

Maryland University  
of Integrative Health

Maryland University  
of Integrative Health

Alumni Association  
NEWSLETTER

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**MUIH ALUMNI SUCCESS STORY**



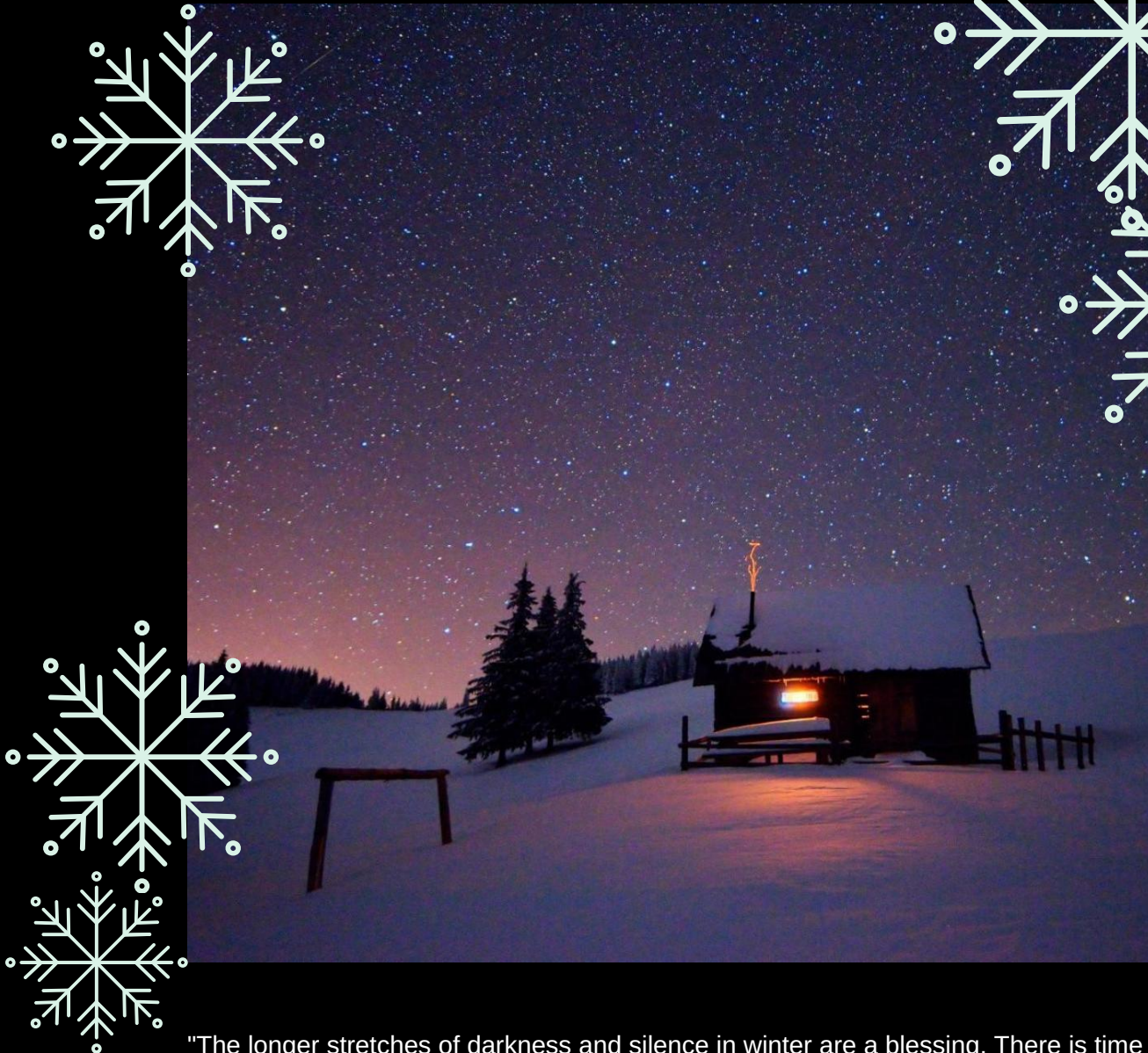
**ALAINE DUNCAN  
MASTER OF ACUPUNCTURE**

Alaine Duncan is an acupuncture clinician, educator and researcher. Her background includes 10 years at the DC Veterans Administration Medical Center as a clinician and researcher evaluating acupuncture for combat-related trauma and military caregiver fatigue. Her book, *The Tao Trauma: A Practitioner's Guide for Integrating Five Element Theory and Trauma Treatment* explores approaches to restore balance and regulation in survivors from all walks of life. She founded Integrative Healing, LLC in 2012 with a goal to integrate the wisdom of Acupuncture and Asian Medicine with the study of neurobiology and traumatic stress in both the classroom and the treatment room. She offers workshops To learn more about Alaine, her workshops, and other offerings, check out her website [www.integrativehealingworks.net](http://www.integrativehealingworks.net)

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Laurel, MD 20723

[muih.edu](http://muih.edu)  
[muih.edu/campus/alumni-affairs/](http://muih.edu/campus/alumni-affairs/)

## WINTER REFLECTIONS



"The longer stretches of darkness and silence in winter are a blessing. There is time for us to feel the things that we didn't have time to feel before. We notice what comes up, and we let the healing happen. We let things crescendo and resolve. We let connections be made that might not have been made if we hadn't had the time. And then once again, these things too, resolve into silence. It's such a satisfying silence. It's the silence of having moved through some things held in abeyance. Allowed to heal. Allowed to truly finish."

