

Maryland University
of Integrative Health

Maryland University
of Integrative Health

Alumni Association
NEWSLETTER

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MUIH ALUMNI SUCCESS STORY



Sherene Cauley

Master of Arts in Health and Wellness Coaching

Sherene is a Health and Wellness Coach, the founder of The Nurtured Life, and serves as the Associate Director at The Whole Health Center in Bar Harbor, Maine. This year she provided group coaching on several topics for high schoolers at the Blue Hill Harbor School. Sherene is currently a graduate student in the Peace and Reconciliation Program at the University of Maine. She's combining her health coaching and peace studies to offer coaching in relation to social justice issues. To learn more about Sherene and her offerings on her [website](#).

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

muih.edu
muih.edu/campus/alumni-affairs/

APRIL IS NATIONAL ARAB HERITAGE MONTH!

TRADITIONAL ARABIC MEDICINE (TAM)



TAM is a later development of TAIM, Traditional Islamic Medicine. This medicine began in the 7th century and is practiced within the religious context of Islam. It originally comprised of the practice of medicinal herbs, dietary practices, and mind-body-spirit healing.



TAM and TAIM are also influenced by Chinese, Persian, and Ayurvedic medical theories and practices. In the 8th century, TAM and TAIM additionally included some of the Greek medical and philosophical works of Hippocrates, Galen, Plato, Aristotle, Euclid and Archimedes as their lost texts were translated into Arabic and later shared across Europe through Spain.



The first documented general hospital in the world was built in 805 in Baghdad by the vizier to the caliph Harun al-Rashid. Hospitals continued to be built throughout the Arab-speaking world. Some early hospitals are standing today such as the Qalawun hospital built in the 1200s in Cairo, Egypt. The hospital was part of a complex that included a religious school and mausoleum.



It is thought that pharmacy first became a separate profession in the Arab world by the early 9th century. Derived from the studies of alchemy, pharmacy became separate from the study of medicine.

In the 9th century Abu-Ali ibn Husayn ibn Abdullah ibn Sina, known in the West as Avicenna, wrote over 450 manuscripts. One of his books on medicine, *Al-Qanun Fit-tibb*, was translated into Latin and used as one of the major medical textbooks in Europe until the 17th century.

[Contribution of Arabic Medicine and Pharmacy to the Development of Health Care Protection in Bosnia and Herzegovina - the First Part](#)

[Traditional Arabic & Islamic Medicine: A Conceptual Model for Clinicians and Researchers](#)

[The Islamic Roots of the Modern Hospital](#)

MAY IS NATIONAL ASIAN AND PACIFIC ISLANDER HERITAGE MONTH!

TRADITIONAL MEDICINE FROM ASIA AND PACIFIC ISLANDS



Traditional Asian and Pacific Islander medicine treats the body, mind, and spirit. In East Asian countries including China, Taiwan, Korea, and Japan the main methods of treatment include acupuncture, shamanism, moxibustion, cupping, herbs, qi gong, and massage. These treatments were used over 3,000 years ago and are still used today.

The Pacific Islands contain a wealth of bioresources and a tradition of medicinal knowledge practiced for over 3,000 years. The Islands and territories of the Pacific region included the socio-cultural regions Micronesia, Melanesia, and Polynesia.

South Asian countries include India, Pakistan, Sri Lanka, Nepal, Bhutan, Afghanistan and the Maldives. Modalities in traditional medicine in this region includes Ayurveda, Unani, Siddha, Yoga, Naturopathy, Traditional Islamic Medicine, and Herbalism.

Although many of these modalities are still practiced today, some of these practices have been outlawed. For instance, in 1822 the Emperor of China excluded acupuncture from the Imperial Medical Institute. In 1929, acupuncture and other forms of traditional medicine were outlawed. In 1949, the Chinese government revived traditional forms of medicine known today as TCM.

