



ALUMNI ASSOCIATION NEWSLETTER

Plus

Featured Alumni Publications

Cannabis Awareness Month

Vignettes of Spring

MUIH Research Symposium

Alumni Events

Virtual Career Fair

MUIH Resources

ELEANOR DUELLEY, CNS, LDN

MASTER OF SCIENCE IN NUTRITION AND INTEGRATIVE HEALTH

ALUMNI SUCCESS STORY

Eleanor Duelley, CNS, LDN
*Master of Science in Nutrition and
Integrative Health*



Eleanor is a Certified Nutrition Specialist (CNS), Licensed Dietician Nutritionist (LDN), and founder of Nourishing Nutrition. She specializes in getting to the root cause of imbalance and disease using holistic practices. Through her virtual practice, she supports women to feel more confident by empowering them to advocate for themselves and speaking up about their needs, wants, and desires for their health and body. She uses the right functional testing to pinpoint and prioritize the steps needed to integrate whole-body healing. She received her Bachelor's degree in Mathematics from Carnegie Mellon University and her certification in Health and Wellness Coaching from the Institute for Integrative Nutrition, in New York City. You can learn more about her work and program offerings on [her website](#).

MUIH ALUMNI PUBLICATIONS

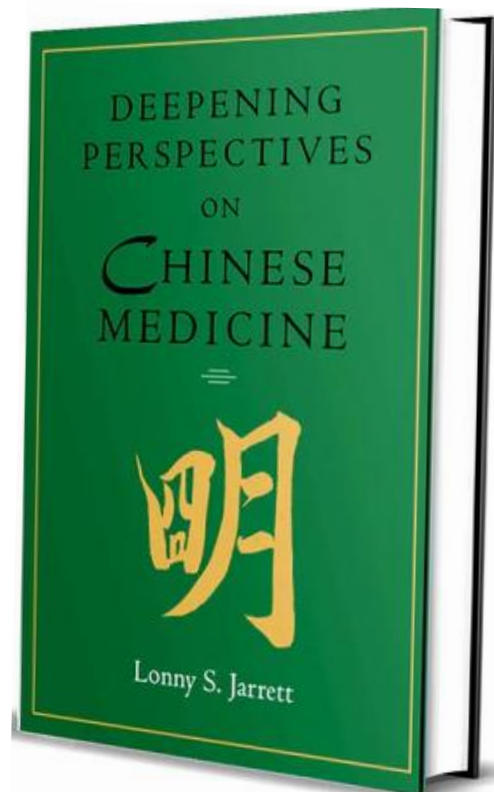


Lonny S. Jarrett

UK Acupuncture

Licensed Acupuncturist, Former TAI Faculty,
MUIH (TAI) Alum

[*Deepening Perspectives on Chinese Medicine*](#)



IN RECOGNITION OF CANNABIS AWARENESS MONTH:

REGULATION OF CANNABIS

For more than 10,000 years, cannabis has been used for its medicinal properties. In 1911, Massachusetts became the first state to outlaw cannabis in the US, initiating international prohibition. In the last decade, international laws have rapidly changed.

In 1970, the Controlled Substances Act banned the production of industrial hemp. The Drug Enforcement Administration (DEA) held that industrial hemp is the same species plant as prohibited cannabis. In 2018, the Farm Bill designated hemp as federally legal and hemp-derived products legal.

Today, after decades of federal prohibition, 37 states, four territories, and the District of Columbia allow the medicinal use of cannabis products. 18 states, two territories, and the District of Columbia have regulatory measures for the adult recreational use of cannabis.

However, cannabis is still designated as Schedule I, causing hospitals and other health facilities that receive federal funding to fear prescribing cannabis in their facilities as it could jeopardize Medicare reimbursements and other funding.



