

Explore

MUIH

OCT/2018

A PUBLICATION FOR THE MUIH COMMUNITY



Maryland University of Integrative Health Kicks Off Fall 2018 with Largest Group of New Enrollments

Maryland University of Integrative Health is proud to announce a record-setting enrollment for our Fall 2018 term.

On September 2, 2018, MUIH welcomed its largest group of new enrollments in the University's history with 326 new enrollments, which is a 5.5 percent increase from the school's prior largest intake in 2016. These new enrollments join 840 students who are continuing their studies at MUIH, for a total student body of 1,166.

The U.S. Bureau of Labor and Statistics projects that employment of healthcare occupations will grow 18 percent from 2016 to 2026, much faster than the average for all occupations, adding about 2.4 million new jobs. Healthcare occupations are projected to add more jobs than any of the other occupational groups. This projected growth is mainly due to an aging population, leading to greater demand for healthcare services. MUIH's substantial influx of new enrollments will help to meet the nation's growing demand for cost-effective, individualized healthcare services.

"Maryland University of Integrative Health continues to be a top choice for individuals who wish to pursue integrative healthcare careers, and demand remains strong across all of

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In Touch WITH OUR MANAGING EDITOR

Happy Fall! As we enter into October, many of us find ourselves settling into the rhythms of the academic year. For some, these patterns are more familiar and therefore easier to reestablish. But for our newer community members, getting back into the swing of classes and homework and studying may feel a bit more daunting.

Not to fear! This issue of *Explore MUIH* is full of valuable tips and tidbits to support the newest members of the MUIH community, as well as our returning student body. In our special “Student Spotlight: New Student Edition,” Shawna Doyle shares why she decided to return to school, and what experiences she’s most looking forward to as she begins her journey at MUIH. And Associate Professor Tyme Gigliotti offers his poignant insight on “Graduate School as an Act of Ritual Invocation.”

Speaking of new students, we are very pleased to announce that MUIH welcomed the largest group of new enrollments in the University’s history this trimester! And we also offer our warmest congratulations to the faculty and staff of the Health Promotion and Nutrition departments, as they have been recognized among the best programs in the United States by BestColleges.com.

Finally, be sure to check out this month’s episode of *The Wellness Minute* honoring Breast Cancer Awareness Month. And Eleonora’s featured fall recipe is guaranteed to warm you up as the weather gets cold!

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.

Warm regards,

Natalie Williams

Natalie Williams
Vice President of
University Advancement



▼ LATEST NEWS

MUIH’s Online Nutrition and Health Promotion Programs Recognized as Leaders by BestColleges.com

Distinctive graduate programs ranked among the best in academic quality, affordability, and online programming.

MUIH is pleased to announce that two of our leading online programs have been recognized among the best in the nation by BestColleges.com. MUIH’s **Master of Science in Nutrition and Integrative Health** ranked among the top ten online master’s in nutrition programs, and the **Master of Science in Health Promotion** program has been named the “Best Online Master’s in Health Education” for the second consecutive year.

MUIH ranks #7 on the list of top online master’s in nutrition programs in the United States, and #1 on the list of top online master’s in health education programs, based on criteria including academic quality, affordability, and online programming.

MUIH’s Master of Science in Nutrition and Integrative Health program emphasizes the interrelated physiological, environmental, socio-cultural, and spiritual roles of food. Students earn their master’s degree in nutrition in as little as two years, and they can become Certified Nutrition Specialists following graduation. This program covers topics including biochemical assessment, how to apply nutrition theory, and behavioral change.

MUIH’s Master of Science in Health Promotion features distinctive integrative health-based coursework focusing on practices such as mind-body medicine, physical activity, functional nutrition, health behavior change, and health maintenance. The program offers two concentrations: community health education and workplace wellness, and covers the education competencies required for graduates to pass the Certified Health Education Specialist (CHES) exam through the National Commission for Health Education Credentialing.

Individuals with an advanced nutrition degree can gain access to job opportunities providing care for patients with various medical conditions, and advising people who want to improve their overall health. Job opportunities for individuals with advanced degrees in health education include teaching healthy behaviors and instructing populations how to access available healthcare services.

Congrats to the faculty, staff, and students of MUIH’s Nutrition and Health Program programs for making them among the best in the nation!

From the Expert

Graduate School as an Act of Ritual Invocation



BY TYME GIGLIOTTI, D.AC., L.AC., ASSOCIATE PROFESSOR

Graduate school requires a firm commitment, hard work and a great deal of time, energy and money. Each student must invest considerable resources to learn the material of their respective program as well as juggle the many other commitments outside of school in order to

achieve their academic goals.