[Traditional Medicine in China, Korea, and Japan: A Brief Introduction and Comparison](#)

[The Pacific Islands: a biotechnology resource bank of medicinal plants and traditional intellectual property](#)

[Indian Systems of Medicine: A Brief Profile](#)

[Acupuncture History](#)



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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:
Stigma and Behavioral Health - Distorted
Perceptions**

May 6, 2021

[Virtual Zoom Event](#)

8:00 PM - 9:00 PM EST

MUIH Journal Club

May 19, 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

2021 Virtual Career Fair

May 20, 2021

[Virtual Zoom Event](#)

7:00 PM - 10:00 PM EST

[OTHER MUIH EVENTS](#)



[May
Wellness
Calendar](#)

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MUIH NEWS

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

MUIH NEWS

[Maryland University of Integrative Health adopts culturally responsive language in renaming its acupuncture programs](#)

[Maryland University of Integrative Health supports A Wider Circle's Race to End Poverty](#)

[Maryland University of Integrative Health holds Annual Integrative Health Research Symposium](#)

[Maryland University of Integrative Health supports A Wider Circle's Race to End Poverty](#)



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



Free Community Acupuncture

is now in operation at MUIH. Walk-ins are not currently allowed. Sign up [here](#).

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!](#)

[Check out the Alumni Association Discounts here](#)

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MUIH NEWS

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

Find an MUIH Practitioner in Your Area

For more than 40 years, Maryland University of Integrative Health has been training the nation's leading integrative health practitioners. Search to find practitioners in the fields of acupuncture, animal acupuncture, Ayurveda, yoga therapy, nutrition, health promotion, health and wellness, Chinese and Western herbal medicine.



Find a practitioner near you [here](#).

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

"Mindfulness helps you go home to the present. And every time you go there and recognize a condition of happiness that you have, happiness comes."

~ Thich Nhat Hanh

FEATURED ALUM PODCAST

- **Camille Freeman**

Doctor of Clinical Nutrition, MUIH Professor, Nutrition and Herbal Medicine Faculty Fellow, Course Development

["Marketing Your Wellness Business Without Social Media," Wellpreneur](#)

FACULTY PUBLICATIONS

Check out a [selection of journal articles](#) from MUIH faculty.

ALUMNI/FACULTY PUBLICATIONS

[Yoga Therapy Foundations, Tools, and Practice: A Comprehensive Textbook](#)

Edited by:

- **Laurie Hyland Robertson**, Alum & MUIH Professor, Master of Science in Yoga Therapy
- **Diane Finlayson**, MUIH Professor, Department Chair, Yoga Therapy, Ayurveda, Narrative Health



MUIH RESEARCH SYMPOSIUM

To learn more and review presentations and research about the MUIH Research Symposium that took place on April 9-16, 2021, [click here](#).



Keynote Speaker Ian Coulter

Senior Health Policy Analyst
RAND Corporation
Emeritus Professor
UCLA School of Dentistry
SCUHS
CMCC

[Presentation Slides](#)

[Presentation Recording](#)

[Winners of the 2021 MUIH Research Symposium](#)

- **Student Poster Award Winner**
 - **Lorraine Hamilton**, Doctor of Clinical Nutrition Program
 - *Effects of a Low Glycemic, High Fat Diet on Female Fertility in Premenopausal Women: A Narrative Review*
- **Faculty Poster Award Winner**
 - **Daryl Nault, Marybeth Missenda, Aтира Abatamarco, Christine Cherpak-Castagna, Steffany Moonaz**
 - *Study Design to Validate an Evidence-Based Medicine Skills Assessment for Integrative Health*
- **Excellence in Research & Scholarship Award Winner**
 - **Katherine Smith, MPH, NBC-HWC, ACC**
 - *MUIH Faculty, Health Promotion, Health and Wellness Coaching*
 - *Study Design to Validate an Evidence-Based Medicine Skills Assessment for Integrative Health*

Acknowledgements

Many people participated in the planning and implementation of this year's event. We want to say a special thanks of gratitude for all of their hard work.