Ways to Observe:

- Research the benefits of cannabis
- Read about cannabis regulation and history
- Share your knowledge

**Learn more about the MUIH
Post-Baccalaureate Certificate in
Cannabis Science:
Therapeutics, Product Design, and
Quality Assurance**

BRIDGEMAN, M. B., & ABAZIA, D. T. (2017). MEDICINAL CANNABIS: HISTORY, PHARMACOLOGY, AND IMPLICATIONS FOR THE ACUTE CARE SETTING. *P & T : A PEER-REVIEWED JOURNAL FOR FORMULARY MANAGEMENT*, 42(3), 180–188.

STATE MEDICAL CANNABIS LAWS. (2022). NATIONAL CONFERENCE OF STATE REGULATORS. RETRIEVED 2022, FROM [HTTPS://WWW.NCSL.ORG/RESEARCH/HEALTH/STATE-MEDICAL-MARIJUANA-LAWS.ASPX](https://www.ncsl.org/research/health/state-medical-marijuana-laws.aspx)

APRIL 2022



Maryland University
of **Integrative Health**

CAMPUS VIGNETTES OF SPRING

Images submitted by:
Nancy B. Morell, MSLIS
Reference Librarian
Sherman Cohn Library



Maryland University
of **Integrative Health**

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.

Maryland University of Integrative Health

Alumni Association

Featured MUIH Alumni Virtual Events

Thursday, April 7, 2022
8:00PM - 9:00PM est
Virtual Zoom Event



COMMUNITY CAREER ROUNDTABLE:
***Making the Transition From
Student to Teacher***



Amanda Breon
Adjunct Faculty at Towson University
Master of Science in
Health Promotion



John Courie
Instructor at MUIH
Master of Science in
Therapeutic Herbalism



Sherry Leikin
Associate Professor at MUIH
Master of Arts in
Health and Wellness Coaching




Angela Taylor
Adjunct Faculty at John Hopkins University
Master of Science in
Nutrition and Integrative Health
Post-Baccalaureate Certificate in Herbal Studies

Building Your Making the Transition From Student to Teacher

April 7, 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.



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 4.20.22

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

Maryland University of Integrative Health

Alumni Association

Featured MUIH Alumni Virtual Events



Spring 2022 Virtual Career Fair

May 25, 2022

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

All MUIH alumni are welcome to join us as job seekers or as employers on Wednesday, May 25 from 7pm – 10pm eastern time through Zoom teleconferencing.

If you'd like to participate as an employer interested in recruiting MUIH students/alumni for free, please register by taking the [quick survey](#) at this link or email Rob Brooks at rbrooks1@muih.edu directly.

Maryland University of Integrative Health

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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 4.20.22
To learn more, [click here](#).

Nutrition Post-Graduate Practice Experience

April 7, 2022

6:30 PM - 7:30 PM

[Virtual Event](#)

MUIH Community Career Roundtable: making the Transition From Student to Teacher

April 7, 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](#)

Maryland University of Integrative Health

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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](#)

APRIL 2022						
S	M	T	W	T	F	S
					1 Walk to work day (or if remote- take a walk)	2 National Facial Protection Month
3 Be mindful of opportunities to overindulge	4 Vitamin C Day - beneficial to cardiovascular & immune system	5 Register for Strategies for Stress Webinar	6 Start your day being restful	7 Observe your behaviors today and how you react	8 Who surrounds you and how do they affect you?	9 Soak up some sun today
10 National Minority Health Month	11 Watch for allergens (both inside and outside)	12 Go through your medicine cabinet	13 Enjoy a "happy hour" with friends	14 International Moment of Happiness Day	15 Switch out "I can't" for "I can"	16 Clean out your pantry of expired items
17 Celebrate Herbalist Day by ordering from the MUIH Dispensary	18 Treat yourself today	19 Soak up some sun today	20 10 Reasons Why You Should Eat More Protein	21 Be sure to wear sunglasses outside	22 Take your workouts outside	23 National Prescription Take Back Day
24 What is your happiest smell?	25 MUIH Restorative Day	26 Chat with your emotional support person	27 Make your plans for this season	28 Learn how to be more Earth- friendly	29 Close your eyes and focus on your breath for 3 minutes	30 Prepare your to- do's for the coming week

[April Wellness Calendar](#)

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](#).