Most of us have experienced a ritual of some kind at least once. It usually involves performing a few basic actions and is finished relatively quickly. Rarely do they last more than a few hours. So the idea of grad school, which takes years, as a ritual, is not so obvious. But I assert that it is, albeit a very long and complex one.

There is a Chinese concept known as Ling. At the top, drops of rain fall from clouds floating under heaven. In the middle there are three open mouths with voices upraised in supplication and at the bottom two female shamans offer jade and dances to heaven. The three mouths also represent three functional aspects of our Spirit, the shen, the hun and the po. Respectively, these enable us to be present and self-aware, to dream and aspire to be greater, and to viscerally experience our humanity.



Ling

When the shamans' ritual is performed properly, Ling¹ materializes. But the ritual has to be one of great quality performed with sweat, sincerity, presence and, most importantly, focused intention.

It is worth noting that the shamans performing the ritual do not know what the outcome will be. What heaven has in store for them is obscured by clouds. Similarly, students don't necessarily know for sure they will score well on their assignments or pass their exams. The only thing within one's control is the quality of one's effort. One of the lessons from Ling is that success comes by being present and doing your best with heartfelt intentions. In this context, the student has to register on time, pay the tuition—like the shaman's jade every ritual requires an investment—and show up when expected with dedication, humility and openness. If we're fortunate, the rain will come. But *only* after putting

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▼ MUIH PRACTICES

Mindfulness in the Workplace



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

Until recently, mindfulness and mindfulness meditation were most often considered touchy-feely, religious, or spiritual and therefore inappropriate for the workplace. This perception, however, has shifted over the past decade thanks to numerous academic studies highlighting the positive impacts of mindfulness on health and wellbeing.

Influenced by this research, several prominent organizations, such as Google, Salesforce, Bank of America, Aetna, Goldman Sachs Group, and the United States Marine Corp, all now offer mindfulness training to their employees. A prime example is Google's Search Inside Yourself, a program designed by leading experts in neuroscience, business, and psychology.

This pioneering program teaches practical mindfulness and emotional intelligence tools that "bring out the best" in employees at all levels of the organization. The popularity and success of this program has now spread to over 30 countries and 100 cities around the world with claims to "reduce stress, improve focus, raise peak performance, and improve interpersonal relationships." These results certainly contribute to the satisfaction and effectiveness of organizations.

MINDFULNESS DEFINED

Simply put, mindfulness is a moment-to-moment awareness of one's current

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▼ PCE COLUMN

Expand Your Credentials: The Future of Professional and Continuing Education at MUIH



WITH BETH ROMANSKI,
PROGRAM DIRECTOR
OF PROFESSIONAL AND
CONTINUING EDUCATION

WHAT IS PROFESSIONAL AND CONTINUING EDUCATION (PCE) AT MUIH?

PCE reinforces MUIH's mission by delivering progressive educational programs, fostering mutually beneficial partnerships, and expanding opportunities for fulfilling, successful careers for complementary and integrative health (CIH) practitioners.

PCE serves a variety of audiences:

- MUIH alumni seeking advanced credentials in specific skillsets
- Aspiring CIH professionals who want to gain exposure to the field as a career
- Practicing CIH practitioners who need to remain current and successful in their field
- Healthcare professionals in conventional fields in search of more knowledge of integrative practices to patient care
- Individuals looking to learn more about CIH for their own wellbeing
- Companies who could benefit from incorporating workplace wellness programs within their organizations to improve the health and performance of their employees

WHAT TYPES OF PROGRAMS ARE OFFERED THROUGH PCE?

PCE offers skills-based alternative-credit programming leading to relevant credentials and real-world application. We offer a wide variety of programs: live webinars, on-demand Masterclasses, short courses of a few weeks, professional certificate programs and certifications. We also have unique mentorship opportunities for the advanced practitioner to grow their practice and onsite workshops and

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Mindfulness in the Workplace

experience seen through a neutral lens that, for the most part, is absent of critique or criticism. While mindfulness can be promoted by certain activities like yoga, tai chi, or meditation, it is not synonymous with these practices. Mindfulness is, plain and simple, a state of being.

When we are mindful, our attention is focused on what is happening only in the present moment. This means we are keenly aware of what we are thinking and feeling right in the here and now. We are aware of our emotional and physical state in a way that is more objective and less judgmental. By focusing our attention on our thoughts and feelings in this way, studies show we are able to be less reactive and we have an enhanced ability to respond in ways that are positive and constructive.¹

MINDFULNESS AT MUIH

At MUIH, we are deeply committed to supporting the health and wellbeing of our staff, faculty and students, and therefore have adopted mindfulness as one of our core institutional values. In our onboarding process, new staff members are regularly introduced to a few simple mindful techniques, and our students are also taught the health benefits and tools of mindfulness in our academic programs.

