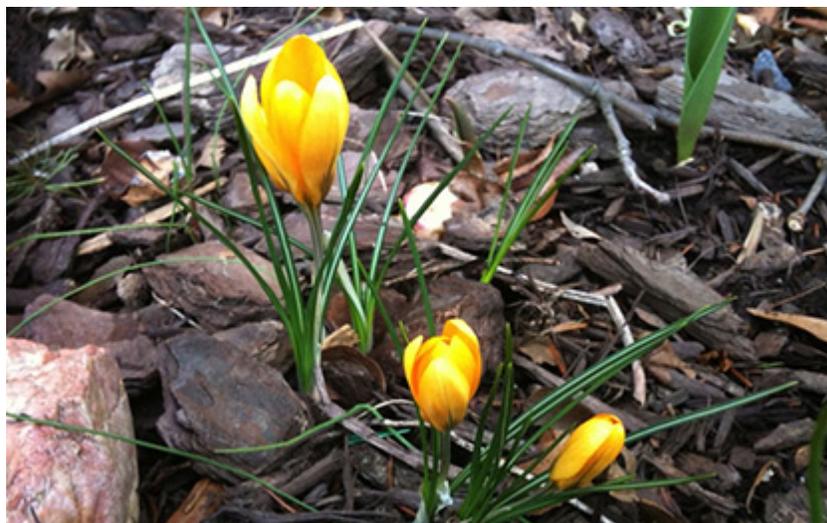


FEBRUARY 2014

## MUIH Faculty Tips: Keep Your Immune System Strong This Winter



We've got a few more weeks left of winter—wouldn't it be great to stay strong and healthy during this time? We asked several faculty members from our yoga, nutrition, herbal medicine, health and wellness coaching, and acupuncture and Oriental medicine programs to answer this question: *What are some of the top tips you'd give a client to help them maintain a strong immune system during this time of year?* [Read more...](#)

## New Roles and Expanded Opportunities for MUIH Faculty and Staff

Reflecting our growth, a number of key people have joined the MUIH community and have taken on roles in the community representing MUIH since the New Year. These include new academic leaders, the addition of a new academic department head, and external board appointments. [Read more...](#)

### Featured Events

[HEALTH CARE: Critical Questions, Integrative Answers.](#)

Feb. 10, 1:30 – 3:30 p.m.

[Reiki Workshop](#)

Starts Mar. 8

### Calendar

#### FEBRUARY

[Cooking Lab:](#)

[Using Food as Medicine](#)

Feb. 9, 10:15 a.m. – 5:30 p.m. &  
Mar. 16, 10:15 a.m. – 5:30 p.m.

[Call-in Info Session: Nutrition & Integrative Health Programs](#)

Feb. 13, 12 – 1 p.m.

[Graduate Programs Open House](#)

Feb. 15, 9:30 – 11:30 a.m.

[Call-in Info Session:](#)

[Herbal Medicine Program](#)

Feb. 18, 7 – 8 p.m.

[A Mindfulness Approach to Clinical Excellence](#)

Feb. 22, 8:30 a.m. – 5 p.m.

*\*For healthcare professionals, healthcare team members, and their significant others*

[Call-In Info Session:](#)

[Yoga Therapy Program](#)



## MUIH in the News

### CityBiz List Interviews President/CEO Frank Vitale

MUIH President and CEO, Frank Vitale, talks about what accounts for the University's rapid growth; its role as a graduate school entirely focused on integrative health care; and what the future might hold for MUIH. "We are building what I see as the university of the future," explained Vitale. "[We're] a small boutique institution with a clear dedicated focus on integrative health. We are one of only a few schools doing so and are growing into the largest of our kind in the U.S." [Read more...](#)

### Dr. Liz Lipski Speaks at Future of Nutrition Summit

Last month, Dr. Liz Lipski, was of 56 nutrition and health experts interviewed as part of the Institute for the Psychology of Eating's Future of Nutrition summit. [Read more...](#)



## Learn the Power of Energy Healing: Reiki Classes Start in March for All Levels

Mar. – Jun. 2014 (various dates)

Reiki is a form of energy healing used by and for people of all ages and professions. It is a gentle and effective tool for family wellness and a powerful addition to any healer's primary discipline. It is easy to learn and can be practiced right after your first weekend class. World-renowned Reiki master Pamela Miles will give you comprehensive traditional training in Reiki practice that's true to the spiritual roots of the practice and meets conventional healthcare standards.

Space is limited. Learn more and [register online](#).

Feb. 28, 12 – 1 p.m.

## MARCH

### [Cooking Lab: Rediscovering Your Innate Taste Buds](#)

Mar. 9 & 23, 10:15 a.m. – 5:30 p.m.

### [The Language of Wholeheartedness Creating Breakthroughs in Relationships](#)

Mar. 15, 9 a.m. – 5 p.m.

## [See all Upcoming Events](#)

## External Events

### [Integrative Healthcare Symposium](#)

Feb. 20 - 21, 2014  
Hilton New York, NY  
MUIH Booth #5



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### **Recipe: Silky Chicken**

Cooking Lab Administrator Eleonora Gafton shares a fantastic recipe this month using silky chicken, also known as black chicken, because the chicken's skin, flesh and bones are black. Recently popular in American cuisine, the silky chicken is now considered a "superfood" because of its high antioxidant levels. [Get the recipe](#)

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

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

#### **[Lotus Pose on Two \(ESPN\)](#)**

Meditation? Yoga? No yelling or swearing? The Super Bowl Champion Seattle Seahawks believe their kinder, gentler philosophy is the future of football.

#### **[The Health Hazards of Sitting \(The Washington Post\)](#)**

We know sitting too much is bad, and most of us intuitively feel a little guilty after a long TV binge. But what exactly goes wrong in our bodies when we park ourselves for nearly eight hours per day, the average for a U.S. adult?

#### **[Americans are Making Healthier Food Choices, New Study Says \(Los Angeles Times\)](#)**

American adults are increasingly consulting food labels, eating less fat and downing more fiber, according to a new report from the U.S. Department of Agriculture's Economic Research Service.

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

