

Maryland University
of Integrative Health

Maryland University
of Integrative Health

Alumni Association

NEWSLETTER

IN THIS ISSUE



ALUMNI SUCCESS STORY

MUIH ALUMNI FEATURED IN PODCASTS

MUIH ALUMNI PUBLICATIONS

WOMEN HEALERS IN HISTORY

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



LaShone Wilson

*Master of Arts in Health and Wellness
Coaching*

LaShone is an Integrative Health and Wellness Coach, Yoga and Movement Specialist, Certified Reflexologist, Mindfulness Facilitator, and CEO and Founder of One Breath at a Time Health and Wellness Service. Through her combined modalities, she works closely with young girls and women on creating internal and external safety, empowerment, and self-determination. In her work, she collaborates with hospitals, therapeutic programs, schools, and non-profit organizations. In 2015 she was honored with the NAACP Hometown Champion Award for her work within her community. On July 2017 she graced the cover of Natural Awakenings Magazine.

To learn more about LaShone and her offering, check out her [website](#).

MUIH ALUMNI FEATURED IN PODCASTS



Jillian Bar-av

Master of Science in Herbal Medicine

Clinical Herbalists, Licensed Nutritionist,
Owner of Greenspring Herbs, MUIH Faculty

[IC Wellness Podcast](#)

"How Herbs Can Support Those with IC"

To learn more about Jillian, [check out her website](#).



Ben Levine

Master of Science in Therapeutic Herbalism

Clinical Herbalist & Co-Founder, Rasa

[Herbrally](#)

*"The making of an Herbalist Entrepreneurs
in Four Short Stories"*

To learn more about Ben, [check out his business website](#).

MUIH ALUMNI PUBLICATIONS



S. Hunter Thompson

Doctor of Oriental Medicine

MUIH Faculty, Licensed Acupuncturist

Acupuncture Treatment for a Patient with Stage IV Metastatic Cancer, A Case Report

[Convergent Points: An East-West Case Report Journal](#)

To learn more about Hunter, review his biography on the [MUIH Natural Care Center page](#).

IN RECOGNITION OF WOMEN'S HISTORY MONTH:

WOMEN HEALERS IN HISTORY



284-364 CE

Bao Gu

Bao Gu is credited to be the first to use moxibustion therapy, in which mugwort is ignited and applied to acupuncture points. She was also the wife of Ge Hong, a famous Chinese philosopher and physician.



1920s CE

Dr. Margaret Chung

Dr. Chung was the first Chinese American woman to become a physician. As a Christian, she applied to be a medical missionary after graduating from the University of Southern California but was rejected because of her race. She became a medical resident in the Chicago area and later returned to California to practice. Her private practice became popular with the Hollywood elite. After volunteering to serve as a front-line surgeon during the Sino- Japanese War. She later used her influence to lobby for the creation of WAVES (Women Accepted for Volunteer Emergency Service). However, her own application to join WAVES was rejected due to her race and sexuality.

1822-191 CE

Harriet Tubman

Tubman escaped from slavery in eastern Maryland and helped with the Underground railroad. During the Civil War, she was appointed as the matron of the colored Hospital at Fort Monroe. As a nurse, she utilized folk herbal medicine that she learned while growing up in Maryland.



Donnelly, G. (2016). In Praise of Harriet Tubman; Nurse, Spy, Abolitionist: Holistic Nursing Practice. LWW.
https://journals.lww.com/hnpjournal/Citation/2016/07000/In_Praise_of_Harriet_Tubman__Nurse,_Spy,.1.aspx

Wagner, E. (2021). Dr. Margaret "Mom" Chung (U.S. National Park Service). Nps.Gov.
<https://www.nps.gov/people/dr-margaret-mom-chung.htm>

Zeng Shixin. [Bao Gu, the distinguished woman physician of the Jin Dynasty]. Zhonghua Yi Shi Za Zhi. 1981;11:75-7. Chinese. PMID: 11611435.

MUIH RESEARCH SYMPOSIUM

LIVE EVENT APRIL 8, 2022

The 2022 MUIH Research Symposium will be entirely online with both live and asynchronous components.

This year's event will be virtual to reach all faculty students, staff, alumni and guests. The event kick-off will include access to posters online, with live presentations on April 8th from 4:30-8pm EDT. The live online event will be recorded, followed by a week-long (April 8th-April 15th) online poster session and discussion with poster presenters.



Keynote Speaker:

Kimberly R. Middleton, RN, MPH, MS, a Nurse Research Specialist at the NIH-Clinical Center, Translational Biobehavioral and Health Disparities Branch, will be speaking about Perspectives on Health Disparities Research in Integrative Health.

MUIH Research Update:

Steffany Moonaz, Ph.D. Director of Clinical and Academic Research at MUIH will present an update on recent research activities at MUIH and in collaboration with partner institutions.

Faculty Excellence in Research and Scholarship Awardee:

Steffany Moonaz, Ph.D. Director of Clinical and Academic Research at MUIH will present an update on recent research activities at MUIH and in collaboration with partner institutions.

Session Abstracts:

The asynchronous, interactive poster session will highlight recent research from the MUIH community. Awards will be conferred for both student and faculty poster presentations.

