



FEBRUARY 2015

MUIH Welcomes Largest Incoming Class



In January, 287 excited new students started classes at MUIH representing the largest incoming class in the University's history. As the field of integrative health grows rapidly, MUIH is attracting more students than almost any other integrative health school in the nation, and more passionate people than ever before are eager to study and practice our disciplines. Who are these wonderful students?

[Learn more about our incoming class here](#)

New Workplace Wellness Concentration in M.S. in Health Promotion

If you're passionate about health and wellness, one way to put that passion to work is to become a powerful change agent for communities and organizations. Our newly revised and expanded Master of Science in Health Promotion is the perfect way to prepare for a fulfilling career. With specialty areas in workplace wellness and community health education, this 33-credit program is designed to prepare our grads to fill

Featured Events

[Integrative Health Graduate Fair](#)
Feb. 25, 6:30-8:30 p.m.

Calendar

FEBRUARY

[Web Info Session: Acupuncture and Oriental Medicine Programs](#)
Feb. 16, 12-1 p.m.

[Webinar: Coaching Cafe](#)
Feb. 17, 7-8 p.m.

[Web Info Session: Doctor of Clinical Nutrition](#)
Feb. 18, 12-1 p.m.

[Web Info Session: Yoga Therapy Programs](#)
Feb. 18, 7-8 p.m.

[Web Info Session: Herbal Medicine Programs](#)
Feb. 19, 12-1 p.m.

[Webinar: New Perspectives on a Heart Healthy Diet](#)
Feb. 19, 7-8 p.m.

[Webinar: Herbal Enthusiast to Herbal Expert](#)
Feb. 24, 7-8 p.m.

[Webinar: Workplace Wellness: Developing a Culture of Health](#)
Feb. 26, 7-8 p.m.

the growing need for experts in this field. You can complete the program online in about two years, and can start classes this April.

[Read more about our Health Promotion program here](#)



MUIH in the News

Mary Luttamus Joins ACCAC Board of Directors

Mary Partlow Luttamus, M.S.W., e-RYT 500, Interim Academic Director of Health Philosophy and Promotion, recently joined the Board of Directors of the Academic Consortium for Complementary and Alternative Health Care as the representative for traditional world medicines or emerging professions.

MUIH Featured in Howard Magazine

MUIH was featured in Howard Magazine's January health and fitness issue. The article discussed the launch of our doctoral programs and the university's recent growth. [Read more](#)

Andrew Pengelly Publishes in New eBook

Andrew Pengelly, Ph.D., AHG, FNHAA, Director of the Herbal Dispensary, recently published a chapter on traditional uses of plants as folk medicine in Plant Bioactive Compounds for Pancreatic Cancer Prevention and Treatment, published this January by Nova Science Publishers.



Recipe: Breakfast Porridge of Champions

Start your day with a breakfast of champions! Oatmeal is one of the best sustainable meals for breakfast. Oats have great adaptogenic properties, like helping improve the resistance to stress allowing the body to stay in balance. [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.

[**NIH Complementary and Integrative Health Agency Gets New Name \(NIH\)**](#): The new name better reflects the use of integrative health care, as opposed to alternative medicine, across the United States.

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

Feb. 27, 12-1 p.m.

MARCH

[Web Info Session: Health Promotion Program](#)

March 7, 7-8 p.m.

[Life as Partnership](#)

March 14-15, 9 a.m.-5 p.m.

[Philosophy and Healing in Action](#)

Begins March 14

[Professional Development](#)

[Certificate in Animal Acupuncture](#)

Begins March 20

[See all Upcoming Events](#)

[Helpful Foods You Can Expect to See More of in](#)

[2015](#)**(Washington Post)**: Antioxidizing vegetables and protein-rich grains continue to become primary foods in more homes.

[The Way We Think About Cholesterol Could Soon](#)

[Change](#) **(Associated Press)**: An advisory committee's recommendations for the nation's dietary patterns are due soon, and some advice may be changing.

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

