



Maryland University
of Integrative Health



Maryland University
of Integrative Health

Alumni Association
NEWSLETTER

IN THIS ISSUE



ALUMNI SUCCESS STORY

AN INVITATION TO SERVE FROM A FULL CUP

AFRICAN AMERICAN HISTORY MONTH

CHINESE NEW YEAR

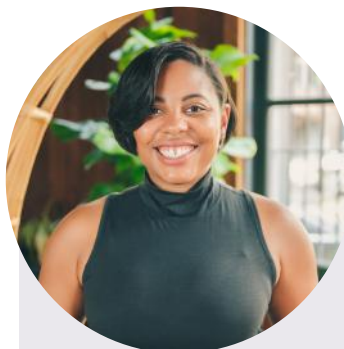
MUIH NEWS, RESOURCES & EVENTS

ALUMNI VIRTUAL EVENTS

INTEGRATIVE HEALTH NEWS & EVENTS

AND MORE!

MUIH ALUMNI SUCCESS STORY



Ashley Williams
Master of Science in Yoga Therapy

Ashley is a Yoga Therapist and founder of BareSOUL, a community-based organization that offers yoga classes, educational workshops, and social experiences throughout Richmond, Virginia. Through her program, Mindful On Life, she implements therapeutic interventions, programs, and professional development training that combine mindful-based, restorative practices, movement, and social-emotional learning techniques into a variety of community and institutional settings. Her program can be found in schools, colleges/universities, small and corporate businesses, government agencies, youth, and adult correctional centers, mental health programs, non-profits, and adult education programs throughout Virginia. She recently opened The Well Collective, a community space for conscious well-being that offers intergenerational healing modalities, wellness workshops, contemplative practices, and an apothecary held by local and global wellness professionals and practitioners. She has been acknowledged for her community work in Richmond's Style Weekly Top 40 Under 40, Richmond Magazine's Daring Women, and iPower92's Top 30 Under 30.

You can learn more about Ashley and her offerings on [her website](#).

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

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

For All Who Choose to Be in the Field of Service

Brought to you by MUIH Alum,
LaShone Wilson
Master of Science in Yoga Therapy

An Invitation To Serve From A Full Cup

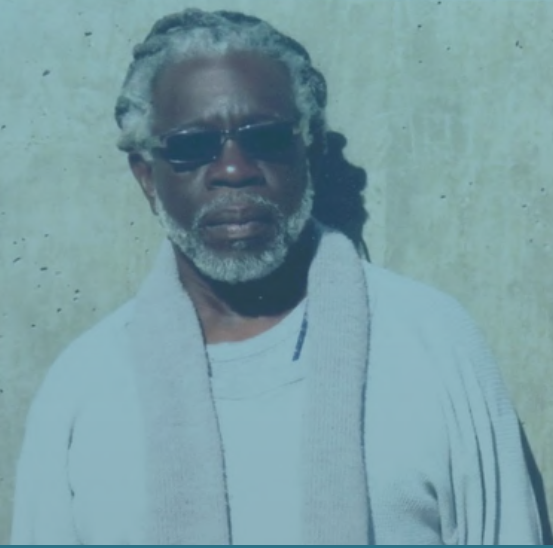


**ONE BREATH AT A TIME
WELLNESS SERVICES**

[Click Here to Enjoy.](#)

IN RECOGNITION OF AFRICAN AMERICAN HISTORY MONTH:

AFRICAN AMERICANS ACUPUNCTURISTS AND THE REVOLUTIONARY TREATMENT OF DRUG ADDICTION IN THE UNITED STATES



The National Acupuncture Detoxification Association (NADA) developed in the 1970's after the Black Panthers and the Young Lords took over the Lincoln Hospital in the Bronx and established the Lincoln Health Center. The center offered acupuncture, education, and other social services to the underserved in the Bronx. The program's goal as to help patients suffering from addiction not only beat their addiction to street drugs but to methadone, the highly addictive drug therapy used for addictions at the time. Here the 5 point ear acupuncture protocol to treat addiction and support recovery was developed and paved the way for NADA. The practice of acupuncture was then illegal in the United States.

