



AUGUST 2017

### MUIH to Open School of Naturopathic Medicine in Fall 2018



Maryland University of Integrative Health is pleased to announce it will welcome its first class of naturopathic medical students in the fall of 2018. "In establishing our School of Naturopathic Medicine, MUIH is taking a bold step to address some of the most challenging issues in healthcare," said Steven Combs, president and CEO of MUIH. "We expect the graduates of this program to help fill the gap caused by the shortage of primary care physicians and to provide patients with cost-effective, compassionate care based on preventative and natural methods. Patients are demanding this approach and our nation needs these graduates." [Read more](#)

### Maryland University of Integrative Health Online Courses Awarded Quality Matters Certification

#### Featured Events

[Peter Eckman: Constitution and Condition](#)

Nov 4-5

[Peter Eckman: Pulse Diagnosis Practicum](#)

Nov 6, 9 a.m.-4 p.m.

#### Events Calendar

[Webinar: Careers in Health Coaching](#)

Aug 28, 12-1 p.m.

[Web Information Session: Nutrition and Integrative Health Programs](#)

Sep 5, 12-1 p.m.

[Web Information Session: Health and Wellness Coaching Programs](#)

Sep 6, 12-1 p.m.

[Web Info Session: Naturopathic Medicine Program](#)

Sep 7, 1-2 p.m.

[Webinar: Workplace Wellness: Developing a Culture of Health](#)

Sep 11, 12-1 p.m.

[Web Information Session: Herbal Medicine Programs](#)

Sep 11, 7-8 p.m.

Quality Matters (QM), a leader in quality assurance of online courses, has awarded its nationally recognized Quality Matters certification to three online courses at the Maryland University of Integrative Health. QM standards reflect current research on effective learning strategies and the insights of experienced online instructors and instructional designers. [Read more](#)



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## MUIH Associate Dean Appointed to Board of Academic Collaborative for Integrative Health

Abigail Aiyepola, N.D., LM, associate dean of the School of Naturopathic Medicine at MUIH, has been appointed to the board of the Academic Collaborative for Integrative Health (ACIH) representing the Direct-Entry Midwifery (DEM) accreditors. ACIH builds partnerships, educates, collaborates and advocates for whole person, collaborative, team-based, patient/person-centered care. [Read more](#)



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## MUIH Faculty Published in Meridians Summer Issue

The summer issue of *Meridians: The Journal of Acupuncture and Oriental Medicine* contains two articles by MUIH faculty. The first is a report of a survey of patients of five-element acupuncturists, written by Tracy Rupp Hockmeyer, Heidi Most, Alexandra York and James Snow. The second article, co-authored by Heidi Most and Celeste Homan, is on the new acupuncture curriculum in MUIH's Acupuncture and Oriental Medicine department. [Read more](#)



### MUIH in the News

#### The Rock Star Nutritionist

MUIH nutrition and integrative health student Courtney Swan is a nutritionist and personal assistant for Tove Lo, a touring musician. Courtney travels the globe with the band and crew, taking care of all-things-food to keep everyone healthy while enduring a busy travel schedule. In this interview, she talks about what it took to get her dream job. [Read more](#)

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[Webinar: Careers in Acupuncture and Oriental Medicine](#)  
Sep 12, 7-8 p.m.

[Graduate Programs Open House](#)  
Sep 18, 7-8 p.m.

[Web Information Session: Admissions and Financial Aid](#)  
Sep 22, 12-1 p.m.

[See all Upcoming Events](#)



### **MUIH Student Creates Healing Space in Charlotte**

In April, Brea Buffaloe, an MUIH student currently completing her master's degree in therapeutic herbalism, opened Musa Moon, LLC in Charlotte, NC, where she sells more than 60 traditional herbs, infused oils, and other local wares. [Read more](#)



### **MUIH Alum Joins Terra's Kitchen**

MUIH alumna Lindsay Cribbs has joined Terra's Kitchen, a Baltimore-based national meal-kit delivery service, as a nutrition and customer care consultant. Cribbs will work alongside their chief nutritional officer to oversee each meal's nutritional development and assist with nutrition-related customer inquiries. [Read more](#)



### **Serving Community through Integrative Health, Yoga and Mindfulness**

LaShone Wilson, a student in MUIH's master's in health and wellness coaching, is committed to serving her community through integrative health. Through her company One Breath at a Time, Mindful Living & Wellness Services, she teaches health and wellness to communities who are less likely to have access to holistic health resources. [Read more](#)



### **Recipe: Summer Watermelon Gazpacho**

Watermelon is closely related to cucumber family. It is low in sugar, half the sugar of an apple, and has high water content, thus it is excellent to stay hydrated during the summer month. [Read more](#)

### **Have You Connected with MUIH Yet?**



### **In Case You Missed It...**

Here are some of the most interesting health and wellness related items buzzing around online right now.

#### **[The cost of malnutrition: Study shows nutrition program could save hospitals up to \\$3800 per patient \(AHDB journal\)](#)**

Recent research found that when four Chicago area hospitals implemented a nutrition care program, it produced more than \$4.8 million in cost savings due to shorter hospital stays and lower readmission rates.

#### **[Greater Cortical Thickness in Elderly Female Yoga Practitioners—A Cross-Sectional Study \(Frontiers in Aging Neuroscience\)](#)**

Scientists imaged elderly female yoga practitioners' brains and found they

have greater cortical thickness in brain areas associated with cognitive functions like attention and memory. The results suggest that yoga could be a way to protect against cognitive decline in old age.

#### **[Natural Remedies for Poison Ivy & Oak \(Mother Earth Living\)](#)**

Often referred to as "touch-me-not," jewelweed is part of the impatiens family and enjoys the same habitats as poison ivy, oak and sumac. Odds are, if you've stumbled into a patch, you can readily find nature's cure nearby.

#### **[What the Beach Does to Your Brain \(NBC\)](#)**

Looking for an excuse to head to the beach this weekend? Well according to research, spending time by the ocean is actually good for your health! Time to hit the sand and reap the benefits of all that 'vitamin sea.'

[Website](#) | [Academic Programs](#) | [Admissions](#) | [Open Houses](#) | [Upcoming Events](#) | [Natural Care Center](#)

