

Maryland University
of Integrative Health

Maryland University of Integrative Health

Alumni Association
NEWSLETTER

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Maryland University of Integrative Health
7750 Montpelier Road
Laurel, MD 20723

muih.edu

muih.edu/campus/alumni-affairs/

MUIH ALUMNI SPOTLIGHT



Success Story

Shelley Goldman, MS, BSN, RN, LICDC-CS,
MAC, C-IAYT

Master of Science in Yoga Therapy

Shelley is employed as a Psychiatric Nurse Care manager, and has become known for her expertise in yoga and integrative health. At the Cincinnati Children’s Hospital Medical Center, she has found ways to incorporate yoga into most every conversation and encounter. She facilitates educational trainings throughout the hospital, yoga therapy groups and one on one yoga sessions.

"No Time: A Chronic Disease of the Common man."

- Bhaktivedanta Swami Prabhupada

IN RECOGNITION OF NATIONAL CANNABIS MONTH:
CANNABIS IN MEDICAL HISTORY



Chinese Emperor Fu Hsi
(ca. 2900 B.C.)

Noted that cannabis was very popular medicine that possessed both yin and yang



Red Emperor Shen Nung
(ca. 2700 B.C.)

Prescribed cannabis tea to treat various illnesses — including gout, rheumatism, malaria, and poor memory



Ancient Egyptians
(ca. 1213 B.C.)

Prescriptions for cannabis include treatment for eyes, inflammation, and cooling the uterus.



The Zend-Avesta
(ca. 700 B.C.)

In the *Venidad a volume* in the *Zend-Avesta* lists cannabis as the most important of 10,000 medicinal plants.



De Materia Medica (On Medical Matters)
(ca. 40-90 A.D.)

Pedanius Dioscorides, a Greek physician and Roman army doctor included cannabis as an herb to treat earache and suppress sexual longing.



The US Pharmacopeia
(ca. 1850 A.D.)

Cannabis is added to the United States Pharmacopeia as a treatment for neuralgia, tetanus, gout, alcoholism, uterine bleeding, etc.

In 1911 Massachusetts became the first state to outlaw cannabis in the US, initiating international prohibition. In the last decade, international laws have rapidly changed.

Check out MUIH's new proposed [Post-Baccalaureate Certificate in Cannabis Science: Therapeutics, Product Design, and Quality Assurance](#)

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MUIH BUILDING COMMUNITY ACROSS DISTANCE

FREE MUIH VIRTUAL COMMUNITY OFFERINGS

In the spirit of joining together and supporting our community during this time, we're honored to offer the following events:

[MUIH VIRTUAL COMMUNITY WEB PAGE](#)

Welcome to our Community Resources page, dedicated to delivering you happenings occurring in the virtual space. At MUIH, we not only talk about community, we believe in the power of community and strive to function as a community. With the recent events taking place, we are asking our community members to submit materials, ideas, and suggestions to share with all members of our community. We would like to post the name of the submitter and the relationship to MUIH if you give us permission. Please use the form on the bottom of the page to the link above to submit your offerings.

[Click here](#) for MUIH's operating status

[MUIH MIXED TAPE PLAYLIST](#)

Check out the playlist with the link above. Feel free to submit songs [here](#).

Questions? Feedback?

Contact Michelle Coleman
at studentsupport@muih.edu.

SPECIAL VIRTUAL EVENTS

MUIH Community Career Roundtable

May 7th, 2020

[Virtual Zoom Event](#)

8:00 PM - 9:30 PM EST

Job Hunting in Any Economy

April 30, 2020

[Virtual Zoom Event](#)

8:00 PM - 9:00 PM EST

**"Life will show up as a warm,
creative, vision of the future."**

- Bob Duggan





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MUIH NEWS & EVENTS

Job Hunting in Any Economy

April 30, 2020

[Virtual Zoom Event](#)

8:00 PM - 9:00 PM EST

CANCELED Commencement 2020

Due to the COVID-19 pandemic MUIH has decided to cancel its 2020 University Celebration and Commencement ceremonies on the weekend of May 16-17. The Commencement Committee is already working on plans for alternative celebrations to occur online to honor our graduates and both student and faculty awardees. We will provide those details as they become available and hope that you will participate. Additional details will be distributed to the MUIH community and posted on the Commencement [website](#) as they become available.

MUIH Community Career Roundtable

May 7th, 2020

[Virtual Zoom Event](#)

8:00 PM - 9:30 PM EST

Post-Baccalaureate [Certificate in Cannabis Science: Therapeutics, Product Design, and Quality Assurance](#)

Program is pending Maryland Higher Education Commission.

MUIH NEWS & EVENTS (cont.)

The American Institute of Stress just published this article by Beth Romanski, Director of Professional and Continuing Education, [5 Steps to Staying Healthy in Times of Stress](#).

NEW NATURAL CARE CENTER

Temporarily closed until further notice

For more than 40 years, the [Natural Care Center](#) at Maryland University of Integrative Health has provided powerful, meaningful, and effective healing experiences for patients and clients that arrive with a wide array of health challenges.

Maryland University of Integrative Health

Alumni Association

Become an active part of our ever-expanding community of esteemed alumni association. Members will have access to perks and discounts, events, communities, and more!

