

JANUARY 2014

## MUIH to Host First Major Community Conversation on the Future of Integrative Health Care



**Chair of MUIH's Board of Trustees and Former Secretary of Maryland Department of Health and Mental Hygiene, Adele Wilzack, will moderate discussion among expert panelists**

On February 10, prominent thought leaders and pioneers in the field of integrative health who are working at the forefront of healthcare reform, will convene at MUIH for a provocative discussion about the current state of integrative health care, emerging trends, and future opportunities in this growing field. [Read more...](#)

## Major Changes Underway at the Meeting Point Café and Bookstore

### Featured Events

[Graduate Programs Open House](#)

Free Event  
Jan. 13, 7 – 9 p.m.

[Redefining Health](#)

Paid Event  
Feb. 1 – 2, 9:30 a.m. - 4:30 p.m.

[Philosophy and Healing in Action](#)

Paid Event  
Starts Feb. 1

### Calendar

#### JANUARY

[Call-in Info Session: Nutrition & Integrative Health Programs](#)

Free Event  
Jan. 15, 12 -1 p.m.

[Introduction to Chinese Herbal Medicine](#)

Paid Event  
Jan. 18 & 19, 9 a.m. – 5 p.m.  
*\*For MUIH acupuncture alumni and students*

[Call-in Info Session: Yoga Therapy Program](#)

Free Event  
Jan. 21, 12 – 1 p.m.

[Call-in Info Session: Herbal Medicine Programs](#)

Free Event

If you've been on campus lately, you've likely noticed some major changes to the Meeting Point café and bookstore. We recently caught up with Sam Lucas, the Meeting Point's manager, to get the details on upgrades to seating options, changes to the menu, and what's in store for the café in 2014. [Read more...](#)



### MUIH in the News

#### Linda Mastro Writes about Health Coaching for Natural Awakenings Magazine

Mastro, faculty member in MUIH's Health and Wellness Coaching programs, describes how using a "wellness wheel" helps her and her health coaching clients assess "where life is rolling smoothly and where there may be bumps in the road." [Read more...](#)

#### Dr. Liz Lipski Interviewed in Vegetarian Times

Dr. Lipski, academic director of nutrition and integrative health, discusses the importance of maintaining a balanced gut microbiome in the article titled "Gut Health Tune Up," and explains how an imbalance in gut bacteria can impair metabolic functioning. [Read more...](#)

#### MUIH's Yoga Therapy Program Featured in YogaU

Mary Luttamus, program director for yoga therapy, spoke to the unique aspects of this one-of-a-kind program in this feature article, including how students learn the language of Western medicine in order to effectively and comfortably communicate with medical professionals. [Read more...](#)

#### Elephant Journal Features Article by MUIH Nutrition Grad Katie Habib

In her article "Is there a Church of Vegetarianism?" Habib explores possible parallels between vegetarianism and religion. [Read more...](#)

Jan. 21, 7 – 8 p.m.

["Within Stones/Beyond Circles" Artist Reception, Artworks by Cinder Hypki and Rosemary Liss](#)

Free Event

Jan. 23 5 -7 p.m.

[The Business of Yoga Therapy](#) Free Event

Jan. 28, 1 – 2:30 p.m.

[Coaching Café](#)

Free Event

Jan. 29, 7 – 8:30 p.m.

[Call-in Info Session: Acupuncture and Oriental Medicine Programs](#)

Free Event

Jan. 31, 12 – 1 p.m.

### FEBRUARY

[Health Care: Critical Questions. Integrative Answers.](#)

Free Event

Feb. 10, 1:30 – 3:30 p.m.

[Graduate Programs Open House](#)

Free Event

Feb. 15, 9:30 – 11:30 a.m.

[A Mindfulness Approach to Clinical Excellence](#)

Paid Event

Feb. 22, 8:30 a.m. – 5 p.m.

*\*For healthcare professionals, healthcare team members, and their significant others*

[See all Upcoming Events](#)

### External Events

[Integrative Healthcare](#)



## **The Language of Wholeheartedness in Creating Breakthroughs in Relationships**

**Saturday, Mar. 15, 9 a.m. – 5 p.m.**

Award-winning author David Mercier is leading this powerful seminar where participants will learn that by seeing the authentic self that lies behind peoples' social masks, and by seeing conflicts in a radically different light, breakthroughs in relationships can rapidly occur. [Learn more and register online](#)

[Symposium](#)

Feb. 20 - 21, 2014  
Hilton New York, NY  
MUIH Booth #5



## **Recipe: Easy Baked Salmon**

Besides the salmon, this delicious recipe uses just four ingredients, making it a quick and easy to fix for dinner with a side of sautéed leafy greens and brown rice or quinoa. Salmon is an excellent source of omega-3 fatty acids, an essential nutrient noted for its anti-inflammatory and heart protective benefits, as well as nutrients like vitamin D, vitamin B12 and selenium. [Get the recipe](#)

## **In Case You Missed It...**

Here are some of the most interesting health and wellness related items buzzing around online right now.

### **[Want to be happy? Be grateful](#) (TED Talk)**

In this illuminating talk, David Steindl-Rast, a monk and interfaith scholar, suggests that happiness is born from gratitude.

### **[Snoozers are, in fact, losers](#) (The New Yorker)**

You hit the snooze button every morning. It may seem like you're giving yourself a few extra minutes to collect your thoughts. But what you're actually doing is making the wake-up process more difficult and drawn out.

### **[Paleo Diet Tops Most Googled Diets of 2013](#) (Huffington Post)**

What diets most captured the attention of the pound-losing public this year? Google's annual "Zeitgeist" list reveals the weight-loss approaches that most piqued our curiosity.

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