



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 SUCCESS STORY



ERICKA CAUTHON
MASTER OF SCIENCE IN HEALTH PROMOTION

Ericka is the Program Director at the University of Houston's Health Research Institute, where she works to advance health equity in the Houston area and beyond. She specializes in creating and implementing strategic wellness programs for underserved populations, organizing collaborative research and intervention and outreach activities to increase public health awareness on community-identified health challenges. She holds a Bachelor of Science in Dental Hygiene from Texas Woman's University, is a Licensed Dental Hygienist and Certified Health Education Specialist and is a licensed Continuing Education Provider in Pennsylvania, California, and Texas.



In Memoriam



Christina Sarlo, 67, passed away peacefully at home in Corwin Springs, Montana among close family on the morning of November 2, 2020, after a two-year struggle with cancer. She is survived by her loving husband Frank Sarlo, her two sisters, Theresa Tropp, Peggy Escobar, and three brothers, Monsignor Frederick Dolan III, Michael Dolan, and John Dolan. The daughter of Frederick and Anita Dolan, Christina grew up in Bethesda, Maryland, and obtained a bachelor's degree in Psychology from American University. Members of the Church Universal and Triumphant community, Christina and Frank were married on November 24, 1992, in Corwin Springs, Montana.

Christina worked with The Summit Lighthouse in many capacities from 1980 to 1998. Primarily working in production in the audio-video department, she also enjoyed her time on the truck farm, in construction, and at The Ranch Kitchen restaurant.

In 1998, Frank and Christina relocated to the Washington, D.C. area, to live near her parents. In 2000, Christina received certification as a massage therapist from the Potomac Massage Therapy Institute. Shortly after that, she obtained a Masters in Acupuncture from the Tai Sophia Institute. Christina opened her own business, Experience the Chi where she combined massage, acupuncture, and essential oils to bring comfort to many. In 2017, Frank and Christina returned to Corwin Springs to work with The Summit Lighthouse where she worked with marketing and eCommerce.

Christina's husband, Frank, is a grateful witness to Christina's incredible joy and her concern for the needs of others. He thanks all the friends who have shared in Christina's journey throughout these years. "May the beauty of her life and love for us continue on through us in good works and good cheer. Jai!"

In honor of Native American Heritage Month:
Native Americans Leaders in Medicine



Dr. Sandra Carter, L.Ac

Acupuncturist, Reiki Master, Metaphysical Practitioner, Massage Therapist, Herbalist, Native American Shaman

Dr. Carter of the Lumbee Nation of North Carolina is the first and only Dr. of Chinese Medicine in her tribe and owns Nirvana Acupuncture & Medical center in Tampa, FL.



Dr. Susan La Flesche

Physician and Activist

Dr. La Flesche is one of the first Native Americans to earn a medical degree. She discouraged drinking as a preventative health measure on the Omaha Reservation in Nebraska where she worked as a physician. She also worked on public health issues in the wider community such as sanitation and tuberculosis.



Alexis Estes Woksape Ole Winyan

Yoga Instructor, Muralist, and Native American Community Builder

Alexis promotes healthy living to Native communities through yoga instruction. She was a contributing voice for a presentation, "Healing Art Practices and the Transformation of Story," at the 2019 United Nations Commission on the Status of Women.



George Amiotte

Medicine Man, Film Maker, and Alternative Medicine Advocate, and Physician's Assistant

George is a Ogalala from Pine Ridge who specializes in helping Native American and other veterans overcome post-traumatic stress disorder. He hosts healing circle ceremonies that focus on mind, body and spirit at the Addeliar Guy Veterans Ambulatory Care Center.



Sage LaPena

Clinical Herbalist, Ethnobotanist, Lecturer in Native American and Western Herbs

Sage is a Nomtipom Wintu ethnobotanist and herbalist who works to to promote a resurgence of traditional medical practices in Native communities through the Sacramento Native American Health Center. and independent ventures.

[Learn more about Native American Heritage Month](#)

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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.

MUIH EVENTS

MUIH Community Career Roundtable:
How PR and Media Outreach Can Gain Your Practice Valuable Exposure

December 3, 2020

[Virtual Zoom Event](#)

8:00 PM - 9:00 PM EST

**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

Recording: Integrative Health - Past, Present, Future: A Conversation with [John Weeks](#)

[OTHER MUIH EVENTS](#)



[December
Wellness
Calendar](#)

**Maryland University
of Integrative Health**
Alumni Association

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

[JOIN NOW!](#)

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MUIH NEWS

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

MUIH NEWS

[Maryland University of Integrative Health Provost Receives Extraordinary Service and Leadership Award](#)

[Maryland University of Integrative Health announces educational partnership with the American Public Health Association](#)

[Maryland University of Integrative Health Appoints New Acupuncture and Oriental Medicine Department Chair](#)

[Maryland University of Integrative Health's health and wellness coaching program approved by NBHWC](#)

[Maryland University of Integrative Health Offering Complimentary Telehealth Acupuncture to Maryland Residents](#)

[Maryland University of Integrative Health Academic Leaders Receive Awards from the American Public Health Association](#)

[Yoga Therapy Offers Relief for Clients in the Natural Care Center](#)

MUIH HOLIDAY DRIVES

[A Wider Circle Toy Drive](#)

[MUIH Virtual Food Drive](#)



[Commencement 2021](#), Sunday, June 27

ALUMNI PUBLICATIONS

- Ann Swanson
Master of Science in Yoga Therapy
[4 Ways to Adapt Standing Forward Bend to Your Body and Needs](#), *Yoga Journal*

FEATURED ALUMNUS BLOG

- Elaine Wolf Komarow
Master of Acupuncture
[Medicare and Acupuncture: The Good, the Bad, the Ugly, the Unknown](#), *The Acupuncture Observer*

"I don't get depressed; I grow a tumor instead."

