

# Explore

# MUIH

SEPT/2018

A PUBLICATION FOR THE MUIH COMMUNITY



## Welcome New & Returning Students!

### New Student Benefits

Be sure to take advantage of these new resources to support your academic journey!

Maryland University of Integrative Health is pleased to announce three new benefits for students, beginning this fall 2018. These benefits will expand access to MUIH's distinctive academic programs, while offering students affordable, health-focused support services throughout their academic journey.

#### STUDENT HEALTH AND WELLNESS BENEFIT (SHWB)

The Student Health and Wellness Benefit at MUIH offers students a wide range of integrative health services at the reduced price of \$15 per service, the same discount available to MUIH staff. The services are provided in the University Teaching Clinic in the Natural Care Center (NCC). Students will be allowed up to 10 visits per trimester.

The affordable services available to students through the SHWB include:

- Acupuncture
- Herbal Medicine Consultation
- Yoga Therapy
- Nutrition Counseling
- Health and Wellness Coaching

Students will also receive discounted prices at the Herbal Dispensary and gain free access to the **NCC Student Health Portal**. This new, online feature allows students to conveniently schedule appointments, receive and



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## In Touch WITH OUR MANAGING EDITOR

Welcome to the start of a new academic year! Whether you have been a member of the MUIH community for years or are just joining us, on-campus or elsewhere, I hope you share my enthusiasm for the year ahead.

For those of you returning to MUIH, we are glad to have you back as you continue your journey towards becoming a healing practitioner. For those new students who are just joining our community, we encourage you to make the most of your time here. Your MUIH experience will undoubtedly be filled with successes and challenges, and we are here to support you every step of the way.

As you start a new academic year, be sure to take advantage of the many services available to help you achieve your full potential. The new Student Health and Wellness Benefit, as well as the new onsite and virtual counseling services, offer affordable, health-focused support services throughout your academic journey. Your advisor is available to listen to any concerns you have, and will offer guidance to help you find academic success. And remember that the Library and Career Services are here to help too, whether you are an online or on-campus student.

This special “back-to-school” edition of *Explore MUIH* is full of tips and resources to help start your year on the right foot. Inside, we highlight the first-ever “State of the University” address where President Combs reinforced MUIH’s commitment to making students “the center of our universe.” You’ll also be able to learn more about the above mentioned health and wellness benefits, and learn about herbal remedies for anxiety from one of our faculty experts. And be sure to explore the MUIH practice of “Taking Effective Action...Or Let it Go” to help you remain thoughtful when facing a challenge.

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

## President Combs Delivers First State of the University Address

On Wednesday, July 11, Dr. Steven Combs, President of Maryland University of Integrative Health, delivered MUIH’s first State of the University Address. This event was the first of what will become an annual message to the MUIH community that highlights the University’s successes of the past fiscal year, and presents the vision for the years ahead.

A central theme of Dr. Combs’ address was an emphasis on MUIH’s institutional profile and organizational model to show the interconnection between the University’s foundational principles and day-to-day operations.

“These principles affirm that we are all interconnected, that we must be receptive to profound change, that diversity of people and thought makes us better, that we must be resilient to navigate change and adapt, and that we must maintain our core integrity. This allows us not only to meet challenges, but to evolve and thrive.”

Drawing upon the University’s foundational principles, Dr. Combs embraced and elevated three elements that are central to MUIH’s institutional profile.

The first element is for MUIH to be a national leader in seated, online, and hybrid (low-residency) academic programs. “This is critical because many students and employers want the flexibility of working online. At the same time, many of our practice areas need to be informed by hands-on instruction and feedback. In order to be strong in all of these areas we must be both high tech and high touch. You will therefore see efforts to improve our technology, build online community, and develop our beautiful 12-acre campus.”

