

Maryland University  
of Integrative Health

# Maryland University of Integrative Health

Alumni Association  
NEWSLETTER

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Maryland University of Integrative Health  
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[muih.edu](http://muih.edu)  
[muih.edu/campus/alumni-affairs/](http://muih.edu/campus/alumni-affairs/)

## MUIH ALUMNI SUCCESS STORY

Esosa Marian Edosomwan

Master of Science in Nutrition and Integrative Health



Esosa E. also known as “Raw Girl” of [therawgirl.com](http://therawgirl.com) is a dynamic Certified Nutrition Specialist, Behavioral Coach, host of the [Staying Ageless](#) podcast, published author, and creator of the online program “Staying Ageless 30+” which has a comprehensive curriculum designed to help women 30+ achieve optimal health and stay youthful using diet and lifestyle changes. Esosa specializes in plant-based nutrition and transitioning, women’s hormonal balance, weight loss, healing acne and skin conditions, nutrition and lifestyle interventions to enhance beauty and increase longevity, candida and parasite cleansing, and detoxification. Outside of her passion for health, Esosa is an award winning, globe-trotting producer and actress who has been featured in Glamour, Vogue, The New York Times, Elle, Ebony, Black Enterprise and more.

To learn more about Esosa, check out her website, [theRawGirl.com](http://theRawGirl.com)

# Maryland University of Integrative Health

## Alumni Association

### MUIH BUILDING COMMUNITY ACROSS DISTANCE

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

#### 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 ways to connect:

#### [MUIH VIRTUAL COMMUNITY WEB PAGE](#)

Use the above link to access our Virtual 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 in the link above to submit your offerings.

#### Questions? Feedback?

Contact Michelle Coleman at [studentsupport@muih.edu](mailto:studentsupport@muih.edu).

#### SPECIAL VIRTUAL EVENTS

Building Community Across the Distance

**MUIH COMMUNITY CAREER ROUNDTABLE**  
*Amplifying Your Platform*

Facilitated by:  
**Charles Gonsher**  
DaoCloud Representative and Wellness Professional  
(RYT 500, Energy Healer, 2000 hour Mindfulness Mentor, 450 hour Meditation Guide)

Thursday, October 1, 2020  
8:00 PM est  
Virtual Zoom Event

Maryland University of Integrative Health Alumni Association CAREER SERVICES

**MUIH Community Career Roundtable**  
October 1, 2020  
[Virtual Zoom Event](#)  
8:00 PM - 9:00 PM EST  
RSVP and learn more [here](#).

**The MUIH Student Journal Club and Research Group meet on alternating third Wednesdays from 12:00pm – 1:00pm est on the dates below.**

October 10/21/20	Research Group
November 11/18/20	Journal Group
December 12/16/20	Research Group
January 01/20/21	Journal Group
February 02/17/21	Research Group
March 03/17/21	Journal Group
April 04/21/21	Research Group
May 05/19/21	Journal Group
June 06/16/21	Research Group
July 07/21/21	Journal Group

**MUIH JOURNAL CLUB & RESEARCH GROUP**

**MUIH Journal Club & Research Group**  
[Virtual Zoom Event](#)

Look out for the Journal Club email containing the article to read prior to the event.

For more information [click here](#) or email [research@muih.edu](mailto:research@muih.edu)

## AUTUMN REFLECTIONS

by Alaine Duncan  
 MUIH Alumna  
 Master of Acupuncture



**September came in with the breath of Fall here in the U.S. mid-Atlantic. Open the windows, turn the air conditioning off, breathe that crisp, cool air. Oh my goodness, what a delight after the hazy, hot and humid weight of Late Summer.**

Fall is the season of the Metal Element in Asian medicine, the time of the Lung and the Colon. The growing season is rapidly closing. The air actually feels thinner now. We, and all of nature, are preparing to rapidly fall into the quiet, dark, yin time of year.

Classical Asian medical texts refer to the Lung's function as "receiving the inspiration of the heavens" – they receive and distribute the breath of life into every cell of our bodies. Our Colon is described as being responsible for "the drainage of the dregs." It helps us let go of every non-supportive element we have ever received. Together, they regulate the profound dualities of coming and going, of inhale and exhale, receiving and letting go and all the rhythms that support life. Like the snake that bites its own tail, the Metal marks both the beginning of life and the end of life – the bookends of first breath and last breath.

