



Maryland University
of Integrative Health



Maryland University
of Integrative Health

Alumni Association
NEWSLETTER

IN THIS ISSUE



ALUMNI SUCCESS STORY

WINTER REFLECTIONS

BELL RINGING CEREMONY

ALUMNI/FACULTY PUBLICATIONS

ALUMNI IN THE PRESS

MUIH NEWS, RESOURCES & EVENTS

ALUMNI VIRTUAL EVENTS

INTEGRATIVE HEALTH NEWS & EVENTS

AND MORE!

Maryland University of Integrative Health
7750 Montpelier Road
Laurel, MD 20723
muih.edu
muih.edu/campus/alumni-affairs/

MUIH ALUMNI SUCCESS STORY



Roxanne Issurdatt
Master of Oriental Medicine

Roxanne is a licensed acupuncturist, a corporate wellness consultant and the founder of Peak Flow Wellness. She practices Chinese medicine and acupuncture at The Round Clinic in Hong Kong. Roxanne lived and worked in the US, Europe, the Middle East and India before relocating to Asia.

Roxanne's mission is to help people live and work better by combining the principles of Traditional Chinese Medicine with modern coaching and wellness techniques.

She has been featured in *OM Yoga* and *Lifestyle Magazine* and appeared on *Abroad With Care* — a podcast focused on expatriate healthcare in Asia. Roxanne has also written about wellness and self-care for publications such as *Breathe Magazine*, *Live, Love, Eat* and *Kindred Spirit*.

You can learn more about Roxanne and her work on her website Peak Flow Wellness and on The Round Clinic website.

Winter Reflections

by Corey Timbers, Master of Acupuncture



"In Chinese medicine, the Winter Solstice is the most Yin day of the most Yin season (Winter) of the year and is contained within the Water element.

Yin is deep, dark, cold, still and silent. It is a time for going within, filling and maintaining our reserves, resting, and moving slowly.

Inward reflection, meditation, and confronting the unknown can sometimes bring up the feeling of fear. What lies in the depths of my consciousness? Do I have enough in my reserves to meet the challenges ahead?

When engaged with mindful non-resistance, fear can transform into wisdom. As Thich Nhat Hanh simply says, "Hello my little fear. I know you are there in me. I'm here to take good care of you." Met in this gentle way, fear loses its power over us and its essence can become our ally.

The more we can emulate the outward stillness of nature in winter and go within, the more energy we'll have to fully manifest our potential in spring. So enjoy the rest, stay warm, and listen deeply to your inner needs.

In this time of so much "doing," it's the primacy of "being" that will see us through :)."

For more seasonal reflections by Corey Timbers,
follow his Instagram page at <https://www.instagram.com/cosmicat8/>

MUIH 2021 Acupuncture Bellringing Ceremonies



Two acupuncture cohorts celebrated their completion of didactic and clinical requirements for their Master level program with a bell ringing ceremony. This unofficial ceremony has been performed for generations. The participants in the cohorts who choose to participate craft their ceremony for their group. The individuals in the cohort in the upper right hand corner spoke from their personal perspectives. The cohort in the lower image recited the "On the Absolute Sincerity of Great Physicians," a physician's oath by Sun Simiao.

The two ceremonies were facilitated by Dr. Hunter Thompson, Instructor and Lead Teaching Clinic Supervisor; Linda Simons, Assistant Professor; and Janet Padgett, Director, Acupuncture Programs.

"Together we recited the physician's oath by Sun Simiao, then we each rang the bell 3 times: once for the ancestors who paved our path to get here, once for ourselves and the present moment, and once for future generations and those we will touch with our work."

What a powerful SOUND that flowed through me and reverberated to that bell when I rang it! It was confirmed yet again, that I am answering the higher calling on my life and that "I come as one, but I stand as ten thousand."