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, events, communities, and more!

[JOIN NOW!](#)

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



Maryland University of Integrative Health

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MUIH ALUMNI DISCOUNTS & BENEFITS



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, events, communities, and more!

[JOIN NOW!](#)

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



SHERMAN COHN LIBRARY

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

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MUIH PROFESSIONAL AND CONTINUING EDUCATION



General Announcements:

[Wellness Warriors Radio Podcast EP53: Building Healthy Habits to Battle Burnout](#) with Beth Romanski, MUIH Director of Professional and Continuing Education

Featured PCE Offering:

The word meditation is an open door. There are different ways of practicing it, which can also be traced back to ancient rituals and philosophies. However, for the most part, they all serve the same purpose, namely, to reach different states of consciousness and to live in the present moment. It increases well-being and develops a sense of fulfillment in life. Beginners in meditation will quickly see the results.

Take a deep dive into a personal mindfulness and meditation practice while developing the teaching skills to share with others. **To learn more about how to find a mindful Meditation practice for you and your clients and patients, join our online, self-paced Professional and Continuing Education (PCE) [Meditation for Everyone Masterclass](#).**

Certified by the American Institute of Stress and FREE FOR MUIH ALUMNI as part of the PCE MUIH Community Benefit Program, this experiential course provides hands-on practice for a wide variety of meditation styles. You can incorporate these into your daily life or your clinical practice.

[Read our blog article on Meditation for Beginners here.](#)



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."**

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.

Featured Partner Offerings:

Mental health struggles are real. And most of us experience them at some point in life, if not daily. But it doesn't have to be a complete struggle. There are powerful treatment options that you can take hold of including improved nutrition, integrative medicine, naturopathy and functional medicine, somatic therapy, chiropractic care, acupuncture, yoga, and meditation. Join us for **The Mental Wellness Connection from April 18-24, 2022. It's free and online!** [Register Today!](#)



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:

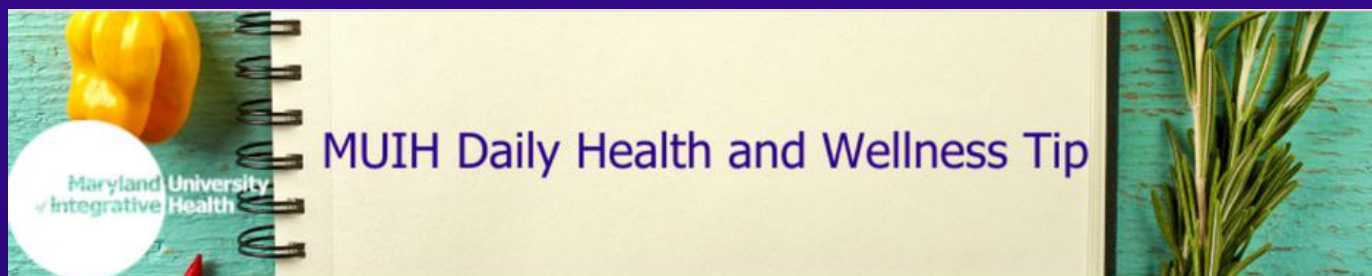
- Job Opportunities
- Space Rentals
- Internships
- Practices for Sale



Maryland University
of Integrative Health

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





Do a Jigsaw Puzzle

Puzzles can help exercise your brain and improve your long-term memory.

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

INTEGRATIVE HEALTH NEWS & EVENTS

[New research in mice suggests Alzheimer's disease is linked to circadian rhythm](#)

[Microplastics Detected in Human Blood in New Study](#)

[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

[The Endocannabinoid System & Beyond](#)

June 9-11, 2022

Kansas City, Missouri & Virtual

[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](#)

MARYLAND UNIVERSITY OF INTEGRATIVE HEALTH

7750 MONTPELIER ROAD

LAUREL, MD 20723

[MUIH.EDU](#)

[MUIH.EDU/CAMPUS/ALUMNI-ENGAGEMENT/](#)

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- [LINKEDIN](#)