The second element is to continue to be pioneers in the field of integrative health. “We have had many firsts in our history. We were the first accredited acupuncture program in the country, along with firsts in herbal medicine, yoga therapy, health and wellness coaching, and now, nutritional genomics—

## From the Expert

# Herbs for Anxiety – The Possibilities are Endless!



BY LAUREN KALLMEYER, M.A., M.S.,  
THERAPEUTIC HERBALISM STUDENT

Anxiety is one of the most common mental disorders in the United States. An estimated 31% of U.S. adults experience an anxiety disorder at some point in their lives (Harvard Medical School, 2007), and that does not take into account anxiety not categorized as

a “disorder,” such as temporary or situational anxiety or PMS-related anxiety. Antidepressants are a common class of pharmaceutical drugs used to treat anxiety (ADAA, 2016), and their use has increased 65% from 1999 to 2014 (Pratt et al., 2017). Unfortunately, antidepressants can have side effects as severe as suicide, but more common effects include sexual dysfunction, weight gain, and sleep interference (Ferguson, 2001). Due to the range of side effects, the discontinuation rate is as high as 70% for some antidepressant medications (Ferguson, 2001). Benzodiazepines, another common class of drugs used to treat anxiety, are often sedating and can have dependence issues over the long term (ADAA, 2016). Fortunately, herbs can offer a safer alternative to pharmaceuticals with similar, if not greater effectiveness (Sarris, 2018; Savage et al., 2017). Recent studies on chamomile (*Matricaria recutita*) and passionflower (*Passiflora incarnata*) offer compelling evidence for use of herbs in two different anxiety-related contexts.

Mao et al. (2016) conducted a Randomized Controlled Trial (RCT) to assess the impact of a chamomile extract on people who were diagnosed with moderate to severe Generalized Anxiety Disorder (GAD). Ninety-three study participants took 1500 mg (500 mg three times/day) of chamomile extract for 12 weeks. Participants who had a reduction in their anxiety measurements over the initial 12 weeks were then randomly assigned to continue taking the chamomile or a placebo for an additional 26 weeks (continuation therapy), for a total study duration of 38 weeks. The researcher’s primary outcome measure was the time to relapse during continuation therapy, which was evaluated by measuring anxiety scores at regular intervals. While the chamomile group had less relapses than the placebo group, the difference was not statistically significant. However, secondary outcomes measures related to symptoms of GAD demonstrated that people taking chamomile had a statistically significant reduction in anxiety symptoms and overall better psychological wellbeing compared to placebo. The chamomile group also had an added

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## ▼ MUIH PRACTICES

# Take Effective Action... Or Let It Go



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

The impulse to vent  
to others when

we feel we have been mistreated is quite natural. Equally natural is the replaying of thoughts and feelings when we feel we have been wronged. While these behaviors are common and in some cases may provide some immediate relief, a recent study in the *European Journal of Work and Organizational Psychology*<sup>1</sup> found that venting and complaining (whether to others or just to ourselves) actually increases the impact of negative experiences.

At MUIH we have an antidote to complaining: it is a tool we call “*Take Effective Action or Let it Go*.” This tool, also referred to as a practice, reminds us that while we may not have control over the decisions of others or how others treat us, we do have a choice in how we respond.

Viktor Frankl, an Austrian neurologist, psychiatrist, and Holocaust survivor, understood that regardless of our life circumstances, we always can choose our response. While not necessarily easy to do, Frankl believed that “between a stimulus and response there is a space, [and] in that space is our power to choose our response... [I]n our response lies our growth and our freedom.”

When we choose a thoughtful response over a habitual response, as Frankl suggests, we empower ourselves toward growth and freedom. We cannot avoid the fact that people will let us down or that things do not always go as we desire. We can,

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## ▼ LATEST NEWS

## MUIH Signs Agreements with GW School of Medicine and Health Sciences and American College of Healthcare Sciences

MUIH has recently signed articulation agreements with the George Washington University (GW) School of Medicine and Health Sciences (SMHS) and the American College of Healthcare Sciences (ACHS).

The agreement with SMHS provides an accelerated pathway to admission and advanced standing in MUIH's Master of Nutrition and Integrative Health and Doctor of Clinical Nutrition programs for GW graduates with a Bachelor of Science in Health Sciences in Clinical Research Administration, Clinical Management and Leadership, or Clinical Health Sciences. In addition, graduates and current students in GW's Master of Science in Health Sciences' (MSHS) Integrative Medicine Programs who seek Certified Nutrition Specialist credentials may take up to nine credits from MUIH to become eligible for this certificate.