The Fall may also find us more vulnerable to our own experiences of grief and loss. Our Metal's most poignant function is to help us find inspiration to help us cope with the impermanence of life. Together, we can rely on our Lung and Colon to help us find the inspiration we need in turbulent times.

This is the time of year where you can find support for your longing for spiritual inspiration or guidance from those who have gone before you most readily available. Listen deeply in your times of meditation – and see if murmurings from the "the heavenly realms" have guidance for you.

### **Here is a meditation that may support your seeking.**

Bring your longing into your body. Take a quiet moment. Come to your breath. Place your hands on your chest, over your Lungs. Invite the presence of your spiritual guides and ancestors. Listen. Feel. Experience whatever movement or stillness, sensation or image that arises as you are present to your breath. Invite whatever impulses are there to inform you or to fill your life. Then move your hands down to your lower belly, over your Colon. Invite these same guides to help you let go of what it is now time to leave behind. Let go of what may be in the way of a fresh, clear and inspired breath. Again, listen, feel and experience whatever movement or stillness, sensation or image that comes in your body as you are present to the message of your breath in your Colon.

Sit quietly and allow yourself to inhale and exhale, to receive and to let go – to simply listen, with your hands calling your attention to your Lungs and your Colon.

I promise you this. The vitality, the energy of your internal experience will vibrate thru your body, into your family and community, and out into the world. Our world is crying out for inspiration. We can each play a role in calling forward the guidance, insight and inspiration that our world needs so badly right now.



In Celebration of Hispanic Heritage Month

**INSPIRATIONAL HISPANIC HEALERS**



**El Nino Fidencio**  
1898-1938, Mexico

Curandero (traditional healer/shaman) and folk saint who reportedly performed surgeries painlessly without anesthesia.



**José Celso Barbosa, MD**  
1857-1921, Puerto Rico/United States

Physician, sociologist, and political leader. He was the first Puerto Rican to receive a medical degree from the United States and started the Puerto Rican statehood movement.



**Helen Rodríguez-Trías, MD**  
1929-2001, United States

Pediatrician and women's rights activist who activated against sterilization abuse of minority women. She became Head of Pediatrics at the Lincoln Hospital in the Bronx.



**Walter Bosque, LAc**  
United States

Acupuncturist and contributor of Lincoln Detox in the Lincoln Health Center. Here the 5 point ear acupuncture protocol to treat addiction and support recovery was developed and paved the way for the National Acupuncture Detoxification Association (NADA). The protocol was developed in the 1970s after the Black Panthers and the Young Lords took over the Lincoln Hospital in the Bronx and established the Lincoln Health Center. The center offered acupuncture, education, and other social services to the underserved in the Bronx.



**Mercedez Karina Garcia Ríos**  
Peru

Ayahuasca Noma (medicine woman) is the only woman in Peru practicing her craft. She also founded Art, Culture, and Traditional Medicine Association of the Shipibo community, a nonprofit dedicated to reforestation of medicinal plants in the Amazon.



**Nora Volkow, MD**  
United States/Mexico

Psychiatrist who currently heads the National Institute on Drug Health. She has made major contributions to the science of addiction, neurobiology of obesity, and the effects of cell phones on brain metabolism. She is also the first person from the NIH to meet with the Dalai Lama to discuss mind, body, spirit science.

**Hispanic Traditional Healers Include:**

- Curanderos- traditional general practitioners who treat the body, mind, and spirit
- Espiritistas- faith healers
- Santeros- faith healers
- Yerbistas- herbalists
- Sobadores- massage therapists



Maryland University  
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## Alumni Association

### MUIH NEWS & EVENTS

#### MUIH Community Career Roundtable:

Amplifying Your Platform

October 3, 2020

[Virtual Zoom Event](#)

8:00 PM - 9:00 PM EST

[Maryland University of Integrative Health announces educational partnership with the AOMA Graduate School of Integrative Medicine](#)

[Maryland University of Integrative Health announces educational partnership with the Maryland Acupuncture Society](#)

#### Podcasting to Grow Your Integrative Health Practice

Beth Romanski, Director of Professional and Continuing Education and co-creator/co-host of Wellness Warriors Radio podcast, shared tips for podcasting to grow your integrative health practice. [View the recording](#) to share your passion for health and wellness through the popular medium of podcasting!

