

FEBRUARY 2017

Free Health and Wellness Coaching Available



Struggling with those last 10 lbs? Can't get in the groove with your fitness routine? Stress levels out of control?

Our health and wellness coaching students stand ready to help – at no cost to you! As part of the practicum phase of their program, students in our health and wellness coaching programs are required to complete several one-on-one sessions with clients. Their goal is to guide and support you in reaching your wellness goals. Interested in becoming a volunteer client? [Learn more and sign up by March 3.](#)

Do you see yourself becoming a coach? [Our Health and Wellness Coaching programs](#) enroll this fall. [Contact the Office of Graduate Admissions](#) for more information.

Featured Events

[Graduate Programs Open House](#)
Feb. 22, 7 p.m.

[iRest® Yoga Nidra Training](#)
April 5-9

Events Calendar

[Webinar: Introduction to Nutritional Genomics](#)
Feb. 20, 1 -2 p.m.

[Eating Healthy: Whole Foods, Plant-based Diet](#)
Feb. 23, 7 -8 p.m.

[Web Information Session: Admissions and Financial Aid](#)
Feb. 24, 12 -1 p.m.

[Webinar: Careers in Health Coaching](#)
Feb. 27, 12 -1 p.m.

[Webinar: Workplace Wellness: Developing a Culture of Health](#)
Feb. 28, 7 -8 p.m.

[Web Information Session: Herbal Medicine Programs](#)
Mar. 6, 7 -8 p.m.

[Web Information Session: Doctor of Clinical Nutrition](#)
Mar. 7, 1 -2 p.m.

[Web Information Session: Health Promotion Program](#)
Mar. 7, 7 -8 p.m.

2017 Commencement Speaker Announced: Dr. Leana Wen

MUIH is pleased to announce that Leana Wen, M.D., M.Sc., FAAEM, Commissioner of Health for the City of Baltimore, will be our 2017 commencement speaker. Dr. Wen's personal and professional beliefs align with the way we at MUIH approach well-being. "We share a common goal with MUIH in focusing on maintaining health and ensuring well-being for the vulnerable communities that we serve in the city," said Wen. "I'm looking forward to working together to advocate for a paradigm shift in our approach to health and to find tangible ways to collaborate." [Read more](#)



MUIH Nutrition Symposium: Nutritional Genomics in Clinical Practice

June 23-25, 2017

MUIH's inaugural symposium will focus on Nutritional Genomics in Clinical Practice for nutritionists, naturopathic doctors, and other healthcare professionals. This evolving field emphasizes the critical intersection of nutrition and genetic expression, and MUIH's symposium will center specifically on translating nutrigenomics information for the clinician and clinical practice. [Learn more and register here.](#)

Want to learn the basics of nutritional genomics? Liz Lipski, director of academic development for MUIH's nutrition program, will host an [Introduction to Nutritional Genomics webinar](#) on February 20. The webinar will provide an overview of how food and lifestyle choices influence our genes.



MUIH in the News

Sister Charlotte Kerr Honored as Part of Advisory Group on Prevention and Integrative Health

Surgeon General Vivek Murthy recently presented a Certificate of Appreciation to Sister Charlotte Kerr "for outstanding service on the Presidentially-appointed Advisory Group on Prevention, Health Promotion, and Integrative and Public Health, and contributions to the implementation of the National Prevention Strategy." Sister Charlotte served on the 21-member advisory group from its inception in 2011 through the submission of its final report in September 2016. [Read more](#)

Doctor of Clinical Nutrition Students Publish

[Web Information Session: Acupuncture and Oriental Medicine Programs](#)

Mar. 13, 7 -8 p.m.

[Webinar: Herbs and the Thriving Teen](#)

Mar. 14, 7 -8 p.m.

[Webinar: What Does a Health Educator Do?](#)

Mar. 15, 12 -1 p.m.

[Web Information Session: Yoga Therapy](#)

Mar. 15, 7 -8 p.m.

[See all Upcoming Events](#)

Series on Probiotics in Disease

Eight of MUIH's Doctor of Clinical Nutrition students have been hard at work on a seven-part article series on probiotics and disease. Here is a peek at part one, focusing on mental and neurological health, recently published in *Integrative Medicine: A Clinician's Journal*. [Read more](#)

Faculty Publish Study on Current Yoga Therapy Workforce

Steffany Moonaz, Ph.D., Marlysa Sullivan, M.P.T, and James Snow, M.A., conducted a study with an Australian colleague on the characteristics of the current yoga therapy professional workforce. The article, published in *Complementary Therapies in Medicine*, identifies both commonalities with other integrative health professions, and unique distinctions and obstacles for the field. [Read more](#)

Steffany Moonaz Featured in Article on Yoga for Arthritis

In a recent article in U.S. News & World Report, Dr. Moonaz, assistant director for academic research at MUIH, discusses the benefits of gentle yoga for people with arthritis, including alleviating pain and stiffness to help them exercise more. [Read more](#)



Recipe: Sweet Pea Guacamole

There are many ultimate appetizers to delight in for just about every season of a sport or event. But not every food receives its own national day and leaves the world captivated like this green goodness. While the trick to making perfect guacamole will always be using good, ripe avocados, adding green peas makes it low-fat, equally delicious and the brightest hue of green! When you need a healthy alternative to fatty dips and cheeses, check out this twist by MUIH Nutrition student Ruth Abate, MS. [Read more](#)

Have You Connected with MUIH Yet?



In Case You Missed It...

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

[Food as Medicine: Not Just a Fringe Idea Anymore \(NPR\)](#)

Treating people through nutrition is not a new idea, but it's making inroads as more medical professionals make meals a formal part of care, rather than relying solely on medications.

[Research Shows Mindfulness Has a Place in the Classroom \(Mindful\)](#)

New research shows that mindfulness skills improve memory, organizational skills, reading, and math scores, all while giving kids the tools they need to handle toxic stress.

[The Potential Benefit of Acupuncture for Babies \(Time\)](#)

Acupuncture may help babies who cry too much, according to a new study. Infants with colic had fewer symptoms after receiving acupuncture treatments.

[Why Superfoods are Better than Comfort Foods \(CNN\)](#)

Feeling stressed? Consider reaching for superfoods instead of comfort foods. Superfoods like kale, broccoli, and nuts can help to nourish and detoxify in times of stress.

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

