



SEPTEMBER 2017

Graduate Programs Open House Wednesday, October 18, 7pm



Distinct from other schools, Maryland University of Integrative Health delivers academic excellence with a focus on the interconnection of mind, body, and spirit. We invite you to attend our Open House on campus to learn more about our accredited graduate programs and new School of Naturopathic Medicine. Register [here](#).

Can't attend in person? The admissions team is available M-F, 9am to 5pm to support your exploration of graduate programs at Maryland University of Integrative Health. Give them a call at 410-888-9048 ext. 6647 or email them at admissions@muih.edu.

Eight Ways to Nourish Yourself When You're Feeling Overwhelmed



Right now the world seems to be bearing down on all sides with natural disasters, human rights issues, and political tragedies. There is so much to care about, so many ways to give and directions to be pulled in, that many of us feel a dire need to stay afloat. It's essential during these challenging moments to create all of the positive energy and protection we can muster.

From Bevin Clare, associate professor of herbal programs, here are 8 ways we can tend ourselves to reduce overwhelm and protect ourselves during these stormy times. [Read more](#)

Featured Events

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

Events Calendar

[Web Information Session: Acupuncture and Oriental Medicine Programs](#)
Sep 28, 7-8 p.m.

[Web Information Session: Herbal Medicine Programs](#)
Oct 4, 12-1 p.m.

[Webinar: Yoga Teacher to Yoga Therapist: Making the Transition](#)
Oct 11, 1-2 p.m.

[Webinar: A New Standard in Nutrition: CNS vs RD](#)
Oct 11, 6-7 p.m.

[Abstract-Writing Workshop*](#)
Oct 12, 5-6 p.m.

**This workshop is only for MUIH faculty, students and alumni.*

[Web Information Session: Health and Wellness Coaching Programs](#)
Oct 12, 7-8 p.m.

[Web Information Session: Health Promotion Program](#)
Oct 16, 12-1 p.m.

MUIH Alumna Selected to Present at Symposium on Yoga Research

Kimberly Searl, M.S., a 2017 yoga therapy graduate, has been selected by the International Association of Yoga Therapists to present a case report at this year's annual Symposium on Yoga Research. Her report, which was developed during her studies at MUIH and with support from several MUIH faculty members, was presented earlier this year at the 2017 MUIH Research Symposium. It examines the potential benefits of yoga therapy for youth with high functioning autism. [Read more](#)



Meeting Point Fall Book Sale



The Meeting Point Bookstore and Café on MUIH's main campus is clearing out a back stock of books to make room for new fall products. Save up to 70% on select titles. Stop by before the sale ends on October 6.

MUIH Faculty Presenting Morning Keynote at Chronic Pain Management Conference

Don't miss the Chronic Pain-Management Conference at Kripalu Center for Yoga & Health Oct 8-13. The conference will bring together leaders in the field of pain science and meditative practices to discuss integrative and multidisciplinary practices for chronic pain. MUIH's Marlysa Sullivan, M.P.T., C-IAYT, E-RYT 500, will be a keynote speaker, presenting "Connection Heals: Biomedical and Yoga Therapeutic Perspectives and Treatment." She will also be part of a panel discussion on the intersection of mindful movement and pain. [Read more](#)



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

Oct 16, 7-8 p.m.

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

Oct 17, 12-1 p.m.

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

Oct 20, 12-1 p.m.

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

Oct 23, 12-1 p.m.

[Web Information Session: Careers in Health Coaching](#)

Oct 24, 12-1 p.m.

[Web Information Session: What Does a Health Educator Do?](#)

Oct 30, 7-8 p.m.

[Webinar: Delicious Medicine: Using Herbal Powders](#)

Oct 31, 12-1 p.m.

[Peter Eckman: Constitution and Condition](#)

Nov 4-5

[Peter Eckman: Pulse Diagnosis Practicum](#)

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

[See all Upcoming Events](#)



MUIH in the News

MUIH Professor Emerita Recognized for Service as Public Health Advisor

Earlier this year, Sister Charlotte Kerr, Professor Emerita at MUIH and acupuncturist in the MUIH Natural Care Center, was recognized by former US Senator Barbara Mikulski for her service as an advisor to the Senator in shaping public health initiatives that go beyond the conventional model of health care. [Read more](#)



Building the Business of Yoga Therapy: Charting a Path in Acute Care

In a partnership created between MUIH and Howard County General Hospital, adjunct faculty member Aimee F. McBride, M.S., C-IAYT reviews how she integrates with hospital staff to provide improved patient outcomes through bedside yoga therapy in an acute care setting. [Read more](#)



MUIH Associate Provost Named Digital Education Visionary

Every year, Center for Digital Education picks the Top 30 contributors that are transforming education through the use of technology. MUIH is proud to announce that Associate Provost for Academic Innovation and Support Witt Salley has been included in this award for 2017. [Read more](#)



The Importance of Research Literacy for Yoga Therapists

MUIH's Steffany Moonaz offers insights into the importance of research literacy and evidence-informed practice in the training of yoga therapists. [Read more](#)



MUIH School of Naturopathic Medicine Piques NPR's Interest

A Naturopathic Doctor and an allopathic physician spoke about the growing field of naturopathic medicine on WAMU's The Kojo Nnamdi Show. The group discussed the new School of Naturopathic Medicine at MUIH, as well as the history of the field and the role of natural remedies in our shifting health care landscape. [Listen now](#)

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.

Herbal medicine shows potential to treat cancer (EurekAlert)

Researchers from King Abdullah University of Science and Technology have been searching locally for plants that have potential for use to combat cancer. Now, three plants used for traditional medicine in Saudi Arabia are shown to be worthy of further investigation for anticancer properties.

Acid Reflux May Respond Better To Diet Than Drugs (Time Health)

A new study published in JAMA Otolaryngology—Head & Neck Surgery, researchers found that a diet rich in fruits, vegetables, nuts and legumes was just as effective as medications in treating reflux symptoms.

Drug-Free Interventions to Reduce Pain or Opioid Consumption After Total Knee Arthroplasty (JAMA)

A Stanford University analysis of drug-free interventions to reduce pain or opioid use after total knee replacement has found clinically significant evidence that acupuncture can potentially reduce and delay opioid use.

PASSED: The Naturopathic Physicians Act of 2017 (OpenStates)

Gov. Gina Raimondo of Rhode Island recently signed a bill licensing naturopathic doctors in the state. Rhode Island is now the 20th state currently offering licensure and registration to naturopathic doctors.

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