View the [MUIH Research Symposium webpage](#) to learn more.



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COMPLEMENTARY MUIH ALUMNI VIRTUAL EVENTS



Maryland University of Integrative Health

COMMUNITY CAREER ROUNDTABLE:

Building Your Personal Brand

Thursday, March 3, 2022
8:00PM - 9:00PM est
Virtual Zoom Event

Esosa Edosomwan, AKA Raw Girl
Chief Nutrition Officer, Raw Girl Inc.
MUIH Alum

Building Your Personal Brand March 3, 2022

To learn more, rsvp, and get the Zoom link [view the event page!](#)

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

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 3.16.22
To learn more, [click here](#).



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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 Journal Club is on 3.16.22

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

MUIH Community Career Roundtable: Building Your Personal Brand

March 3, 2022

8:00 PM - 9:00 PM EST

[Virtual Event](#)

MUIH Research Symposium 2022

April 8, 2022

Poster submissions are due by March 23, 2022

[Virtual Event](#)

[OTHER MUIH EVENTS](#)

MARCH 2022						
S	M	T	W	T	F	S
		1 Commit to 10 minutes of outdoor time every day	2 Change up your exercises	3 Drink 8oz of water before coffee/tea this morning	4 How to navigate leading food labels	5 Enjoy lunch with a friend
6 Try sipping chamomile tea before bed	7 Commit to spending 2 evenings this week with no tech	8 Include Greek yogurt, sauerkraut, kefir or foods high in fiber in your diet	9 Makeover your closet	10 Listen to a health/wellness podcast	11 Eat home cooked meals for the next 2 weeks	12 Plan a solo adventure for the day
13 Time "springs forward" today; make sure to rest!	14 Sip (water) while you sit	15 Have a craving? Take a walk instead	16 Take a daily "do not disturb" break	17 Store healthy snacks at the front of the fridge	18 Make sleep a priority, starting on World Sleep Day	19 Apply sunscreen every day; even on rainy days
20 Add fish to your meals 1-2 times this week	21 20th Annual National LGBTQ+ Health Awareness Week	22 Establish "no phone" zones	23 Ask others how you can serve them	24 Do an hourly posture check; bringing your shoulders back and down	25 Share a funny video	26 Face your alarm clock to the wall; limit artificial light while sleeping
27 Write out your tasks for the week	28 Recite affirmations to deal with negative thoughts	29 Write down your reasons for happiness	30 Be proud of yourself	31		

[March Wellness Calendar](#)



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MUIH NEWS

[Achieve Your Health and Wellness Career Goals in 2022 with Maryland University of Integrative Health's Acupuncture and Herbal Medicine Programs](#)

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



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](#).



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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](#)



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MUIH ALUMNI DISCOUNTS & BENEFITS

SHERMAN COHN LIBRARY

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[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



MUIH COMMUNITY BENEFIT

The MUIH Community Benefit offered through the [Office of Professional and Continuing Education \(PCE\)](#) provides all MUIH alumni the opportunity to engage in personal and professional development free of charge.

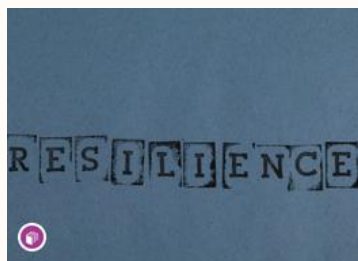
Currently, 47 online, on-demand and self-paced courses and certificates are available for complimentary enrollment as part of this benefit. There are no limits on how many courses you can take and when you can take courses is flexible to your schedule

To view the available courses that qualify, go to the current list of online PCE courses at <https://ce.muih.edu/>. The courses that are free to MUIH alumni are designated "MUIH Community Benefit."

Three new courses and one new program have recently been added to the MUIH Community Benefit program:



[Meditation for Everyone Masterclass](#)



[Telehealth for the Wellness Professional](#)



[PCE Resilience and Wellbeing Course Bundle](#)

Five courses in evidence-based research and informed practice have recently been revised and improved and they can be taken individually, or all five can be taken as part of the Professional Certificate in Evidence-Based Research & Informed Practice:

Individual Courses:

- [Foundations of Research Design](#)
- [Finding and Selecting Appropriate Evidence in Research](#)
- [Primary Research Evidence Appraisal](#)
- [Secondary Research Appraisal and Applications](#)

Professional Certificate - All Five Courses

[Professional Certificate in Evidence-Based Research and Informed Practice](#)

To enroll in PCE's MUIH Community Benefit courses, review the directions listed in the [Alumni benefits](#) and use the complimentary promotion code **FREEPCEALUMNI** at checkout.

Note: MUIH Alumni are also eligible for discounts on all other PCE offerings that are not specifically designated as MUIH Community Benefit status – email ce@muih.edu with additional questions.



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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



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

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Follow the MUIH Alumni Association:

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



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



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INTEGRATIVE HEALTH NEWS & EVENTS

NEWSLETTER

[8 Foods to Improve Qi Deficiency \(aka Low Energy and fatigue\), According to a Traditional Chinese Medicine Expert](#)

[Integrative-Health Approaches Promote Better Sleep](#)

[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](#)