Dr. Mutulu Shakur worked as an acupunctrist and at one time lead the Lincoln Dextox Program. From 1978 to 1982 Dr. Shakur co-founded and co-directed the Black Acupuncture Advisory Association of North America. Over time, patients became practitioners and the success of the program spread. In 1985, NADA Was expanded as a North American Association in the state of New York. With the rise of acupuncture activism, the NADA program expanded in the US and internationally including Penn North in Balitimore, Maryland that was piloted by the founders of MUIH/Tai Sophia.

The success of this program was undeniable. In 1973, the FDA declared acupuncture to be a method of treatment for investigational use by licensed practitioners substantial scientific evidence is obtained by valid research studies supporting the safety and therapeutic usefulness of acupuncture devices . In 1981, non-allopathic physicians were permitted to practice acupuncture, and the successful advocacy for acupuncture has continued evolve to this day.

The NADA protocol is administered by Master level students at MUIH at several wellness sites throughout Maryland at no cost to the patient. The NADA protocol has shown to have additional uses such as stress relief, reduced cravings, improved sleep, and more. To find times available currently for free acupuncture on campus, [click here](#).

To learn more about Dr. Shakur and his work, check out the documentary, [Dope is Death](#).

Dope is death. Dope is Death. (n.d.). Retrieved February 1, 2022, from <https://dopeisdeath.com/>

Khazan, O. (2018, August 3). How racism gave rise to acupuncture for addiction treatment. The Atlantic. Retrieved February 1, 2022, from <https://www.theatlantic.com/health/archive/2018/08/acupuncture-heroin-addiction/566393/>

Happy
Lunar New
Year!





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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 Research Group is on 2.16.22
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](#)

FEBRUARY 2022						
S	M	T	W	T	F	S
		1 Set micro goals through the month	2 Heart Month: watch this video	3 Clean out your computer today	4 Add some socialization: join ME for the MUIH Coffee Chat	5 Be Silly! Eat Ice Cream for Breakfast Day
6 Add more lean proteins to your diet	7 Expose yourself to sunlight first thing in the morning	8 7 Minute Workout for the whole family	9 Brighten up your workspace with a plant	10 Doodle/draw for 10 minutes	11 Talk to someone new for Make a Friend Day	12 Keep a mood log and note any patterns
13 Healthy snacks for the Super Bowl	14 Let someone know how much you care for them	15 Release any guilt you are holding today	16 Do a stretch a la Joe	17 Drink a glass of water before each meal or snack	18 Sing your favorite song	19 Check out these resources for staying safe online
20 Get help when you can't make a change alone	21 Work on this emotional wellness reflection	22 Keep trying! If at first you don't succeed, try again	23 Know the signs of relationship violence	24 If you can, stand during virtual meetings	25 Drop unnecessary subscription services	26 You are doing a great job!
27 Follow these Cooking Safety for All tips	28 Plan ahead for next month's personal goals					

[February Wellness Calendar](#)



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MUIH NEWS

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

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



***Find an MUIH Practitioner
in Your Area***

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!](#)

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](#)



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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.



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 Research Group is on 2.16.22
To learn more, [click here](#).



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MUIH ALUMNI DISCOUNTS & BENEFITS

SHERMAN COHN LIBRARY

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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](#)



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MUIH PROFESSIONAL AND CONTINUING EDUCATION



General PCE Announcements:

PCE Director, Beth Romanski, was recently featured on the **American Institute of Stress Finding Contentment Podcast**, speaking about *Burnout & Resilience in the Face of Stress*. [View the interview](#) and join in on this important conversation impacting our collective health & wellbeing.

Featured PCE Offerings:

Attention MUIH NBC-HWCs - do you need NBHWC continuing education credit for recertification? Now is the time to get your NBHWC CE through **MUIH PCE**! Many PCE offerings are FREE to MUIH Alumni through the PCE MUIH Community Benefit Program through our mission to support your lifelong learning goals.

Explore PCE's portfolio of [convenient online offerings](#) and enroll today!

