



MAY 2017

Yoga Warrior: Yoga Therapy Student Jeff Sargent



Jeff Sargent spent two decades in the U.S. Army fighting on the front lines in Iraq and Afghanistan. After retirement, he suffered from post-traumatic stress disorder (PTSD). In this video from AARP, Sargent discusses how yoga saved his life and how he was so moved by his experience that he wanted to do more. Jeff is now finishing up his master's degree in yoga therapy at MUIH in hopes of helping other soldiers suffering from PTSD. [Watch now](#)

MUIH Faculty Featured on Local Morning News Program



Featured Events

[MUIH Nutrition Symposium: Nutritional Genomics in Clinical Practice](#)

June 23-25

[Jeffrey Yuen: Opening the Sensory Orifices](#)

Aug 4

[Jeffrey Yuen: Ophthalmology](#)

Aug 5-6

Events Calendar

[Web Information Session: Admissions and Financial Aid](#)

May 26, 12-1 p.m.

[Web Information Session: Acupuncture and Oriental Medicine Programs](#)

June 1, 12-1 p.m.

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

June 7, 12-1 p.m.

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

June 7, 7-8 p.m.

[Web Information Session: Yoga Therapy Program](#)

June 8, 12-1 p.m.

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

June 13, 7-8 p.m.

[Web Information Session: Health Promotion Program](#)

Earlier this month, two MUIH faculty members appeared on Baltimore's Fox 45 Morning News show. Jeff Millison, academic director of the acupuncture and Oriental Medicine programs, demonstrated how acupuncture can treat arthritis. Morning News anchor Patrice Sanders was excited to volunteer for the demonstration and experienced acupuncture for the first time live on-air! Watch Jeff's interview [here](#).

A few days later, Claudia Joy Wingo, interim director of the health promotion program, joined Patrice to share some tips on natural remedies to treat seasonal allergies. Watch Claudia's interview [here](#).

Jeff and Claudia also discussed the academic programs at MUIH, as well as how viewers can access integrative health services at the [Natural Care Center](#).



June 14, 12-1 p.m.

[Webinar: Brain in Your Gut: Are Headaches Triggered Here?](#)

June 15, 7-8 p.m.

[Herb Walk](#)

June 20, 5-7 p.m.

[Graduate Programs Open House](#)

June 20, 7-9 p.m.

[Webinar: Yoga Teacher to Yoga Therapist: Making the Transition](#)

June 21, 1-2 p.m.

[Webinar: Careers in Health Coaching](#)

June 22, 12-1 p.m.

[Web Information Session: Admissions and Financial Aid](#)

June 23, 12-1 p.m.

[See all Upcoming Events](#)

2017 Student Research Poster Award Winners

Ron DeMartin, Marion Bolding, and Abbi Lichtenstein are students in the Health and Wellness Coaching program and were recently awarded the Student Research Poster Award for their study titled, "Design for a Study Exploring Individuals' Attitudes of Health and Wellness Coaching." We interviewed the team about their study, and the role of health and wellness coaching within integrative health. [Read more](#)



MUIH in the News

MUIH Featured in *Yoga Therapy Today*

The spring issue of *Yoga Therapy Today* features an article co-authored by Marlysa Sullivan, an assistant professor in MUIH's yoga therapy program. Dr. Steffany Moonaz, yoga therapist and assistant director for academic research, also contributed an article and is proudly featured on the cover. And 2005 yoga therapy grad Laurie Hyland Robertson was the guest editor. [Read more](#)



North Carolina Votes on Pathway for Certified Nutrition Specialists (CNS)

This month, the North Carolina House of Representatives unanimously approved the Modernize Dietetics/Nutrition Practice Act (HB 357). If approved by the state senate, HB 357 will provide a licensing pathway for CNS professionals to practice nutrition in North Carolina. This is a significant milestone for the North Carolina Board of Dietetics and Nutrition and the Board for Certification of Nutrition Specialists. Jon Alger, Clinical Nutritionist and MUIH alumni, was in Raleigh to testify on behalf of the bill.



Doctor of Clinical Nutrition Student Published in mindbodygreen.com

MUIH Doctor of Clinical Nutrition student Brooke Scheller discusses how emerging fields like epigenetics and nutrigenomics are helping us understand how much our genetics play a role in our health, and says that while we're not in control of the cards that we're dealt, we may be in control of the hand that we play! [Read more](#)



Yoga Therapy Student Named 2017 Martha's Vineyard Vision Fellow

Irene Bright-Dumm has been named a 2017 Martha's Vineyard Vision Fellow. Irene is pursuing her master of science degree in yoga therapy at MUIH. She is working to develop yoga therapy to support addiction recovery, Lyme disease and chronic pain. Her fellowship will include several series of yoga therapy group and individual sessions. [Read more](#)



Recipe: Season's Bounty Salad

This Mediterranean-influenced dish was created by nutrition students Eva El-Khatib, Becky Mears, and Megan Antoni Placa in their Whole Foods Cooking Lab focused on raw food. A masterpiece that nourishes on all levels, the flavor is tangy without being bitter and includes the best of what the spring season has to offer...a true medley![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.

[Washington Capitals are Hosting Free Yoga on Game Days to Help Fans De-Stress \(Washingtonian\)](#)

Marketed as a way for Caps fans to “fight playoff stress,” free yoga sessions are offered at the stadium and are open to the public.

[Stanford researchers use color-coding to pinpoint locations of gut-bacterial strains \(Stanford Medicine\)](#)

In a recently published study, Stanford researchers have devised a way to pinpoint the location of bacteria in the gut based on the rainbow of colors they’re induced to emit.

[‘Ancientbiotics’ Researchers Look For Old Fixes To Modern Ailments \(NPR\)](#)

A team of researchers are scouring ancient texts in the hopes that medieval medicines could help treat modern ailments.

[Hitting a Medical Wall, and Turning to Unproven Treatments \(NY Times\)](#)

A new book focuses on several families, including the author’s, who faced and ultimately surmounted daunting medical challenges with the help of traditional and alternative health therapies.

[Why You Should Take a Relaxing Lunch Break \(Greater Good\)](#)

A newly published study suggests that taking a deliberate break from work with a short walk in the park or a bit of mindful relaxation can have powerful effects on our end-of-day concentration.

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

