

Fulfilling Our Promise

Inspiration, healing, and transformation at Maryland University of Integrative Health





Inspiration. Healing. Transformation.

Here at Maryland University of Integrative Health, these are not just aspirational words. They are the everyday experiences of our students, our graduates, and the clients they work with. We are proud to share these stories of how an education at MUIH touches lives and ripples out into the world with lasting impact.





Michelle, Herbal Medicine alumna

“It’s been an honor to serve clients in the MUIH clinic.”

Michelle has focused in particular on working with clients to support their endocrine systems. A number of her clients came to her seeking support to improve their sleep and energy levels. The lifestyle recommendations and herbal formulations helped restore their vitality. “Herbs also work well to address inflammation in the body,” Michelle says. “One of my clients saw the joint swelling and pain in her hands vanish for the first time in many years.”

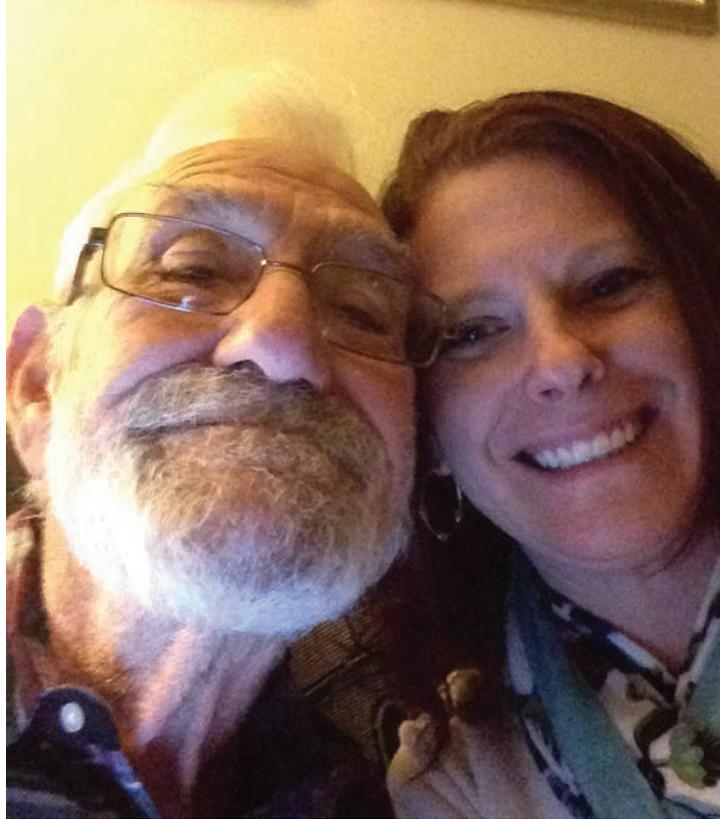
Donna, Herbal Medicine alumna

“I am truly humbled by the power of herbal medicine.”

One of Donna’s clients first presented as anxious and pale, and reported feeling generally unwell. Over the course of several consultations, Donna saw her client transform. This now relaxed, vibrant, smiling young woman said that their work together had deepened her sense of well-being and brought her to a better place than she had ever been, both physically and mentally. “The beauty of the herbal medicine program at MUIH is that it teaches us that true healing is a holistic endeavor,” Donna says. “We learn to form a partnership with our clients—to meet them where they are, and to help them discover the roots of their concerns and make positive changes to support their well-being. The herbs serve as an anchor in our treatment plan, a key part of an integrative strategy toward lasting better health.”

Robin, Health & Wellness Coaching student

When Robin's father was diagnosed at age 70 with stage III lung cancer, the impact of her experience at MUIH became apparent in a very personal way. Always the strength of their family, he was toughing it out in severe pain, with no option for surgery. Because of what she learned at MUIH, Robin was able to hold space for her dad to talk, cry, and just be present in the moment. During their time together, he was empowered to be vulnerable, honest, and courageous. "It was with a great deal of gratitude that I was able to put into practice what I learned and be the healing presence he needed," Robin says. Though his diagnosis was devastating, she feels that being able to care for her dad was a gift. "I hope I provided him comfort, compassion, and safe passage during his last weeks," she says. Carrying that with her every day, she honors her father by sharing the gift of healing presence with family, friends, and clients. "I would not trade my two years at MUIH for anything," Robin says. "I plan on making a difference in the world because of it."



"My education at MUIH makes me a better person, coach, and leader."





Joshua, Nutrition alumnus

"My overall experience at MUIH was beautiful. It was the perfect balance of knowledge and wisdom."

Joshua's first experience with nutrition counseling was as a patient. Diagnosed with Crohn's disease, he combined his western medicine treatment with complementary health techniques. "The lifestyle adjustments transformed my life," Josh says. "I no longer suffer with the symptoms of Crohn's." These dramatic results spurred Josh to create a new life path. "Crohn's disease was the catalyst; MUIH gave me the tools," he says. MUIH helped Josh to open and expand his personal knowledge base as a practitioner. He particularly loved his newfound ability to feel more comfortable in the kitchen and to experiment with food choices, dietary changes, and complete meals. "It was a gift to explore all of this," he says. "It provided me a larger lens to look through. It shook up my current view of the world. Now I can meet my clients where they are in the present moment and see the potential to help them change their lives."

Shari, Acupuncture patient

"Acupuncture has helped restore my sense of self-efficacy and hope."

Shari was seriously injured while traveling in India. After several surgeries for a broken elbow, broken arm, and concussion, she was left with ongoing pain and balance issues. Her acupuncturist Craig, a MUIH graduate, is attuned to the larger questions of mind/body wholeness in his practice. "His wisdom, skill, and wonderful sense of humor have helped me to see that pain is a message, not a barrier to life or enemy to be fought," Shari says. "I have begun to work through the fear of loss of mobility. He has brought me to a turning point in my journey."





Lynne, Yoga Therapy student

Lynne's education at MUIH inspired her to create an inclusive community for a population that is largely invisible to the public. She designed a yoga therapy program for adults with intellectual and developmental disabilities, and offers classes at several day habilitation support centers. Lynne's students vary greatly, from ambulatory to extremely limited mobility and verbal to non-verbal. They fall on the autism spectrum, and have Down syndrome, cerebral palsy, and congenital conditions that affect growth and development. "But there are two things that we all have in common," Lynne says. "Community and breath." Applying these very basic yogic principles has changed her students' lives. "My classes invite synchronous movement to bodies that have not felt rhythm, introduce breath as mood management, build self-esteem, and create a community of honor and respect," Lynne says. And as this population ages and their life expectancy increases, Lynne sees her work expanding to include therapeutic applications of yoga for dementia and Alzheimer's.

"My work helps people make an inner connection to that place within that is unaffected by their disabilities."





Your generosity means the world to our students and those whose lives they touch. We invite you to be part of our next chapter. Please consider making a contribution to our campus and program expansion—to deepen our impact, widen our reach, and write the next generation of stories.



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