



Maryland University
of Integrative Health



Maryland University
of Integrative Health

Alumni Association
NEWSLETTER

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AND MORE!

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

MUIH ALUMNI SUCCESS STORY



Hina Pitroda

*Master of Arts in Health and
Wellness Coaching*

Hina is the founder of Bloom&Belong. She is a health and wellness coach, and a meditation and self-compassion teacher. She specializes in cultivating stress resilience and parenting with purpose and clarity.

In her practice, she offers one-on-one personalized coaching, classes in mindfulness, self-compassion, breath-work, and attachment parenting.

Hina is also a certified mindfulness meditation teacher (Jack Kornfield and Tara Brach), a mindful self-compassion trained teacher, certified breath-work coach, and a Circle of Security parenting facilitator.

She has lived and worked in Asia and the US. Currently based in Chicago, she offers virtual services locally and internationally.

To learn more about Hina's work, check out [her website](#).

Autumn

Metal Element | Lung

Ending of autumn: Scenes from the MUIH Herb Garden



"The lung [is associated with] the color white; [in the case of disease] one should consume bitter flavor]. Wheat, mutton, apricots, and chives are all bitter."

~ Su Wen Chapter 22

Unschuld, P. U. (2011). *Huang Di Nei jing su wen: An Annotated Translation of Huang Di's Inner Classic - Basic Questions*. Volume 1. Berkeley: University of California Press.

In recognition of SPIRITUAL LITERACY MONTH

December is Spiritual Literacy Month! This national observance was founded by Frederic and Mary Brussat to promote respect for the world's religions and spiritual traditions.



To observe, read at least one book on spirituality.

Studies show that benefits of spiritual literacy include:

- Increased cultural competency
- Lowered stress levels
- Reduction of healthcare disparities

Isaac, K. S., Hay, J. L., & Lubetkin, E. I. (2016). Incorporating Spirituality in Primary Care. *Journal of religion and health*, 55(3), 1065–1077. <https://doi.org/10.1007/s10943-016-0190-2>

National Day Calendar. (2020, December 14). SPIRITUAL LITERACY MONTH - December. Retrieved 2021, from <https://nationaldaycalendar.com/spiritual-literacy-month-december/>



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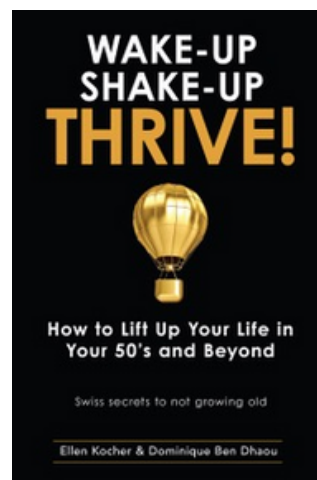
MUIH Alumni Publications

Ellen Marie Kocher

Master of Health and Wellness Coaching

Wake-Up, Shake-Up, Thrive!: How to lift up your life in your 50's and beyond — Swiss secrets to not growing old

Kocher, E. M., & Dhaou, B. D. C. (2021). [Wake-Up, Shake-Up, Thrive!: How to lift up your life in your 50's and beyond — Swiss secrets to not growing old — \(Wake-Up, Shake-Up, Thrive! Book Series\)](#). Paul Smith Publishing.



Michelle Gellis

Master of Acupuncture

"The Anatomy of Expression"

Gellis, M. (2021). The Anatomy of Expression. Acupuncture Today Digital Issue. Retrieved 2021, from https://www.acupuncturetoday.com/digital/index.php?i=765&a_id=34109&pn=21&r=t&Page=21

[Part 1](#)

[Part 2](#)

MUIH Alumni Featured in the Press

Steven Ingram

Master of Yoga Therapy

["A yoga therapist talks improved healthcare for LGBTQ+ clients"](#)

Ashley Williams

Master of Yoga Therapy

["With stress levels high, Richmond woman helps through journey of yoga."](#)



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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 Community Career Roundtable:
Networking During the Holidays

December 2, 2021

8:00 PM - 9:00 PM EST

[Virtual Zoom Event](#)

MUIH Alumni/Student Journal Club &
Research Group

[Virtual Event](#)

The next Research group is on 12.15.21
To learn more, [click here](#).