SIMPLE MINDFULNESS TOOLS YOU CAN USE MOST ANYWHERE²

- **Pay attention.** Try to take the time to experience your environment with all of your senses — touch, sound, sight, smell and taste. For example, when you eat a favorite food, take the time to smell, taste and truly enjoy it.
- **Live in the moment.** Try to intentionally bring an open, accepting and discerning attention to everything you do. Find joy in simple pleasures.
- **Accept yourself.** Treat yourself the way you would treat a good friend.
- **Focus on your breathing.** When you have negative thoughts, try to sit down, take a deep breath and close your eyes. Focus on your breath as it moves in and out of your body. Sitting and breathing for even just a minute can help.
- **Sitting meditation.** Sit comfortably with your back straight, feet flat on the floor and hands in your lap. Breathing through your nose, focus on your breath moving in and out of your body. If physical sensations or thoughts interrupt your meditation, note the experience and then return your focus to your breath.
- **Walking meditation.** Find a quiet place 10 to 20 feet in length, and begin to walk slowly. Focus on the experience of walking, being aware of the sensations of standing and the subtle movements that keep your balance. When you reach the end of your path, turn and continue walking, maintaining awareness of your sensations.

1. Davis, D. & Hayes, J. What Are the Benefits of Mindfulness? A Practice Review of Psychotherapy-Related Research. *Psychotherapy*. 2011, Vol. 48, No. 2, 198–208

2. Sood, A (2015) *The Mayo Clinic Handbook for Happiness*. Boston, MA: Da Capo Press

STUDENT SPOTLIGHT



SHAWNA DOYLE

Program:

Certificate in Health and Wellness Coaching & Doctorate in Clinical Nutrition

Q: What drew you to MUIH?

A: I was drawn to MUIH after looking into several programs, a random visit, and through interactions with the staff. The way in which they welcomed me showed me that this was a school that not only taught wellness, but also had it ingrained in the culture.

Q: What excites you about your chosen fields of study?

A: So much excites me about my chosen fields of study! I have a true passion for educating and informing children and adults of ways to live their life in wellness. The more armed I am with knowledge, the better I can serve.

Q: What experiences are you most looking forward to as a new student?

A: As a new student, I am most looking forward to meeting other students passionate about this field of work.

Q: Prior to submitting your application, what are some of the things you did that helped you decide to pursue your degree at MUIH?

A: Visiting the campus and speaking with Mary Kay Kenney, a Senior Admissions Counselor, who helped me make my decision to pursue my degree at MUIH.

Q: What was your experience working with MUIH's admissions and enrollment team?

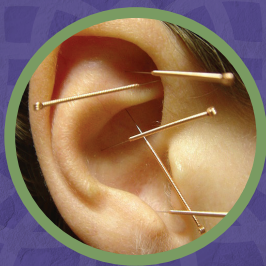
A: My experience with MUIH's admissions and enrollment team was wonderful. I was grateful for their patience and time.

Q: How do you plan to use what you'll learn here?

A: I am the owner of a wellness consulting company, Designer Discipline, and an author of children's books that focus on health, wellness, and etiquette as it pertains to self-love and respect for others. I plan to continue empowering the youth.

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

A: The more armed I am with knowledge, the better I can do in the community as an author, a consultant, and most importantly as an advocate for total health and wellness in underprivileged communities. No better place to continue my education than MUIH!



LAUREL
Wellness

Unwind and Relax

WITH THE AURICULAR ACUPUNCTURE EXPERIENCE AT MUIH.

Free and open to all, this service is offered on MUIH's main campus by clinical acupuncture students under the supervision of our experienced and licensed faculty.

WHEN: Mondays, 5:00 p.m. - 7:00 p.m.
Tuesdays, 12:00 p.m. - 2:00 p.m.
Wednesdays, 5:00 p.m. - 7:00 p.m.
Thursdays, 12:00 p.m. - 2:00 p.m.