Steering Committee

Steffany Moonaz
Daryl Nault
Rebecca Pille
Sherry Van Lare
Marybeth Missenda
Christine Castagna-Cherpak

Poster Judges

Chris Sax
Elizabeth Ahmann
Alison Whitehead

Symposium Presenters

Ian Coulter
Katherine Smith

Marketing Team

Leslie Tomlinson
Kionne Johnson

Abstract Reviewers

Janet Padgett
Heidi Most
Michael (Bhodi) Tims
David Riley
Liz Lipski
Heming Zhu
Katherine Smith
Marlysa Sullivan

We would also like to thank the Maryland University of Integrative Health Leadership Team for their support.

A final thank you to all faculty, alumni, and student poster presenters for making this event possible!

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MUIH ALUMNI DISCOUNTS

Alumni Discount
MUIH PROGRAMS



Maryland University
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- 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

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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

MUIH Programs are now enrolling for Summer & Fall 2021. [Click here for a list of programs.](#)

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 (cont.)



Virtual Career Fair
Thursday, May 20th, 2021
[Virtual Zoom Event](#)
 7:00 PM - 10:00 PM EST

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.

"Yoga is the journey
 of the self, through
 the self, to the self."
 ~ The Bhagavad Gita

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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INTEGRATIVE HEALTH NEWS & EVENTS

[Human coronaviruses and therapeutic drug discovery](#)

Call for acupuncturists and Chinese Herbalists who have been treating patients recovering from COVID-19:

[Traditional East Asian Medicine COVID-19 Study](#)

[Global Advances in Health and Medicine](#) has a call for COVID-related research articles. Currently no fee for COVID-related articles for a limited time.

[Patients Out of Time: 14th National Conference on Cannabis Therapeutics](#)

May 20-22, 2021
Virtual Event

[Advanced Infectious Disease Management](#)

May 21-23, 2021
Virtual Event

[International Conference on Traditional Medicine and Phytochemistry](#)

July 12-14, 2021
Melbourne, Australia

[Save the Date: International Congress on Integrative Medicine & Health](#)

May 23-26, 2022
Scottsdale, AZ

“There is no disease that Allah has created, except that He also has created its treatment.”

~ The Prophet Muhammad, *Salih al-Bukhari* 5678



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)

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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MUIH PROFESSIONAL AND CONTINUING EDUCATION

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PCE
Professional and
Continuing Education

General Announcements/Featured News:

- **NEW! Professional and Continuing Education (PCE) courses eligible for MUIH Community Benefit!**

To further support your lifelong learning, a select number of PCE self-paced, online courses are now complimentary to MUIH Alumni! To view available online PCE opportunities, visit at <https://ce.muih.edu/> with the designation "MUIH Community Benefit Eligible." Use the discount code **FREEPCEALUMNI** when registering for the qualifying course.

**Please note this discount code is for alumni and should not be used or shared with others. Other PCE offerings are also eligible for exclusive MUIH Alumni discounts!*

Featured PCE Offerings:

- Design your professional learning path, enhance your skillsets and amplify your impact with MUIH Professional and Continuing Education (PCE)! Download your [FREE PCE Setting Healthy Professional Goals Workbook!](#)

PCE Partner Events/Information:



Maryland Acupuncture Society Presents:

- **Free Digital Marketing Webinar**
Saturday May 1st @ 12:00 pm - 1:00 PM EST
[Register Here](#)
- **Acupuncture Insurance Billing w/ Mori West**
Live on Zoom; May 22-23 2021, 10 AM – 6 PM EST
14 NCCAOM PDA
[Register Here](#)
MUIH Professional and Continuing Education (PCE) Affiliates (non-MAS Member alumni or students) get a 10% discount! Use discount code **MHM10**

“Knowing others is intelligence;
knowing yourself is true wisdom.
Mastering others is strength;
mastering yourself is true power.”
~ Lao Tzu, *Tai Te Ching*



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CAREER SERVICES



[Spring Virtual Career Fair](#)

Thursday, May 20, 2021
7 - 10 PM est

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 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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Laurel, MD 20723
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