[OTHER MUIH EVENTS](#)



SUN	MON	TUE	WED	THU	FRI	SAT
			1 Decide how you want this month to be - set your own expectations	2 Keep up good handwashing for National Handwashing Week	3 National make a gift day - get creative!	4 Share your memories from this year to find your year
5 Work on your goals, as we head to break	6 Include a vegetable in every meal	7 Write a letter to yourself with your goals for 2022	8 Create a 30/10 hour - 30 minutes of focus - 10 minute break	9 Make some fun plans during Winter Break	10 Re-connect with someone today	11 CHINA.ASIA MEXICO.ASIA INDIA.ASIA
12 Get outside - even if it's cold	13 Tell someone why you love them	14 Tell yourself what you love about you	15 Make some fun plans during Winter Break	16 Bake some healthy holiday cookies	17 Remember to take time to breathe this holiday season	18 Focus on presents and not presents this year
19 Note all of the things you have accomplished this year - take pride in them	20 National make a gift day - get creative!	21 Extend some Loving-Kindness to others	22 Make a list of the things that bring you joy	23 Reflect on the things that make you feel peaceful	24 Winter	25 Winter
26 Break	27	28	29	30	31	31 Enjoy some self care...see you in 2022!

DECEMBER 2021

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[December Wellness Calendar](#)



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MUIH NEWS

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

FREE ACUPUNCTURE: COMMUNITY HEALTH INITIATIVE (CHI) IS IN OPERATION!

Free Community Acupuncture is now in operation at MUIH. Walk-ins Welcome.
Clear [here](#) for dates and times.



Maryland University
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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!](#)

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 Welcomes Award-Winning Author Amy Riolo as Brand Ambassador](#)



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COMPLEMENTARY MUIH ALUMNI VIRTUAL EVENTS

Thursday, December 2, 2021
8:00-9:00 PM est
Virtual Zoom Event



COMMUNITY CAREER ROUNDTABLE:
Networking During the Holiday Season



Robert Brooks
Director of Career Services, MUIH

Networking During the Holiday Season

December 2, 2021

[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.

December	Research Group	12/15/2021
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 Research Group is on 12.15.21

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

Maryland University
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PCE
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.](#)

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>

NOW ENROLLING! Nutrition Practice Experience | January 2, 2022 - July 1, 2022 Cohort

MUIH Nutrition Alumni – Advance your career with a CNS credential and gain hands-on mentorship to navigate your clinical practice in our MUIH Nutrition Practice Experience!

[LEARN MORE & REGISTER](#) by December 17, 2021



This course offers a variety of helpful resources including how to start your practice, how to market yourself, what documents/forms to use in your practice, insurance requirements, CNS board certification requirements, how to work with clients, how to document data, clinical internships, how to acquire hours, and so on. I highly recommend this course to anyone who with no prior clinical experience who just finished their coursework and need help getting started.

PCE Partner Opportunities:

- **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](#)

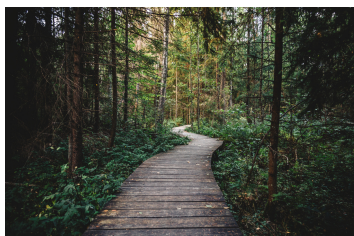


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CAREER SERVICES



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

[Dr. Oz Says He's Running for Senate in Pennsylvania](#)

[The good herb: Buckwheat liquor helps cells clean house](#)

[Lab analysis finds near-meat and meat not nutritionally equivalent](#)

[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](#)

MUIH ALUMNI ASSOCIATION OFFICERS

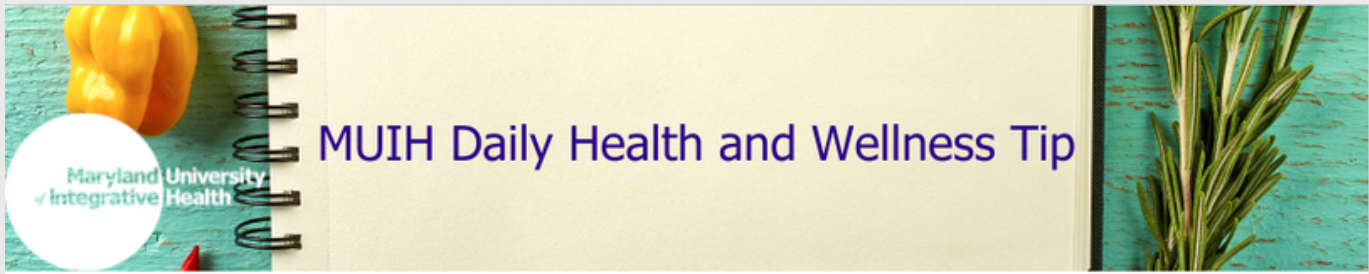


Cynthia Wilson, President
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Cheron Hunt Garrison, Secretary
Master of Arts in
Health and Wellness Coaching
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**"WHAT IS A FRIEND? A SINGLE SOUL DWELLING IN
TWO BODIES."
~ ARISTOTLE**



Be in service

Aiding others can uplift you spiritually and help you find purpose, achieve happiness, and reduce negative emotions.

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