CALL 410-888-9048 FOR DETAILS

▼ LATEST NEWS

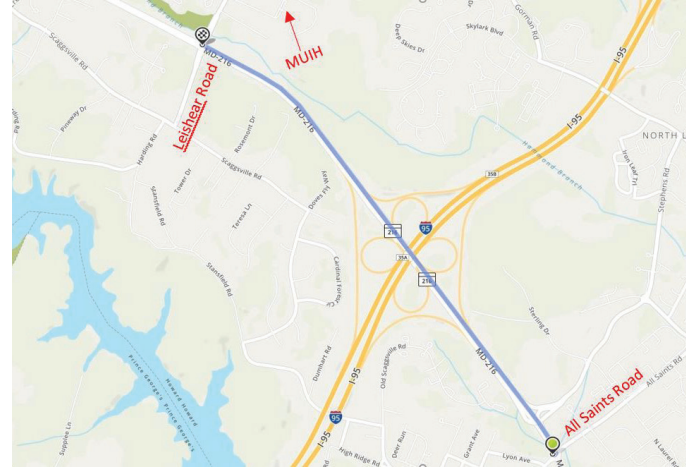
On The Road

MUIH Proudly Participates in Maryland's "Adopt-A-Highway" Program

This month, MUIH proudly began participating in the Maryland Department of Transportation State Highway Administration's (MDOT SHA) Adopt-A-Highway Program. The University has adopted the one-mile stretch between Leishear Road and All Saints Road on Maryland Highway 216.

Participating in the program allows MUIH to show our state pride and help to keep the area surrounding our main campus clean and litter-free.

In order to participate in the Adopt-A-Highway program, MUIH agreed to adopt the stretch of highway near



main campus and to clean it twice a year. MDOT SHA will provide training, safety vests, trash bags, and tips on how to pick up trash and recyclables. MDOT SHA also placed a sign recognizing MUIH's contribution along the adopted roadside.

Keeping our roadways free from litter and debris improves the health of our environment. It enhances the experience of driving in MUIH's home state of Maryland - for both residents and visitors. Since the Adopt-A-Highway Program started in 1989, MDOT SHA has partnered with more

than 120,000 Marylanders who have cleaned over 15,000 miles of roadside.

MUIH students, staff, and faculty are encouraged to participate in MUIH's Adopt-A-Highway cleanup effort. Volunteers must complete a waiver and watch a brief instructional video to participate. Per MDOT SHA guidelines, children 12-17 years old may participate with adult supervision. For safety reasons, children under the age of 12 are not allowed to participate in litter pick-up events. If you would like to volunteer, contact Michael Sales at msales@muih.edu.

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Graduate School as an Act of Ritual Invocation

in the work. It's worth noting that the very thing that looks like an obstacle to connecting to heaven, in this case the clouds, turns out to be what delivers the goods.

According to Mathews' Chinese-English Dictionary, Ling represents our potency to fulfill our destiny and evoke change². In *Nourishing Destiny*, Lonny Jarrett writes, "[Ling] doesn't give us the ability to make things happen, but empowers us to create the appropriate context in which the desired result may occur."³ In this case the context is provided by our guiding initial intention. The intention is one of the most essential components since it defines the entire ritual, focuses our heart and mind and infuses meaning

and purpose into our actions. It sets the stage for everything that follows. Many spiritual traditions begin every action, even the most mundane, by setting an intention. In Chinese Medicine, the heart is called the Supreme Controller and, like the emperors of old, is seen as the embodiment of heaven on earth. So "calling out to heaven" is no different than speaking your intention into your heart, the heavenly realm within each of us!

Ling represents our inborn capacity and potential to appeal to, receive, and even change the heavenly order. In other words, Life responds to our supplication when it is aligned with sincere intention and noble behavior.

An extreme example of this is what we call a miracle.

Imagine what life would be like if every action you took related to school was an expression of your highest aspirations and began with a humble and sincere statement of intention. It is important to trust that a response will come as well as accept what comes when it arrives, especially when it doesn't conform to our expectations. The good news is that each and every one of us was born with the capacity to be a shaman. Every day that we live with purpose, sincerity, presence and heartfelt compassion brings us one step closer to creating a life of ritual service that brings incalculable blessings.

1. Jarrett, Lonny. (1999). *Nourishing Destiny: The Inner Tradition of Chinese Medicine*. Stockbridge, MA: Spirit Path Press

2. Mathews, Robert H. (1943). *Mathews' Chinese English Dictionary*. Boston, MA: Harvard University Asia Center

3. Jarrett, Lonny. (1999). *Nourishing Destiny: The Inner Tradition of Chinese Medicine*. Stockbridge, MA: Spirit Path Press

COMMUNITY CORNER



DR. HUNTER THOMPSON

On this month's special episode of *The Wellness Minute*, join host **Dr. Rebecca Pille** as she talks with guests **Dr. Hunter Thompson** and **Dr. Aminah Keats** about how practices like acupuncture and naturopathic medicine are being utilized to help treat and prevent breast cancer. Additionally, Dr. Pille interviews **Kimberlee Brown**, a breast cancer survivor who used integrative medicine to overcome the disease.



