

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



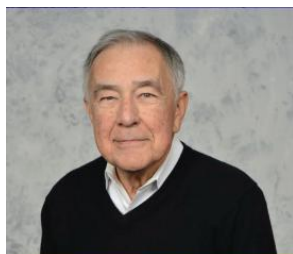
LAURA C. RYAN, MS, C-IAYT, E-RYT500
Master of Science in Yoga Therapy

Laura is a Yoga and Mind-Body Therapist at the Walter Reed National Military Medical Center in Bethesda. She was honored in January 2021 with the “WRNMMC Change Maker” award for strong performance and leading the way in discovering opportunities in the presence of significant change. At the Hospital she sees patients for stress management, anxiety, depression, pain, insomnia, and other comorbidities.

At the onset of the pandemic, she shifted to telework and provides patient consultations on a virtual platform. She created a Daily Stress Reduction Session program for patients and staff that is now over 200 sessions, all with original content, with over 2600 attendees. She writes patient education materials and gives presentations to WRNMMC providers and staff highlighting ways to build resilience.



In Memoriam



T. James (Jim) Truby

It is with great sadness I inform you that T. James (Jim) Truby, a longtime MUIH Board Member, and Immediate Past Chair, passed away at his home at the age of 78.

Jim was a much-loved and valued member of the MUIH community. He was a Board member since 2012, served on various committees, and was immediate past chair of the Board. His involvement with MUIH goes back even further when he and his firm were actively involved in the design and construction of our campus building which opened in 2002. Jim's experience, wisdom, and steady leadership were invaluable to MUIH over the years.

Jim was the founder of Synthesis Incorporated, one of the most respected architectural, planning, and development firms in the Washington-Baltimore region, which serves leading-edge private and public sector clients by managing their building projects from initial vision and site assessment through design and construction to completion.

Synthesis has managed headquarters, education, religious, medical, museum, visual and performing arts, specialized housing, and environmental facilities many of which have won design, construction, and historic preservation awards and LEED certification. One of these projects is the Chesapeake Bay Foundation's Phillip Merrill Environmental Center, the first building in the U.S. to receive a LEED Platinum Certification.

Jim received a B.A. in Architecture from Carnegie-Mellon University and an M.A. in Social Anthropology from The American University. His professional experience included serving as principal at Crystal Hill Investments, a real estate company that developed office, warehouse, residential, and mixed-use projects; administrator at the Maryland Aviation Administration, with overall responsibility for the marketing, air service, and physical development, and operation of BWI and Martin State Airports; manager of policy analysis at the Maryland Department of Transportation in the Office of the Secretary; community facilities planning consultant at the National Institute of Mental Health; and volunteer architect with the U.S. Peace Corps in Sfax, Tunisia.

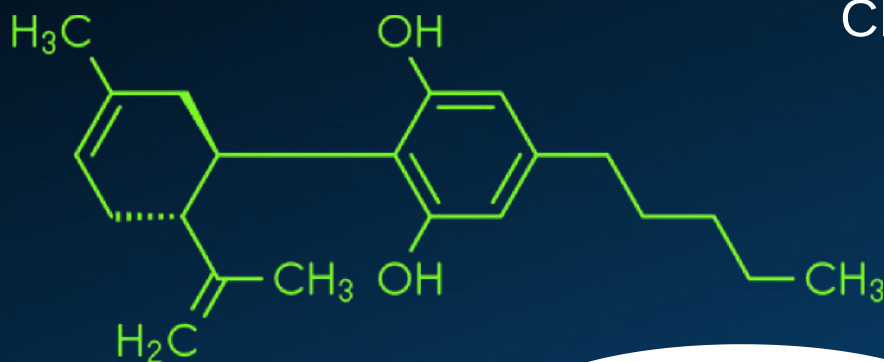
Jim's community service included serving as chair of the Board of Trustees for Howard Community College, secretary of the Board of Directors for the Horizon Foundation, co-chair of the Environmental Steering Committee for the Episcopal Diocese of Maryland, and member of Leadership Howard County. In 2006, he was nominated for the Howard County Volunteer of the Year Award.

On behalf of the entire MUIH community, we send our thoughts and condolences to his family.

Marc Levin, President and CEO, MUIH

National CBD Awareness Month:

CBD as a Treatment



LEAVES & FLOWERS

- CBD



The cannabis field has been a boon for the herbal supplement arena, not just in developing interest, the increased research, but also in creating models for use that the herbal field hasn't explored very well. See the links to two interesting papers on cannabis as a whole (both THC- and CBD-dominant chemovars), as well as a third exploring the use of CBD based products in drug addiction.

- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7072526/>

In conclusion, this study demonstrates that single or multiple dose sublingual administration of Sativex to naïve dogs results in the expected pharmacokinetic profile, with maximal levels of phytocannabinoids detected at 1–2 h and suggested progressive accumulation after the multiple-dose treatment.

- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6222489/>

This review explores the most recent developments, from preclinical to advanced clinical trials, in the cannabinoid delivery field, and focuses particularly on pain and inflammation treatment.

- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2829756/>

The findings highlight the unique contributions of distinct cannabis constituents to addiction vulnerability and suggest that CBD may be a potential treatment for heroin craving and relapse.

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

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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 to Become a Leader in Your Field

January 4, 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

[OTHER MUIH EVENTS](#)



[February
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 Offering Complimentary Telehealth Acupuncture to Maryland Residents](#)

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

ALUMNI PUBLICATIONS

- **Ellen Kocher**
Master of Arts in Health and Wellness Coaching
["Feeling SAD? A little GLAD will get you through the holiday and the winter!"](#)
Thrive Global

- **John C. Wilson**
Post-Baccalaureate Certificate in Health and Wellness Coaching
[Drawing in the Dark - The Art of Michael Lampieri](#)



COMMENCEMENT 2021

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

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

FACULTY PUBLICATIONS

This recent publication shares perspectives from a group of yoga interventionists collaborating on a pilot study that combines group acupuncture therapy with yoga therapy. The yoga therapy model paired study participants into dyads, resulting in some unique opportunities and challenges worthy of further exploration. **Dr. Steffany Moonaz, Chair of the MUIH Research Department**, led the team of yoga providers and spearheaded this manuscript project.

- [Yoga therapy DYADS: A novel approach to chronic pain management in underserved populations](#)

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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

Thursday, February 4, 2021
8:00-9:00 PM est
Virtual Zoom Event



COMMUNITY CAREER ROUNDTABLE:

How to Become a Leader in Your Field



Rabab Al-Amin,

M.Ac, L.Ac,
 Licensed Acupuncturist,
 Chinese Herbalist
 Dipl. Ac.(NCCAOM),

C.ZB. C.CHM, Hunt Valley Acupuncture &
 Herbal Medicine,
 MUIH (Tai Sophia) Alumna



Liz Lipski

PhD
 Director of Academic Development,
 Nutrition and Integrative
 Health, MUIH



Christina Sax

PhD
 Provost & VP Academic
 & Student Affairs, MUIH



Sara Kahn

MS, CNS, CDN
 Functional Nutritionist,
 MUIH Alumna



Larken Bunce

MS
 Executive Co-Director, Vermont
 Center for Integrative Herbalism,
 MUIH Alumna

**MUIH Community
 Career Roundtable
 February 4, 2021
 Virtual Zoom Event**

8:00 PM - 9:00 PM EST

[RSVP and learn more here.](#)

Pre-submit questions for these
 Roundtable panelists [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.**

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

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

February 5-6, 2021
Paris, France

[23rd Annual Breast Cancer Update](#)

February 10, 2021
Virtual Event

[Remote Care Coach and Remote Nutrition Care Coach positions with Ontrak](#)

February 11, 2021
Virtual Event

[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

[NANP H.E.A.L Con](#)

April 8-11, 2021
Virtual Event

[Integrative Medicine & Health Symposium](#)

April 11-13, 2021
Virtual Event

[Shen Nong Society East Asian Herbal Medicine Conference](#)

April 17, 2021
Virtual Event

[Spices and herbs: Potential antiviral preventives and immunity boosters during COVID-19](#)

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



Featured Professional and Continuing Education General Announcements:

- **SAVE THE DATE!** Develop Your Clinical Nutrition Practice Expertise with MUIH - **Nutrition Practice Experience Webinar** - February 9th, 3 pm ET [Register](#)

Professional and Continuing Education (PCE) Highlights:

- **FREE Professional and Continuing Education Webinar – A Great Way to Study Integrative Health and Wellness! Thursday, February 11th, 4 pm EST** Join the PCE Director for a sneak peek into PCE courses and have all your continuing education questions answered! Participants will receive an exclusive goal setting workbook to accomplish your professional development goals in 2021! [Register Here](#)



" You don't have to move mountains. Simply fall in love with life. Be a tornado of happiness, gratitude, and acceptance. You will change the world just by being a warm, kind-hearted human being."
~ Anita Krizzan



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.

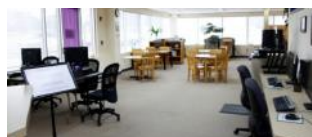
We hope you'll find the new portals helpful with your career development and/or recruiting needs. Please let me know if you have any questions or need any assistance.

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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