[JOIN NOW!](#)



Submit a MUIH Alumni Newsletter Submission Request

[HERE](#)





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INTEGRATIVE HEALTH NEWS & EVENTS

CANCELED: The International Association of Yoga
Therapists

[SYSTAR](#)

June 11-14, 2020

Lincolnshire, IL

[10th Annual Integrative Medicine for the
Underserved \(IM4US\) Conference](#)

August 27-29, 2020

Milwaukee, Wisconsin

Academy of Nutrition and Dietetics
[Food & Nutrition Conference & Expo](#)

October 17-20, 2020

Indianapolis, IN

Helgott Research Institute

To assist with this need, investigators from Australia, Canada and the United States have established a "COVID-19 Integrative Medicine Support Clinical Registry" to facilitate the recording of critical case details. This registry can be completely anonymous without required reference to you or your practice, and does not collect any protected health information (PHI) regarding patients/clients. The distribution of this registry is approved by the Institutional Review Board (IRB) of the National University of Natural Medicine. Please assist the international complementary and integrative health community by contributing to this case registry. Registry entries can be submitted [here](#).

For questions email Ryan Bradley, NP, MPH at rabadley@num.edu

INTEGRATIVE HEALTH NEWS & EVENTS (cont.)

[Ayurveda Can Play Significant Role Against
Coronavirus](#)

[Telemedicine videos go from 80 to almost
8,000 this month at one health system](#)

WESTERN DISPENSARY



Closed until further notice

As an MUIH Alum, you can order herbs for yourself from the Western Herbal Dispensary! In addition, if you graduated from the Herbal Clinical program, you can send us your client orders! The MUIH Dispensary uses exceptionally high-quality herbal products. Our herbal suppliers practice fully documented quality control standards, meeting FDA GMP's and providing a certificate of analysis demonstrating the authenticity of the herbs we order. Herbs we purchase are wild crafted or certified organic. You can view a list of our herbs and extracts [here](#).

Email or call us to place your order.

herbs@muih.edu

410-888-9048 x6676



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MUIH PROFESSIONAL AND CONTINUING EDUCATION

Maryland University
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PCE
Professional and
Continuing Education

LEARN FROM ANYWHERE ON YOUR OWN TIME:

Looking for a convenient way to refresh your skills and add to your credentials? MUIH Professional and Continuing Education (PCE) offers a portfolio of [online educational opportunities](#) so you can learn and earn CEUs from anywhere in the world at your own pace! Stay safe and well and join us as a PCE learner!

Learn more and enroll in our online, self-paced PCE offerings at www.muih.edu/ce. MUIH ALUMNI DISCOUNTS AVAILABLE on many PCE offerings!

FEATURED PCE OFFERINGS:

Psychoneuroimmunology: How Thoughts Impact Disease

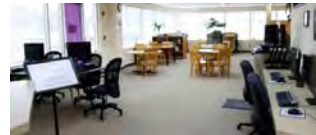
During times of uncertainty or overwhelm, you might be feeling more anxious and stressed than usual. Why do you feel depressed and anxious when you get sick? Why does stress give you an upset stomach? The answer to these questions and more comes from the exciting field of psychoneuroimmunology! Learn more about this emerging area and how you can apply concepts from the field in your own life and those of your patients and clients. FOR A LIMITED TIME UNTIL APRIL 30, BENEFIT FROM A 25% DISCOUNT on this course with Promo Code MINDSET25 at checkout. [Enroll Now!](#)

"If you want to be happy, you have to be happy on purpose. When you wake up, you can't just wait and to see what kind of day you'll have. You have to decide what kind of day you'll have".

~ Joel Osteen

SHERMAN COHN LIBRARY AT MUIH

In person services are closec until further notice



Alumni are welcome to visit Sherman Cohn Library in person where they can use the on-site computers or their personal mobile devices to access the library's electronic resources. Alumni may also apply for a library borrowing account to borrow physical library materials, such as books or DVDs, etc. Alumni may borrow up to 3 items at a time from the regular or sequestered collections. Due to licensing restrictions, off-campus access to subscription electronic resources is limited to currently enrolled students, faculty, and staff.

Sincerely,

Carissa M. Hernandez, MLIS
Head Librarian
Sherman Cohn Library @ MUIH



MUIH is proud to offer this exclusive partnership with DaoCloud to all MUIH Alumni.

[DaoCloud](#), the largest network of vetted wellness practitioners, and MUIH have joined together to amplify our combined missions.

[Click here](#) to learn more and create an exclusive complimentary practitioner profile to utilize this client building software.



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CAREER SERVICES

CAREER SERVICES The MUIH Career Services Center is pleased to announce the launch of our two new job portals:

- [Our MUIH Community Job Board](#) features career opportunities that employers posted solely for the MUIH students and alumni. Employers and Alumni can also post career opportunities at the link above for free.
- [Our Integrative Health Job Board](#) is for integrative health employers and practitioners worldwide, and we hope it will become a destination for anyone trying to post or find opportunities in the field. This portal will be publicized by our vendor, YM Careers. Employers who post on this site will be charged a fee, and employers posting on the free MUIH Community site will be given a discount if they choose to post on both sites.

We hope you'll find the new portals helpful with your career development and/or recruiting needs. Please let me know if you have any questions or need any assistance.

Please contact me at rbrooks1@muih.edu if you need career assistance or if you are in a position to hire our students/alumni.

Regards,
Rob Brooks
Associate Director of Career Services

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[JOIN NOW!](#)



MUIH ALUMNI ASSOCIATION OFFICERS



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