~ Madea Allen



From left to right: Leila Malavite, Zoey Dietz, Marissa Chapman, Kari Quinn, Elizabeth Barth



From left to right: Farahnaz Behrooz, Madea Allen, Michelle Hahn, Bridgette Diedrich, Ashley Drapeau, Cory Glasgow, Sally Novak



Maryland University
of Integrative Health



Maryland University
of Integrative Health
Alumni Association

MUIH Alumni/Faculty Publications

Mikschal (Dolma) Johanison

Doctor of Acupuncture

Adjunct Faculty, MUIH

[*The Beginner's Guide to the Eight Extraordinary Vessels*](#)



MUIH Alumni Featured in the Press

Ashley Adams

Master of Acupuncture

[*Delmarva Acupuncture Opens in Milford*](#)



Maryland University
of Integrative Health



Maryland University
of Integrative Health
Alumni Association

MUIH BUILDING COMMUNITY ACROSS DISTANCE

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 Alumni/Student Journal Club & Research Group

[Virtual Event](#)

The next Journal Club is on 1.19.22

To learn more, [click here](#).

MUIH Community Career Roundtable: How to Navigate Business Regulations, Insurance, and Legalities

February 3, 2022

7:00 PM - 8:00 PM EST

[Virtual Event](#)

MUIH Research Symposium 2022

April 8, 2022

Poster submissions are due by March 23, 2022

[Virtual Event](#)

[OTHER MUIH EVENTS](#)

JANUARY 2022						
S	M	T	W	T	F	S
						1 New Year's
2 Take a day for self-care before returning to work	3 Declutter your inbox of those junk emails	4 Get back into your post-break routine	5 Check your home for radon. Learn more	6 Prioritize your mental health	7 Learn more about stress by reading the attachment to this email	8 Choose a goal for 2022 that will challenge you
9 Try something new this week - hobby, food, etc.	10 Tend to your indoor garden for hourglass week - read about the benefits	11 Look for similarities rather than differences in others	12 Hydration isn't just for the summer - drink that H2O!	13 Take 24 hours to think about that "spurge" purchase before doing it	14 Practice positivity every day	15 Make sure you are prepared for winter weather
16 Prep and pre-portion out snacks and lunches for the week	17 Be open to learning every day	18 Acknowledge when a mistake is made	19 50 ways to flavor your popcorn for National Popcorn Day	20 Practice positivity every day	21 Recognize signs of stress in yourself	22 Have a "no spending" day
23 Research how to be more energy efficient	24 Self care isn't selfish	25 Write a "Don't Do" list to hold yourself accountable	26 Travel through food - try new cuisines	27 Check your resilience score	28 One minute of child-like play can boost your mood	29 2021 Brain Index to keep your mind moving
30		31				

[January Wellness Calendar](#)



Maryland University
of Integrative Health

Maryland University
of Integrative Health
Alumni Association

MUIH NEWS

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

[Maryland University of Integrative Health Launches New Post-Baccalaureate Certificate in Culinary Health and Healing](#)

[MUIH's 2020-2021 Commencement Ceremony program, photos, and video](#)



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!](#)



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](#).



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



Maryland University
of Integrative Health



Maryland University
of Integrative Health
Alumni Association

COMPLEMENTARY MUIH ALUMNI VIRTUAL EVENTS

Thursday, February 3, 2022
7:00PM - 8:00PM est
Virtual Zoom Event



COMMUNITY CAREER ROUNDTABLE:

***How to Navigate Business
Regulations, Insurance,
and Legalities***



Dr. Tracy Soltesz

Owner & Licensed Acupuncturist, Kunlun Mountain
Acupuncture, Adjunct Faculty, MUIH
Alum, MUIH (Tai Sophia Institute)

How to Navigate Business Regulations, Insurance, and Legalities
February 3, 2022

[Click here](#) to learn more, rsvp, and get the Zoom link!

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

January	Journal Club	1/19/2022
February	Research Group	2/16/2022
March	Journal Club	3/16/2022
April	Research Group	4/20/2022
May	Journal Club	5/18/2022
June	Research Group	6/15/2022
July	Journal Club	7/20/2022

MUIH JOURNAL CLUB & RESEARCH GROUP

**MUIH Alumni/Student Journal Club &
Research Group**
[Virtual Event](#)

The next Journal Club is on 1.19.22
To learn more, [click here](#).



Maryland University
of Integrative Health



Maryland University
of Integrative Health
Alumni Association

MUIH ALUMNI DISCOUNTS & BENEFITS

SHERMAN COHN LIBRARY

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](#)

MUIH EMAIL FOR LIFE

As an alum, you are eligible for the MUIH Email for Life, which provides access to the MUIH Address book and email network.

In order to reset your password, please use the following link:
<http://passwordreset.microsoftonline.com>

To reactivate your MUIH email, [click here](#).

NOW OPEN!