MUIH's agreement with ACHS also provides an accelerated pathway to admission and advanced standing at MUIH for students who have successfully completed the B.S. in Integrative Health Sciences and B.S.

in Nutrition degrees at ACHS. Such students are eligible for entry into MUIH's master's degree programs in acupuncture, Oriental medicine, health and wellness coaching, health promotion, therapeutic herbalism, and nutrition and integrative health, as well as post-baccalaureate certificate programs in various fields. In addition, this agreement provides a pathway for MUIH students and graduates to transfer credit to ACHS and pursue a wide range of integrative health and wellness program including post-baccalaureate certificates in fields such as aromatherapy, botanical safety, and holistic health topics.

"These agreements reflects the shared commitment of MUIH, ACHS, and SMHS to integrative health and building the next generation of practitioners in the field," says Dr. Christina Sax, MUIH's Provost and Vice President for Academic and Student Affairs. "We are pleased be able to call them partners."

To learn more about these programs, contact the Academic Affairs Office at [provost@muih.edu](mailto:provost@muih.edu).

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### Take Effective Action...Or Let It Go



however, choose to respond with a constructive action or make a choice to move on by releasing feelings of hurt or anger.

We invite you to explore this practice with us. Next time you experience unpleasant feelings, instead of complaining or stewing, choose to do something productive. Perhaps you can respectfully share your feelings with the person you feel has wronged you. An alternate constructive response is to make a request for something new or different to happen in your home or workplace. Consider all the creative ways you can work toward a beneficial solution.

You may, on the other hand, find it prudent to take no direct action at all. Perhaps you deem it best to change your focus and move on. By releasing strong emotions that have gotten you down you may find great freedom and peace of mind. Allow yourself to create a new habit. The next time you find yourself grumbling about the actions of another, pause and consider whether to *Take Effective Action...or just Let it Go*.

<sup>1</sup> Evangelia Demerouti & Russell Cropanzano (2017) The buffering role of sportsmanship on the effects of daily negative events, *European Journal of Work and Organizational Psychology*, 26:2, 263-27



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

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# STUDENT SPOTLIGHT



## CASEY KACZMAREK

### Program:

### *Master of Arts in Health and Wellness Coaching*

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

**A:** I was drawn to MUIH because of the many advanced course offerings - including both master's degrees and doctoral degrees - in the fields of holistic and integrative health. At the time I enrolled at MUIH, I was bedridden from a systemic autoimmune disease, so being able to pursue an advanced degree from the comfort of my home was a huge benefit and, at the time, was the only plausible way for me to pursue my professional dreams. In addition, the programs at MUIH all incorporate a mind/body/spirit connection, which was important to me because I knew I wanted these elements to be a part of my future career and how I approached my work with future clients.

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

**A:** What excites me most about my academic field of study is the possibility of changing people's lives for the better by helping them realize their fullest potential. As a student in the Health and Wellness Coaching program, I have seen firsthand the incredible power of coaching in other people's lives. It's

an emerging field that many people still don't have an awareness of, but I do believe it is going to be one of the prominent fields for personal growth and development in the coming years.

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

**A:** I think many of my peers would agree that "Becoming a Healing Presence" is one of the most enlightening courses offered in the Health and Wellness Coaching program. This course allows for so much introspection and personal growth. Throughout the course, I learned how important it is to cultivate self-awareness and compassion in order to fully show up for my clients and serve as a healing presence in their lives.

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

**A:** The faculty at MUIH have been delightful, supportive and encouraging to me throughout my time as a graduate student. I've especially enjoyed the classes I've taken with Sherry Leikin. She has a special way with students and honors each of our unique paths. I shared some deeply personal information with her and she was always very supportive, nurturing and present. She also went out of her way several times to talk with me on the phone about having a career as a health and wellness coach, and what was required for board certifications.

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

**A:** As a hybrid student, the majority of my classes are online, but I had the privilege of taking my practicum course on-campus this summer. Spending two intensive weekends with my peers was by far the best memory I've made while I've been a student at MUIH. We were such a diverse group of individuals but because of our shared passion and

enthusiasm for our chosen career field of health and wellness coaching, we connected on many levels. Being around my peers this summer made me feel like I had found my tribe - a tribe of passionate, dedicated, wise and wonderful women.

