

JULY 2014

## MUIH Nutrition Master's Degree Now Offers Three Areas of Concentration



In just three years, our Master of Science in Nutrition and Integrative Health has grown to become the nation's largest whole foods-based graduate program! Beginning in September, students can customize their education by deepening their skill base through one of three new areas of concentration within the program: human clinical nutrition, community nutrition education, or herbal medicine. [Learn more](#)

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## MUIH Students Share their Journeys to Become Healers

Two of our own were recently profiled in the local press about their unique paths, and how they came to MUIH.

### Featured Events

[Herb Walk](#)

July 15, 5 – 7 p.m.

[Graduate Programs Open House](#)

July 24, 7 – 9 p.m.

[Reiki First Degree Healing](#)

Starts in Sept.

[Mindfulness Meditation for Well-Being and Happiness](#)

Starts in Sept.

### Calendar

#### JULY

[Anxiety and Depression: The Chinese Medicine Approach](#)

July 8, 6:30 – 8 p.m.

[Web Info Session: IIN Grads](#)

July 9, 12 – 1 p.m.

[Yoga Therapy in Action](#)

July 9, 1 – 3 p.m.

[Webinar: Culinary Herbs and Health](#)

July 10, 12 – 1 p.m.

[Webinar: Gluten Intolerance and Celiac Disease – What You Need](#)

### **From Mechanical Engineer to Clinical Herbalist:**

In addition to studying herbal medicine at MUIH, Donna Koczaja has worked as a mechanical engineer for the past 18 years at the Johns Hopkins University Applied Physics Laboratory. Although her career combination is unique, she explains the commonalities she sees between her day job and studies at MUIH in a profile in the Baltimore Sun. [Read more here](#)



### **From Army Major to Buddhist Nun and Acupuncturist:**

Dolma Johanison talks to The Gazette about her past work in the Army National Guard and her rise through the ranks of the Army. Despite her successful career, she spoke of her longstanding "thirst for spirituality that just could not be quenched." So in 2008 she took vows to become a Tibetan Buddhist nun, retired from the military, and enrolled at MUIH to study acupuncture. [Read more here](#)



*Photos courtesy Dan Gross/The Gazette and Jen Rynda/Baltimore Sun Media Group*



### **MUIH in the News**

#### **Associate Professor Bevin Clare Receives Award for Her Innovative Approach to Online Education**

Bevin Clare, associate professor and clinical herbalism program manager, is receiving an "Effective Practices" award at the upcoming 11th Annual Sloan Consortium Blended Learning Conference and Workshop for her submission, "Student-Driven Case-Based Learning." Speaking about the award, Clare said, "MUIH has always had wonderful teachers. In our conversion to an online program, the herbal programs have worked hard to implement new and progressive teaching methods. This award demonstrates the innovation we have always had in our classrooms and recognizes the success of converting it to an online environment." [See Bevin's winning submission](#)

#### **Andrew Pengelly Quoted in Baltimore Sun's Feature on Botanist Jim Duke and His Green Pharmacy Garden**

Andrew Pengelly, director of MUIH's Herbal Dispensary and adjunct professor in herbal medicine,

#### [to Know](#)

July 10, 7 – 8 p.m.

#### [Call-in Info Session: Yoga Therapy Programs](#)

July 14, 12 – 1 p.m.

#### [Coaching Café](#)

July 15, 7 - 8:30 p.m.

#### [Webinar: Anxiety and Depression: The Chinese Medicine Approach](#)

July 17, 12:30 – 1:30 p.m.

#### [Web Info Session: Health Coaching & Health Promotion Programs](#)

July 21, 7 – 8 p.m.

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

July 22, 12 – 1 p.m.

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

July 22, 7 – 8 p.m.

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

July 25, 12 – 1 p.m.

#### [Call-in Info Session: Acupuncture and Oriental Medicine Programs](#)

July 28, 12 – 1 p.m.

#### [Nutrition Career Panel](#)

July 28, 7 – 8:30 p.m.

#### [Health Promotion and Coaching Career Panel](#)

July 29, 7 – 8:30 p.m.

#### [Webinar: Yoga Therapy in Action](#)

July 30, 7 – 8 p.m.

### **AUGUST**

#### [Death and Dying](#)

August 1 & 2, 9 a.m. – 5 p.m.

talks about how “One of the big attractions for me when I considered moving from Australia to take up a job with MUIH (then Tai Sophia Institute) in 2008 was being in the vicinity of Dr. Duke's gardens and having the opportunity to teach classes there.” [Read more here](#)



## **Energetics of Food with Paul Pitchford**

**Sat, July 26 – Sun, July 27**

For more than three decades, Paul Pitchford's writings, teachings, and consultations have inspired millions of people worldwide. Open to the general community as well as healers, this program will explore the inherent energetic qualities of food and its impact on the eater's physical, emotional and spiritual well-being. Merging classical Asian tradition with modern nutrition, Pitchford will discuss how to cleanse toxins, choose whole food supplements, reduce or build up body mass, overcome infections, arthritis, cancer or fatigue, and much more. Limited space. [Learn more and register today](#)



## **Recipe: Kale Sunshine Salad**

This flavor-packed salad makes for a light but satisfying summer lunch or dinner side dish. Kale has the highest antioxidant value of any other fruit or vegetable, meaning its ability to protect our cells from free radical damage is second to none. Thank you to [Nicki Rubin](#), a clinical herbalism intern in the Natural Care Center, for sharing this delicious salad recipe! [Get the recipe](#)

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

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

### [First Time Shopping at a Farmer's Market? 5 Things You Need to Know \(Huffington Post\)](#)

With more farmers markets on the rise across the country, there are some myths and misconceptions about them. This article dispels five of the most common myths and misconceptions about them.

### [For Many Americans, Stress Takes A Toll On Health And Family](#)

### [Web Info Session: Health Coaching and Health Promotion Programs](#)

Aug 7, 12 – 1 p.m.

### [Call-in Info Session: Yoga Therapy Programs](#)

Aug 11, 12 – 1 p.m.

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

Aug 12, 7 -8 p.m.

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

Aug 14, 12 – 1 p.m.

### [Web Info Session: IIN Graduates](#)

Aug 18, 4 – 5 p.m.

### [Graduate Programs Open House](#)

Aug 23, 9 – 11 a.m.

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

Aug 25, 12 – 1 p.m.

## [See all Upcoming Events](#)

## **External Events**

### [American Association of Diabetes Educators Conference](#)

Orlando, FL

Aug 6 - 9

### [IDEA World Fitness and Nutrition Expo](#)

Anaheim, CA

Aug 13 - 17

**[\(NPR–Morning Edition\)](#)**

A national poll done by NPR , the Robert Wood Johnson Foundation and the Harvard School of Public Health finds that more than 25 percent of Americans say they had a great deal of stress in the previous month.

**[Can Exercise Reduce Alzheimer’s Risk? \(New York Times\)](#)**

Exercise may help to keep the brain robust in people who have an increased risk of developing Alzheimer’s disease, according to an inspiring new study.

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