- Woody Allen

ALUMNI VIRTUAL EVENTS



Building Community Across the Distance 



MUIH COMMUNITY CAREER ROUNDTABLE
How PR and Media Outreach Can Gain Your Practice Valuable Exposure

Facilitated by:
Kionne S. Johnson, MSM
 Communications Manager, MUIH

Thursday, December 3, 2020
 8:00 PM est
 Virtual Zoom Event





MUIH Community Career Roundtable
 December 3, 2020
Virtual Zoom Event
 8:00 PM - 9:00 PM EST

[RSVP and learn more here.](#)

Past November MUIH Community Roundtable Presentation:
[Treating Trauma](#), Alaine Duncan, Master of Acupuncture Alumna

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

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



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INTEGRATIVE HEALTH NEWS & EVENTS

[Implications of the COVID-19 Pandemic for Nutrition in African Settings](#)

December 2, 2020, 12:00 - 1:30PM est
Virtual Event

[ALL Health us Not Created Equal: Where You Live Matters](#)

December 9, 2020, 12:00- 1:00 PM est
Virtual Event

[NIH Science of Behavior Change \(SOBC\) Common Fund Program Conference](#)

February 22, 2021
Virtual Event

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

February 5-6, 2021
Paris, France

[Integrative Health Crusader Finds Compassionate Leadership At Hackensack Meridian Health](#)

[Asos is facing backlash from yoga teachers who say its models are performing poses incorrectly and dangerously in product images](#)

[Tips for Introducing Acupuncture to Biomedical Providers \(Pt.1\)](#)

[Acupuncture for COVID-19 Loss of Smell and Taste](#)

[Compounds in traditional Chinese medicine herbs may inhibit SARS-CoV-2 infection](#)

[Compounds in traditional Chinese medicine herbs may inhibit SARS-CoV-2 infection](#)

[How the CDC can get serious about the health of incarcerated people](#)

NATURAL CARE CENTER

NOW OPEN!

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

NOW OPEN!



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 and order [here](#).

Email or call us with questions.
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:

- **MUIH Alumni Post-Graduate Nutrition Practice Experience – January 2021 Cohort**
[Learn more and register](#). Application deadline December 11, 2020.
- **BLACK FRIDAY – CYBER MONDAY SAVINGS!** In the spirit of **giving the gift of health**, MUIH Professional and Continuing Education will be offering a limited time FLASH SALE of 40% off all PCE learning opportunities! 4-Days only 11/27/30-11/30/20 with promo code FLASHSALE2020. Explore current offerings at www.muih.edu/ce.

General Announcements:

- [Fall 2020 AIS Contentment Magazine](#) (PCE Partner).



"The capacity to love is innate in all beings and is the purest expression of intelligence."

- Radhanath Swami



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.

- [Amplifying Your Platform](#) ([walkthrough of DaoCloud](#))

Be sure to update your listing in the **MUIH Practitioner Database**. You can update your listing [here](#).



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 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

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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- [Facebook](#)
- [LinkedIn](#)

2020 Annual Campaign

Letter from the President

MUIH Community:

I hope you and your family are safe and well and will have a wonderful holiday season. We are grateful for all members of our ever-growing MUIH community.

We are launching our 2020 Annual Fund and ask you to consider making a financial gift on **Giving Tuesday (December 1)** in support of MUIH to amplify and grow our impact. Your gift will be used to continue and expand our outstanding and meaningful work as we live our mission.

MUIH is one of our nation's leaders in integrative health and wellness and one of the few universities dedicated solely to these practices. We have the most comprehensive array of integrative health and wellness programs of any university in the country.

Our Mission - MUIH promotes whole-person community health and wellness through relationship-centered integrative health education, care, and leadership.

We bring 46 years of experience and positive societal impact on improving the health and wellness and lives of hundreds of thousands of individuals and their families around the country and the world.

Here are a few highlights of our importance to the field of integrative health and enhancing lives:

- Over 3,200 alumni who are practitioners and leaders in integrative health nationally and internationally making a real difference in the lives of others every day.
- Patients and employers report they can tell the difference between MUIH students and graduates compared to others.
- 24 doctoral, master's, and graduate certificate programs in integrative health.
- Pioneer in the field with many firsts including the first master-level program in health and wellness coaching, integrative nutrition, herbal medicine, yoga therapy, herbal product design and manufacture, and the first accredited acupuncture school in the country.
- Over 20,000 treatments are provided annually on campus at our Natural Care Center and outreach locations.
- Developed and promoted telehealth services to address the needs created by the pandemic.
- Over 30 collaborations and partnerships with hospitals, medical systems, universities, non-profits, and community organizations.
- Nationally respected and acclaimed faculty.
- Highly dedicated and passionate staff working in service to others.

The pandemic has heightened the need for increased focus and attention to personal and community health and wellness. There is an urgent and growing need for the field of integrative health and MUIH to provide comprehensive wellness support to assist with physical and emotional well-being. The role we play now and in the future will continue to be exceedingly important.

To make your gift, please [click here](#). Also mark your calendars to give on Giving Tuesday, December 1.

You can also mail a check to: Maryland University of Integrative Health, Annual Campaign, 7750 Montpelier Rd., Laurel, MD 20723

In gratitude,
Marc Levin
President and CEO