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

**A:** I am currently working on the launch of my own holistic health and wellness coaching business. I am gearing up to offer both one-on-one coaching, as well as group coaching programs. In addition, I hope to become a published author and motivational speaker. I feel that I have been blessed with the passion and drive to serve other people using my life experiences and coaching skills, and therefore want to help as many people as possible.

#### **Q: What advice do you have for students who are just beginning at MUIH this fall?**

**A:** Be open to the possibilities. Take classes you've never heard of. If you are able, take a class on-campus. Connect with your peers and nurture those relationships. Commit 100% to yourself and your program. You are the only one who has control over how much you get out of this experience, so give it all you've got and you'll get so much back out of it.

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

**A:** I am so thankful that I found MUIH and the Health and Wellness Coaching program. I had never heard of health and wellness coaching before I became a graduate student at MUIH, but I have loved every part of my experience. I am always striving to be the very best version of myself, but have grown so much as a human being because of the curriculum at MUIH and it has changed my life for the better.

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## From the Expert: Herbs for Anxiety – The Possibilities are Endless!

bonus of significant reductions in body weight and blood pressure. In addition to these positive findings, this research is also notable because the 38-week duration of the study is much longer than most herb/anxiety studies, which usually range from 4 to 12 weeks (Sarris, 2018). Longer studies are more clinically useful to confirm safety and evaluate ongoing impact on health. Finally, this study is unique because human studies on chamomile are rare. This same group of researchers completed the only other RCT in 2009 (Amsterdam et al., 2009, as cited in Mao et al., 2016). Taken as a whole, this research offers support for herbalism’s traditional use of chamomile as a calming agent.

Like chamomile, passionflower is another herb with a long history of use by traditional herbalists to calm and ease tension. Several studies have demonstrated its usefulness in GAD compared to placebo and pharmaceuticals (Sarris, 2018), and a recent study by Dantas et al. (2017) has demonstrated benefit on par with the pharmaceutical midazolam when used in the dentist’s office – a common site of situational anxiety. The RCT conducted by Dantas et al. assessed 40 dental surgery patients who took either 260 mg passionflower extract or 15 mg midazolam 30 minutes before the surgery. Anxiety was measured through subjective questionnaires and physical measurements of heart rate, blood pressure, and oxygen saturation. Results showed that there were no significant differences in measures of anxiety for the herb group vs. the pharmaceutical group, except that 20% of people taking midazolam reported amnesia, whereas the passionflower did not have this effect.

These two studies represent recent research, but they are just the tip of the iceberg. Herbs with positive research showing anti-anxiety effects include bacopa (*Bacopa monniera*), gotu kola (*Centella asiatica*), galphimia (*Galphimia glauca*), lemon balm (*Melissa officinalis*), kava (*Piper methysticum*), skullcap (*Scutellaria laterifolia*), ginko (*Ginkgo biloba*), rhodiola (*Rhodiola rosea*) and ashwagandha (*Withania somnifera*) (Sarris, 2018). Needless to say, these herbs provide the herbalist with a lot of “tools in the toolbox,” and the herbalist-client consultation also offers benefit. Herbalists typically spend more time with their clients than a typical medical doctor visit, allowing the person to tell their health story while the herbalist gets a more complete picture of the client’s health. This allows the herbalist to create an herbal formula and dosing regimen that is customized to the individual – something that is not typical in conventional medicine. When an herbalist’s knowledge and skills are combined with recent scientific research, herbal medicine emerges as a powerful tool in the management of anxiety.

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## President Combs Delivers First State of the University Address

and we will continue to be bold and innovative.”

For the third element, Dr. Combs reinforced MUIH’s commitment to making students “the center of our universe.”

“To be student-centric means that we commit to supporting students in meeting the goals that they set out for themselves and we promised to help them achieve. The commitment we are making is to refresh and reframe the empathy that is within all of us, focusing our compassion on the students, using their voices and stories as a critical perspective, and making sure that we are doing what is relevant in helping them succeed academically and in their future careers.”

Visit our YouTube channel to watch the full 2018 State of the University Address.

