've covered so far include the ketogenic diet, nutrition for cancer prevention, advances in treatment technologies, hyperbaric oxygen and other combination therapies, the gut microbiome in colon cancer, and much more. ONCancer Health™ is a resource for anyone who simply wants clear, credible information to support them in their health journey. My goal with the podcast is to develop a true community of patients, advocates, clinicians, researchers, survivors, and individuals interested in optimizing their health against cancer. It's available on iTunes.

# COMMUNITY CORNER

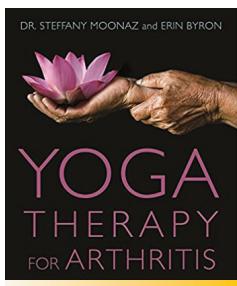
On this month's episode of *The Wellness Minute*, we explore the benefits of acupuncture and Chinese herbal medicine for treating various mental health issues. Special guests **Janice Campbell**, D.O.M., L.Ac, ADS, clinic director of the acupuncture and Oriental medicine (AOM) program and clinical division chair at MUIH, and **Hunter Thompson**, D.O.M., L.Ac., Dipl.Ac (NCCAOM) ADS, AOM theory division chair, inform viewers on the benefits of these health therapies.



This month's *The Wellness Minute* is hosted by **Rebecca Pille**, Ph.D, M.S., CHWC, CWP, director of the health and wellness coaching program at MUIH. Residents of the city of Laurel can catch this month's episode on Laurel TV, available on Verizon FiOS Channel 12, Comcast Channel 996 (HD), and Comcast 71 (SD). *The Wellness Minute* will also be available on MUIH's YouTube channel and Facebook page.



**Eleonora Gafton**, M.S., CNS, CHHC, LDN, student **Urmi Lakkad**, and Nutrition and Integrative Health alumna **Mary Wallace** recently visited the National Aeronautics and Space Administration (NASA) to answer nutrition questions from staff about whole foods and plant-based diet.



**Steffany Moonaz**, Ph.D., C-IAYT, director of clinical and academic research recently co-authored a new book that moves beyond the traditional routines to present yoga as an effective treatment option for individuals living with arthritis and rheumatic conditions.



**Bevin Clare**, MSc, RH, CNS, professor and program manager of the Clinical Herbalism program at MUIH, is speaking this month at the fifth annual Traditional Roots Conference in Portland, OR. The conference, hosted by the National University of Natural Medicine, will cover bioregional herbalism, organoleptics, medicine making, clinical case reviews, and field applications.

► CONTINUED FROM THE COVER  
**MUIH Commencement Speaker Announced**

Medical Correspondent for BET News. Dr. Ro was the longtime host of *Health Matters*, a health and lifestyles program aired on WHUT, Howard University's PBS station.

Dr. Ro's column "Eating Healthy with Dr. Ro" appeared for years in *Heart & Soul* magazine, where she continues to be a Contributing Nutrition Editor. She also wrote the syndicated column "Livin' Healthy with Dr. Ro," for BET. com, where she served as Resident Nutrition Expert. She has been featured and quoted widely in print venues, including *Ebony*, *O* magazine, *Essence*, and *Self*, as well as many major daily newspapers.

She has been the recipient of many awards, including The 2004 Dorothy Height SHERO award; the 2002 Ph.D. Alumni of the Year Award from Howard University; the 2002 Women in Medicine Award from the National Medical Association; and awards from such organizations as the March of Dimes, the American Cancer Society, and the American Heart Association. *More* magazine recently named Dr. Ro as one of the nation's top five nutritionists.

The MUIH Commencement Ceremony will take place on Sunday, June 3 at 2:00 p.m. at the Modell Performing Arts Center in Baltimore, Maryland. Visit [muih.edu/commencement](http://muih.edu/commencement) to learn more.

**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



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



## MUIH NUTRITION SYMPOSIUM: NUTRITIONAL GENOMICS AND CLINICAL PRACTICE – PATIENT MANAGEMENT

WHEN: JUNE 15–17, 2018

WHERE: MUIH

The field of nutrigenomics emphasizes the critical intersection of nutrition and genetic expression, and MUIH's symposium will center specifically on translating nutrigenomics information for the clinician and clinical practice. Attendees will learn the science behind the field and gain practical skills to apply in their practice to meet the growing patient and client demand for information. Presented by the MUIH Nutrition Department in partnership with Maryland Naturopathic Doctors Association (MNDA).



### SIMPLE WATERCRESS SALAD WITH CITRUS DRESSING

Students combine knowledge learned through their coursework with culinary skills to create heart-healthy and delicious recipes from market basket ingredients.

#### Yields: 4 cups

- ¾ package of watercress
- 1 cucumber
- 1” top portion of raw red pepper (julienne sliced)
- ¼ bunch scallions, chopped
- ¼ bunch cilantro, chopped
- 1 Tablespoon olive oil
- 1 Tablespoon freshly squeezed lime juice
- 2 Tablespoons freshly squeezed orange juice
- 1 garlic clove, mashed into a paste
- Salt and pepper to taste



*Recipe created by: Mazie Hollenbaugh, Coleen Loomis, Angela Taylor, and Denise Wagoner*

#### Method of preparation:

- Rinse the vegetables in cold water, pat dry (or spin dry in salad spinner).
- Combine olive oil, freshly squeezed juices, mashed garlic clove, salt and pepper in glass jar with plastic lid, shake to combine the citrus dressing.
- Combine all the vegetables in a bowl and toss with citrus dressing. Serve immediately.
- Store in a covered container in the refrigerator for up to 1 day.

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