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
[Sherman Cohn Library](#)



Maryland University
of Integrative Health

Maryland University of Integrative Health

Alumni Association

MUIH PROFESSIONAL AND CONTINUING EDUCATION



General PCE Announcements:

PCE WEBINAR RECORDING: Battling Burnout & Building Resilience | [Watch Online](#) This interactive webinar explored the impact of stress and burnout from a practical lens, with an emphasis on effective steps we can take immediately as individuals, health and healthcare professionals, leaders, and organizations to move forward in a positive trajectory.

[View the webinar replay.](#)

Please share and let us by emailing ce@muih.edu know how you're supporting your own self-care and the wellbeing of your clients/patients!

Featured PCE Offerings:

NEW! Resilience & Wellbeing Course Bundle

PCE's new [Resilience & Wellbeing course bundle](#) features six interactive online courses grounded in the theme of emotional, physical, and mental wellness to provide complementary integrative health and healthcare professionals a streamlined opportunity to offer a holistic approach to wellness. You will explore evidence-based concepts for navigating change and uncertainty, managing stress, and improving one's internal terrain for optimal health.

*This program is eligible for the PCE MUIH Community Benefit Program, with complimentary registration offered to MUIH Alumni! Email alumni@muih.edu for a special promo code to use upon registration.

Learn more:

<https://ce.muih.edu/browse/ce/programs/resilienceandwellbeing>

NEW & IMPROVED! Professional Certificate in Evidence-Based Research & Informed Practice

Hone your research skills in 2022! This online course series involves the process of integrating research evidence, clinical experience, and patient preferences into the art of healthcare decision-making.

[LEARN MORE & ENROLL](#)

*This program is eligible for the PCE MUIH Community Benefit Program, with complimentary registration offered to MUIH Alumni! Email alumni@muih.edu for a special promo code to use upon registration.

*This program is eligible for the PCE MUIH Community Benefit Program, with complimentary registration offered to MUIH Alumni! Learn more about this PCE Benefit here.

[Learn more about this PCE MUIH Community Benefit here.](#)

PCE Partner Opportunities:

- **LAST CHANCE TO REGISTER! iRest Pranayama Course - \$200 Savings for MUIH!**

Breathing for Life is a unique, comprehensive 12-month (for a few hours) with iRest Founder, Richard Miller, a world-renowned expert in prāṇāyāma studies. This is a first-of-its kind opportunity to engage in intensive study of breathwork, the breath as a life force, and the myriad beneficial applications of prāṇāyāma techniques.

[LEARN MORE & REGISTER HERE](#)



Maryland University
of Integrative Health

Maryland University of Integrative Health

Alumni Association

CAREER SERVICES



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
Director of Career Services

MUIH Community Job Board

The MUIH
Community Job
Board is a place to
post and search for:

- Job Opportunities
- Space Rentals
- Internships
- Practices for Sale



Check out the [MUIH Community Job Board](#)!

Maryland University of Integrative Health
7750 Montpelier Road
Laurel, MD 20723
muih.edu
muih.edu/campus/alumni-affairs/

Follow the MUIH Alumni Association:

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



Maryland University
of Integrative Health



Maryland University
of Integrative Health
Alumni Association

INTEGRATIVE HEALTH NEWS & EVENTS

[Wellness Trends of 2022](#)

[Marijuana Can Really Mess With Your Sleep, Study Suggests](#)

[Yoga Effective Adjunct Therapy in Recurrent Vasovagal Syncope](#)

[Integrative Healthcare Symposium](#)

February 17-19, 2022
New York, New York

[Ayurveda for Family Health](#)

April 22- 24, 2022
Tucson, Arizona

[The American Academy of Medical Acupuncture Symposium](#)

May 5-8, 2022
Cincinnati, Ohio

[2022 International Congress on Integrative Medicine and Health](#)

May 23-26, 2022
Phoenix, Arizona

[Global Advances in Health & Medicine](#)

Peer-reviewed, open-access journal has no fee for COVID-related articles for a limited time.

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

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

**"THE MASS OF MEN LEAD LIVES OF QUIET
DESPERATION."
~ HENRY DAVID THOREAU**



This information is provided in support of the health and wellness of our community. For more health and wellness resources from MUIH, we encourage you to subscribe to our weekly Gratitude Tuesday email by clicking [here](#) or visiting our website for other resources by clicking.

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