Nutrition Practice Experience (NPE) Virtual Info. Session | Feb. 10, 2022 6:30pm ET

Join us to learn how the MUIH NPE can help you advance your professional career as a Certified Nutrition Specialist (CNS)! *As an important reminder, due to BCNS changes for CNS Supervision requirements, the PCE NPE program will be revised in 2023 - therefore, if you are considering joining the NPE **Self-Directed Mentorship** format, registration for the last Self-Directed Mentorship will begin in June 2022. [Register for the Feb. 10th NPE Info. Session](#) to gain more details and have all your questions about the NPE program answered.

PCE Partner Opportunities:

[Virtual Event: Maryland Acupuncture Society \(MAS\) Acupuncture and Herbal Medicine EHR and Tech Expo](#)

Whether you are just graduating with your Acupuncture or Herbal Medicine license, a sole proprietor, or you are an experienced practitioner running a large multi-practitioner clinic, let us help you streamline your practice and have all the pieces in place to run a smooth and successful business by attending a convenient, safe and fun Virtual Expo!

This expo will feature Electronic Health Record software (patient charting, billing, and practice management). We will also have Practice Management Tools, Related Services & Medical Supply Vendors - Including wearable devices, PEMF mats, credit card readers, acupuncture and herbal medicine supplies, and much more!

Dates & Times: Dates & Times:

Weekend of April 30 - May 1

Saturday: 12 PM – 7 PM EST (9AM-4PM Pacific)

Sunday: 12 PM – 5 PM EST (9AM-2PM Pacific)

Vfairs Event URL: <https://acu-ehr-tech-expo.vfairs.com/>

MUIH Affiliates (MUIH Students, Faculty, Staff and Alumni who are not already Maryland Acupuncture Society members) can get 10% off this event using code XMA84RU



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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



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

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Follow the MUIH Alumni Association:

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



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INTEGRATIVE HEALTH NEWS & EVENTS

[Pakistan says trial of Chinese traditional medicine for COVID-19 successful](#)

[Can 'adaptogen' drinks replace alcohol? What you need to know](#)

[Can yoga cure your COVID stress? A new Texas State University study is testing the theory.](#)

[Expressive Therapies SIG](#)

February 3, 2022
Virtual Event

[4th International Conference on Traditional Medicine, Phytochemistry and Medicinal Plants](#)

February 7-9, 2022
Virtual

[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

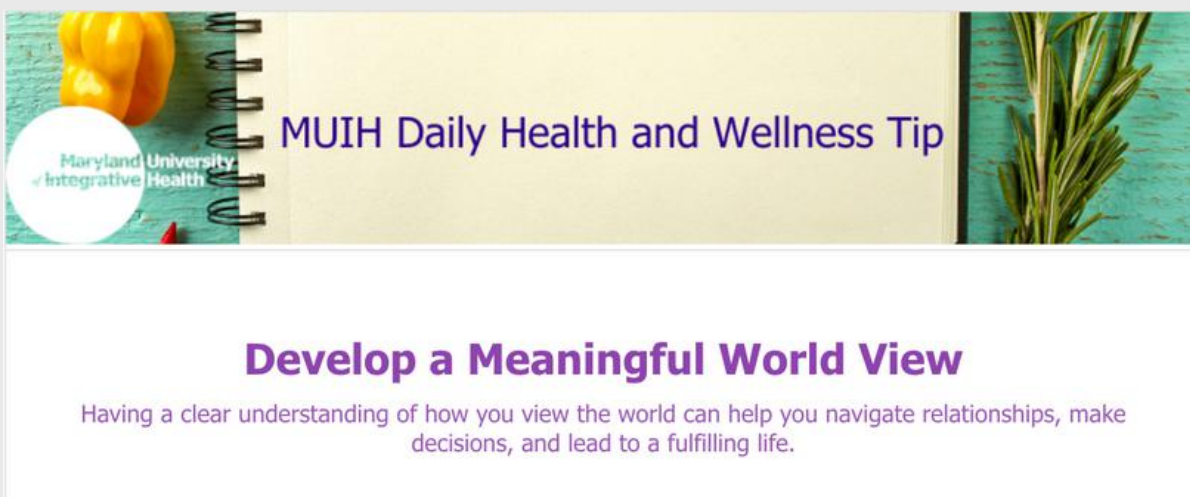
[Global Advances in Health & Medicine](#)

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](#)





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