**Thea Elijah**  
**Master of Acupuncture**

For more seasonal reflections from Thea, check out her [Instagram](#).

# 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.

### 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**

January 20, 2021

[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)

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



[January  
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!](#)



# Maryland University of Integrative Health

## Alumni Association

## MUIH NEWS

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

### MUIH NEWS

[Maryland University of Integrative Health Faculty Focus on Self-Care for the Maryland Higher Ed Community](#)

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

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

[Maryland University of Integrative Health announces educational partnership with Uniformed Services University of the Health Sciences](#)

[Maryland University of Integrative Health announces expansion of its continuing education courses with the National Association of Nutrition Professionals](#)

"There is only one corner of the universe you can be certain of improving, and that's your own self."

~Aldous Huxley



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

Check out these inspiring stories from some of the 2020 MUIH Grads [here!](#)

## ALUMNI PUBLICATIONS

- Mary Brandenburg  
*Master of Acupuncture*  
*The Intelligence of Leaves: Collected Poems 2003-2009*  
[Amazon](#)

## FEATURED ALUMNUS BLOG

- Sara Kahn  
*Master of Science in Nutrition and Integrative Health*  
[Belly Bliss Blog](#)

# Maryland University of Integrative Health

## Alumni Association

## MUIH ALUMNI DISCOUNTS

**Alumni Discount**  
MUIH PROGRAMS



**Maryland University  
of Integrative Health**

- 10% OFF TUITION FOR THE FIRST TRIMESTER OF ANY CERTIFICATE PROGRAM
- 15% OFF TUITION FOR THE FIRST TRIMESTER OF ANY MASTERS OR DOCTORAL PROGRAM
- WAIVED APPLICATION FEE
- REDUCED CONFIRMATION DEPOSIT FROM \$350 TO \$150

**Maryland University  
of Integrative Health**

### MUIH and You, Perfect Together!

We'd like to offer our alumni a special discount for the Spring, Summer, and Fall 2021 Trimesters:

- 10% off tuition for any certificate program (no restrictions)
- 15% off tuition for any Master's program (no restrictions)
- Waived Application Fee
- Reduced confirmation deposit from \$350 to \$150

### Additional Alumni Discounts

- Western Herb Dispensary Discounts
- Natural Care Center Discounts
- Professional and Continuing Education (PCE) Discounts

[Click here](#) to learn more.

# ALUMNI VIRTUAL EVENTS



Building Community Across the Distance



**MUIH COMMUNITY CAREER ROUNDTABLE**  
*Industry Trends to Start and Revitalize Your Career*

Thursday, January 21, 2021  
 8:00-9:00 PM est  
 Virtual Zoom Event

Facilitated by:  
**Suzanne Hunt**  
 Chair of the Emerging Wellness Professionals Task Force at the National Wellness Institute and Assistant Director of Wellbeing, Health Promotion at Wake Forest University



**MUIH Community Career Roundtable**  
**January 21, 2021**  
**Virtual Zoom Event**  
 8:00 PM - 9:00 PM EST

[RSVP and learn more here.](#)

Check out the past MUIH Community Roundtable Presentations [here](#).

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

<b>January</b> 01/20/21	Journal Group
<b>February</b> 02/17/21	Research Group
<b>March</b> 03/17/21	Journal Group
<b>April</b> 04/21/21	Research Group
<b>May</b> 05/19/21	Journal Group
<b>June</b> 06/16/21	Research Group
<b>July</b> 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)





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### INTEGRATIVE HEALTH NEWS & EVENTS

[House passes sweeping reform bill to decriminalize marijuana](#)

[Integrative Oncology: Approaches for Enhancing Patient-Centered Palliative and Supportive Care](#)

January 28-30, 2021

Virtual Event

[Integrative Oncology: Approaches for Enhancing Patient-Centered Palliative and Supportive Care](#)

January 28-30, 2021

Virtual Event

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

February 5-6, 2021

Paris, France

[European Congress for Integrative Medicine](#)

February 26-28, 2021

London, England

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

February 22, 2021

Virtual Event

[Integrative Medicine & Health Symposium](#)

April 11-13, 2021

Virtual Event

[Why COVID-19 will likely continue to shape our nutrition and behaviors in 2021](#)

### 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](mailto: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

#### Featured Professional and Continuing Education Offerings:

[Professional and Continuing Education \(PCE\)](#) recently held an informative webinar Optimizing the Microbiome for Immune Health featuring renowned guest speaker Dr. Liz Lipski, PhD, CNS, FACN, IFMCP, BCHN, LDN. This is such an important topic to wellbeing, especially this time of year, that we wanted to share it with you in case you missed it.

[View the presentation recording.](#)

We invite you to further your knowledge and credentials in digestive wellness by joining us for two exciting online professional continuing education opportunities:

#### MUIH PCE 5-part online Masterclass series: Balancing the Microbiome

- 8 CEUs 100% online, self-paced, on-demand program.
- Lifetime access to review and apply content
- Exclusive Discounts for MUIH Alumni! Use promo code MUIHGUTHEALTH30 at checkout for 30% off this program!
- [Learn More & Enroll](#)

#### Innovative Healing Academy\* online course: Art of Digestive Wellness

- 20 CEUs
- Includes a FREE Digestive Health Questionnaire! DOWNLOAD your FREE copy: <https://bit.ly/pcedigestionquiz>
- [Learn More & Enroll](#)

\*Innovative Healing Academy is a MUIH PCE educational affiliate partner and content has been vetted for our seal of recommendation as a quality continuing education program. MUIH does not hold responsibility for Innovative Healing Academy program management.



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](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

### 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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