DR. AMINAH KEATS

Beginning Friday, October 5, residents of the city of Laurel can watch this month's *The Wellness Minute* 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.



DR. STEFFANY MOONAZ

Steffany Moonaz, Ph.D., Director of Clinical and Academic Research at MUIH, recently co-authored an article for *Complementary Therapies in Medicine*. The article, titled "Yoga for Systemic Lupus Erythematosus (SLE): Clinician Experiences and Qualitative Perspectives from Students and Yoga Instructors Living with SLE," is the first published study on yoga for lupus to date and affirms the feasibility of progressing to a larger study design.

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Expand Your Credentials

symposia. We have both self-paced and instructor-led offerings. Ideally, there will be something for everyone at any stage in their career covering a range of relevant topics as we continue to grow.

HOW ARE THESE PROGRAMS DELIVERED?

PCE offers a diverse range of learning options for all types of preferences and busy schedules. Many programs are delivered fully online or in hybrid formats. We also offer onsite workshops and symposia. We even consult with organizations

► CONTINUED FROM THE COVER

New Enrollments

our programs as indicated by our record fall enrollment," said Dr. Steven Combs, President and CEO of MUIH. "These figures are also a testament to efforts from across the University to ensure that MUIH continues to be accessible, relevant, and well-positioned to prepare the next generation of healthcare professionals."

MUIH is dedicated to meeting the needs of today's busy and diverse student body by offering flexible schedules and formats for several of our academic programs. Many students complete their programs in as few as two years or as many as five.

MUIH is now enrolling for our Spring 2019 term for programs in Acupuncture and Oriental Medicine, Ayurvedic Wellness, Health and Wellness Coaching, Herbal Studies, and Nutrition. Priority will be given to applicants who submit their applications by November 1, 2018. Applications will be accepted until January 1, 2019.

If you or someone you know is interested in attending MUIH, a member of our Admissions staff is available Monday through Friday between 9am and 5pm to discuss our program options. The Office of Graduate Admissions also offers small group and individual information sessions by appointment. Contact an Admissions Counselor by calling 410-888-9048 ext. 6647 or emailing admissions@muih.edu.

and explore offering our training programs onsite at their location for their employees.

We're continually expanding our PCE opportunities, so it's important to stay up-to-date. Explore our recent and upcoming offerings at www.muih.edu.ce.

EVENTS CALENDAR



Integrative Health Graduate Fair

Thursday, October 18, 2018
5:30pm - 7:30pm

Visit our free **Integrative Health Grad Fair** on MUIH's main campus 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 admissions processes, financial aid and scholarships, and what kind of jobs our grads are getting. Register at muih.edu/events.

MUIH Lecture Series: Health Disparities and Integrative Health



Dr. Chu Chu Onwuachi-Saunders

Thursday, October 11, 2018
7:00pm - 8:00pm

Please join the MUIH community for our second annual Cultural Proficiency Lecture about Health Disparities and Integrative Health. This informative and inspiring lecture and discussion will be led by **Dr. Chu Chu Onwuachi-Saunders, MD, MPH**. To RSVP, email diversity@muih.edu.



Good Eating

CRISPY DUCK BREAST WITH GRILLED VEGETABLES AND SOUR CHERRY SAUCE

Duck is a great source of red meat rich with myoglobin-rich red muscle fibers.

Ingredients

- 2 duck breasts, rendered and crisped
- 1 large zucchini, sliced ½ inch thick
- 1 medium eggplant, sliced ½ inch thick
- 1 large purple sweet potato, sliced ½ inch
- 1 oz. dried sour cherries
- Fresh herbs
- Salt and pepper to taste

Method of preparation

- Pat duck dry with paper towel, score skin (not breast) crosswise, about every inch. Season with salt and pepper. Place in a cast iron skillet (or medium stainless steel) with skin side down and render (sauté) over medium heat until skin crisps, about 13-15 minutes. Remove some of the fat as it is released. Turnover and cook to desired temperature.
- In the meantime, drizzle your veggies with olive oil and

- season with salt and pepper. Grill them or roast them in the oven until tender.
- Remove breast and allow to sit for 5 minutes.
- For the pan sauce, add ¼ cup apple cider, 1 Tbsp balsamic vinegar, and cherries. Simmer and reduce to half. Add 1 Tbsp of butter and season with salt and pepper.
- Slice duck breast and pour over sauce. Serve with grilled veggies and garnish with fresh herbs.



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Maryland University
of Integrative Health