September MUIH Community Roundtable Presentation: [Bring in Patients Now and Post COVID-19](#)

#### [OTHER MUIH EVENTS](#)

### JOINT FACULTY & ALUMNI PUBLICATIONS

The [Characteristics of Clients Seeking Yoga Therapy in a University-Based Student Clinic](#) published in the *National Library of Medicine* features MUIH faculty and MUIH Alumni. This paper characterizes the client population as largely reflecting yoga users more broadly and paves the way for future studies to expand outreach and inclusion in yoga therapy.

- Irene Bright-Dum, MUIH Alumna, Master of Science in Yoga Therapy
- Steffany Moonaz, MUIH Faculty
- Daryl Nault, MUIH Faculty
- Marlysa Sullivan, MUIH Faculty

Interested in research? Join the MUIH Journal Club & Research Group. More information on [page 2](#).

**"You are not lucky to be here. The world needs your perspective. They are lucky to have you."**

~ Antonio Ti



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### INTEGRATIVE HEALTH NEWS & EVENTS

[2020 Academy of Integrative Health & Medicine](#)

October 9-11, 2020  
Virtual Conference

[American Herbalist Guild Symposium](#)

October 15-19, 2020  
Virtual Conference

[Holistic Chamber of Commerce 10th Anniversary Celebration & Retreat](#)

October 16-17, 2020  
Virtual Conference & In Person  
Henderson, NV

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

October 17-20, 2020  
Virtual Conference

[Personalized Nutrition 2020](#)

November 12-13, 2020  
Virtual Conference

[2nd World Congress on Complementary and Alternative Medicine](#)

February 5-6, 2021  
Paris, France

[Deep Breathing Could Help You Recover From Covid-19](#)

[Acupuncturists: Medicare Recognition](#)

**Forget the past that sleeps and never the future dream at all but act in times that are with thee and progress thee shall call  
~ Bhaktivinode Thakur**

### NATURAL CARE CENTER

**Offering Telehealth Services**

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.

### WESTERN HERBAL 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 of Integrative Health **PCE**  
Professional and Continuing Education

#### Professional and Continuing Education (PCE) Highlights:

#### PCE Partner Learning Opportunity: Shortcut to Podcasting

[Shortcut to Podcasting](#) is an end-to-end, step-by-step blueprint to start, launch, and grow a podcast that will generate valuable content, build trust, and funnel new customers into your business. This is the fastest path to launching your podcast and avoiding information overload regardless of your technical experience or knowledge of audio. Get started with your podcast and brand-building today! Use the MUIH Partner discount code **MUIH25** for \$25 off!

#### FLEXIBLE LEARNING ON YOUR TIME

Need a flexible way to study integrative health and wellness to specialize your practice while earning CEUs? Explore PCE's current library of fully online professional development course offerings at [www.muih.edu/ce](http://www.muih.edu/ce). Many PCE offerings are eligible for exclusive MUIH Alumni discounts!

Learn more: [www.muih.edu/ce](http://www.muih.edu/ce)



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.

**Excess of sorrow laughs. Excess of joy weeps. Joy impregnates. Sorrows bring forth.**

~ William Blake

### MUIH ALUMNI ASSOCIATION OFFICERS



**Cynthia Wilson, President**  
Master of Science in Nutrition and Integrative Health  
alumniprez@muih.edu



**Cheron Hunt Garrison, Secretary**  
Master of Arts in Health and Wellness Coaching  
alumnisecretary@muih.edu





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### 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.

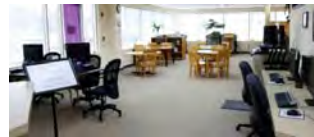
Please contact me at [rbrooks1@muih.edu](mailto:rbrooks1@muih.edu) if you need career assistance or if you are in a position to hire our students/alumni.

Regards,  
Rob Brooks  
Associate Director of Career Services

**“MUIH has given me a comprehensive coaching education that has given me so many opportunities including this one. I am filled with gratitude for everything MUIH and its staff has done for me.”**  
-Jennifer Krammer

### SHERMAN COHN LIBRARY AT MUIH

Closed 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

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