



OCTOBER 2014

### New MUIH Milestone: Three Doctoral Degree Programs Launching in January



Last week we officially announced a major milestone here at MUIH – we’ve been approved by the Maryland Higher Education Commission and granted permission by the Middle States Commission on Higher Education to begin offering three new doctoral programs in January 2015. The professional doctoral degrees are in acupuncture, Oriental medicine and clinical nutrition and applications for all three programs will be accepted immediately for the January 2015 trimester.

Offering doctoral degrees has been a long-standing goal for us here at MUIH and we’re happy that we can now add even more programs to meet the growing market demand for evidence-based and compassionate healers in integrative health.

Read the announcement [here](#)

See details about all doctoral [programs](#)

### Featured Events

[Herbal Medicine Making: Immune Support with Herbal Teas](#)

Oct. 27, 6–8 p.m.

[Building, Managing, and Marketing Your Practice](#)

Nov. 15 & 16

### Calendar

#### OCTOBER

[Seasonal Eating for Your Body](#)

Oct. 8, 7–8:30 p.m.

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

Oct. 9, 12–1 p.m.

[Redefining Health](#)

Oct. 11 & 12

[Graduate Programs](#)

[Open House](#)

Oct. 13, 7–9 p.m.

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

Oct. 14, 12–1 p.m.

[AOM Doctoral Call-In Information Session for Alumni](#)

Oct. 14, 6–7 p.m.

## NEW VIDEO: Meet MUIH Acupuncture Program Alum Kaiya Larson

In this video, MUIH alumna and Assistant Professor Kaiya Larson, M.Ac., L.Ac., shares her experiences and career path since graduating with a degree in integrative health. Today, Kaiya not only teaches at MUIH, she also has a thriving acupuncture private practice where she specializes in supporting women with fertility issues. Her method for success is simple: "When you're passionate and love what you do, success follows."



Watch the interview [here](#)



### MUIH in the News

#### MUIH Acupuncture Alumna and Still Point Spa Founder Featured in The Washington Post

Tori Paide explains how she went from a stressed-out and sleep deprived 20-something living in D.C. to a successful graduate of MUIH and the founder of two (soon to be three) very successful D.C. area holistic spas. [Read the article](#)

#### Dr. Michael Tims Published in *Integrative Medicine* on Transformative Learning

Michael Tims, Ph.D., director of our herbal programs, discussed MUIH's unique and transformative approach to learning in the August 2014 issue of [Integrative Medicine: A Clinician's Journal](#). [Read more](#)



### Nutrition and Digestive Health with Dr. Liz Lipski

**November 1 and 2, 9 a.m. – 4:30 p.m.**

Learn about the relationship between food, digestion and health from Dr. Liz Lipski. In addition to being on faculty at MUIH, Dr. Lipski is also a nationally sought-after expert in the fields of nutrition, functional medicine and digestive health and the author of a number of books, including *Digestive Wellness* and *Digestive Wellness for Children*.

Over the course of this weekend program, you'll learn about topics like:

[Webinar: Doctor of Clinical Nutrition Information Session](#)  
Oct. 14, 7–8 p.m.

[Web Info Session: Herbal Medicine Programs](#)  
Oct. 15, 12–1 p.m.

[Web Info Session: IIN Graduates](#)  
Oct. 15, 4–5 p.m.

[Webinar: Anxiety and Depression: The Chinese Medicine Approach](#)  
Oct. 15, 7–8 p.m.

[Webinar: Seasonal Eating for Your Body](#)  
Oct. 16, 7–8 p.m.

[Call-in Info Session: Acupuncture and Oriental Medicine Programs](#)  
Oct. 20, 12–1 p.m.

[Webinar: Case Study in Yoga Therapy: Migraine Headaches](#)  
Oct. 20, 4–5 p.m.

[Crohn's and Colitis: Healing through Diet and Lifestyle](#)  
Starts Oct. 22

[Crohn's and Colitis: Healing Through Diet and Lifestyle - Webinar Version](#)  
Starts Oct. 23

[Webinar: Using Garlic to Kill Vampires: Are There Truths in the Old Myths?](#)  
Oct. 23, 7–8 p.m.

[Webinar: Doctor of Clinical Nutrition Information Session](#)  
Oct. 24, 4–5 p.m.

[Chinese Medical Classics](#)  
Oct. 25 & 26

- Digestion and absorption
- Gluten sensitivity and celiac disease
- Food sensitivities
- The brain – nervous system connection

Spots are filling up quickly, [register today](#)



### **Recipe: Curried Sweet Potato Fries**

With peak sweet potato season right around the corner, this is a perfect fall recipe to make as a snack or dinner side dish. Sweet potatoes are one of the best sources of beta-carotene, a precursor to vitamin A. Vitamin A has a long list of health benefits, including protecting eye and skin health. Using olive or coconut oil to bake the fries enhances your body's ability to convert beta-carotene into vitamin A. Thanks to online nutrition student Emily Connors for sharing this 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.

#### **[Komodo dragon at San Antonio zoo gets acupuncture \(Houston Chronicle\)](#)**

Zoo doctors at the San Antonio Zoo are trying to help Bubba, one of the zoo's two male komodo dragons, by giving him acupuncture treatments to relieve degenerative bone disease in his knees.

#### **[5 \(Scientific!\) Reasons Getting Outside is Good for You \(Health Magazine\)](#)**

So why exactly does hanging out in nature make us so happy? Turns out, it's not just our adoration for foliage that leaves us feeling Zen—being outside can actually offer relief for everything from depression to negativity.

#### **[Soda Makers Coca-Cola, PepsiCo and Dr Pepper Join in Effort to Cut Americans' Drink Calories \(New York Times\)](#)**

Coca-Cola, Pepsi and Dr. Pepper have pledged to cut the number of sugary drink calories that Americans consume by 20 percent in about a decade.

[Webinar: Nutrition Career Panel](#)  
Oct. 27, 7–8:30 p.m.

[AOM Doctoral Call-In Information Session for Alumni](#)  
Oct. 28, 12–1 p.m.

[Webinar: Yoga Teacher to Yoga Therapist: Making the Transition](#)  
Oct. 29, 2–3 p.m.

### **NOVEMBER**

[AOM Doctoral Information Session for Alumni](#)  
Nov. 5, 7–8 p.m.

[Webinar: Doctor of Clinical Nutrition Information Session](#)  
Nov. 11, 12 – 1 p.m.

[AOM Doctoral Call-In Information Session for Alumni](#)  
Nov. 12, 7–8 p.m.

[Practicing Stillness Through the Timeless Wisdom Traditions](#)  
Starts Nov. 15

[To Know the Patient, Know Thyself](#)  
Nov. 15 & 16

[Webinar: Doctor of Clinical Nutrition Information Session](#)  
Nov. 20, 4–5 p.m.

[See all Upcoming Events](#)

### **External Events**

[American Herbalist Guild 25<sup>th</sup> Annual Symposium](#)  
Nov. 6-10  
Calloway Gardens, Pine Mt, GA  
Visit our boot

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