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# COMMUNITY CORNER



MUIH alumna Julie Wendt, M.S., LN, CNS, (Class of 2014) has recently launched an online program focusing on integrating health goals using a lifestyle change process. *Your Healthy Mind* is a seven-week program that helps individuals shift their lifestyle and eating habits to support brain health as they age. Julie works at the George Washington Center for Integrative Medicine as a nutritionist and health coach and is the owner of BrainPower, a company focused on improving brain health through functional medicine. Email [info@brainpowerlife.com](mailto:info@brainpowerlife.com) to learn more.



Jeffrey Sargent, M.S., (Class of 2014), has recently been hired by the Army as a full time yoga therapist in the Interdisciplinary Pain Management Clinic at Joint Base Lewis McChord in Tacoma, WA.



Earlier this year, Liz Abel, LDN, CNS, M.S., M.A., (Class of 2015), partnered with a chiropractor in the state of Delaware to open an Integrative Health Center. Ms. Abel will manage the center's programming, which offers a team approach including nutrition, acupuncture, chiropractic, functional medicine, health coaching, yoga, meditation, and more. Learn more at [www.firststatehealth.com/integrative-health-center/](http://www.firststatehealth.com/integrative-health-center/).

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## New Student Benefits

send secure messages, fill out surveys, upload forms, and communicate directly with NCC providers and staff. Students interested in the Student Health and Wellness Benefit program should contact the NCC at 410-888-9048 ext. 6614 or [naturalcarecenter@muih.edu](mailto:naturalcarecenter@muih.edu).

## COUNSELING SERVICES

Balancing graduate school, work, family, and life can be stressful, and sometimes we all need a little support. Starting this fall, MUIH is pleased to offer an onsite counselor who can help! The counselor, a trained psychotherapist, will work part time, with a private office on campus for meetings with students. They will also be available to provide virtual counseling for online students or those who are otherwise unable to come to campus. The counselor will also set up ongoing group sessions and consult with other members of the University to provide students with support beyond the classroom.

## FEDERAL WORK-STUDY (FWS)

MUIH was recently approved to participate in the Federal Work-Study program. Through this program, students with financial need are eligible for part-time, on-campus jobs in order to earn money to help pay for their education. Federal requirements restrict the FWS program to campus-based jobs only. Individuals who would like to participate in FWS should first complete the Free Application for Federal Student Aid (FAFSA) online at [www.fafsa.ed.gov](http://www.fafsa.ed.gov). Contact the Office of Financial Aid at 410-888-9048 ext. 6628 or [financialaid@muih.edu](mailto:financialaid@muih.edu) to learn more about MUIH's participation in the Federal Work-Study program.

MUIH is committed to fostering student success! As we draw near to the fall term, stay tuned for further announcements on these exciting new benefits.



## 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



## Grand Opening: MUIH Online Marketplace

TAKE  
**20%**  
OFF

All Apparel, products and items sold  
on the ShopMUIH website.

Join us in celebration of the grand opening of MUIH's new online marketplace!

Visit the marketplace at [ShopMUIH.com](http://ShopMUIH.com) before **September 30** and receive **20% OFF** your favorite MUIH-branded accessories, gifts, and apparel. Be sure to share your #MUIHSpirit on campus and online!



## BACK TO SCHOOL - CREATE A BENTO BOX

*A lunch with love, by Eleonora Gafton*

It is back to school time! A great way to have a well-balanced meal packed for yourself or for your children is to fill a bento box. These containers allow you to prepare a well-designed lunch that reflects the rainbow of the season.

### Here are a few options:

**Protein.** Hard-boiled eggs, chicken tenders, Greek yogurt, cheese (in different forms including nut cheeses), edamame, and hummus are all protein-rich options.



**Carbohydrates.** Try making veggie sticks, or for fun cut other shapes of colorful carrots, celery, daikon, watermelon, radish, cherry tomatoes, and colorful baby sweet peppers. Add some green leaves like chiffonade of kale or Swiss chard. For fruits, you can't go wrong with watermelon and cantaloupe balls, tangerines or mandarins, stone fruits (peaches, plums, and nectarines), pears, apples, cherries, and strawberries or any other berries.

**Fat.** Be sure to include a healthy fat like nuts, seed butters, or avocado.

**Probiotic Foods.** Maintain a healthy gut with foods like pickles (or any other pickled veggies), olives, sauerkraut, and mustard.

The other most important ingredient that you need to add to your lunch is the **love and gratitude** for all the nourishment you receive. Enjoy!

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