

JUNE 2017

Congratulations Class of 2017!



On June 5 at 7 p.m., Maryland University of Integrative Health held its 2017 Commencement. During the evening ceremony, 411 new healers celebrated their graduation and prepared to enter the professional world of health and wellness—our largest graduating class yet! This year MUIH also conferred its first-ever doctoral degrees in the fields of acupuncture, Oriental medicine and clinical nutrition. [Read more](#)

10 Things You Didn't Know About Steven Combs, President and CEO of Maryland University of Integrative Health



Want to learn more about our new President and CEO Dr. Steven Combs? He recently shared some interesting personal facts with Howard Magazine, like his love of *Star Wars*, Bruce Springsteen and working outdoors. [Read more](#)

Featured Events

[Jeffrey Yuen: Opening the Sensory Orifices](#)

Aug 4

[Jeffrey Yuen: Ophthalmology](#)

Aug 5-6

Events Calendar

[Herb Walk](#)

June 20, 5-7 p.m.

[Graduate Programs Open House](#)

June 20, 7-9 p.m.

[Webinar: Yoga Teacher to Yoga Therapist: Making the Transition](#)

June 21, 1-2 p.m.

[Webinar: Careers in Health Coaching](#)

June 22, 12-1 p.m.

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

June 23, 12-1 p.m.

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

June 27, 7-8 p.m.

[Web Information Session: Doctor of Clinical Nutrition](#)

June 28, 1-2 p.m.

Acupuncture is an Alternative to Drugs for Pain Treatment

As the nation grapples with a deadly addiction epidemic, more and more doctors in the US are reducing the amount of opioids they prescribe for pain and are instead looking for alternative forms of pain treatment. In a recent Q&A for the *Baltimore Sun*, MUIH assistant professor of acupuncture and Oriental medicine Tyme Gigliotti discussed how acupuncture evokes the body's natural healing response to pain and can serve as a very effective complement or alternative to prescription painkillers. [Read more](#)



MUIH in the News

Finding the Rainbow at the Farmers Market

Elizabeth Owens, M.S., CNS, LDN, Manager of Experiential Programs and adjunct faculty for the nutrition department at MUIH, stopped by Baltimore's Fox45 Morning News show to talk about what to look for at your local farmers market this season. [Watch now](#)



MUIH Alumna Named Editor-in-Chief of *Yoga Therapy Today*

Laurie Hyland Robertson, M.S., C-IAYT, a 2015 graduate and adjunct faculty member at MUIH, has been named the new Editor-In-Chief of *Yoga Therapy Today*. She began her professional life in publishing, and was a member of MUIH's first Master of Science in Yoga Therapy class.



Marlysa Sullivan Discusses Yoga and Chronic Pain in *Natural Awakenings DC*

According to a National Institutes of Health national survey, 25 million adults are experiencing some form of chronic pain. In this article, MUIH Assistant Professor Marlysa Sullivan, M.P.T., C-IAYT explains how yoga therapy is an effective method to help alleviate this widespread issue of pain. [Read more](#)



Recipe: Crunchy Apple Almond Slaw

This perfect-for-summer recipe was designed by nutrition student Lindsay Aragon in one of MUIH's Whole Foods Cooking Labs. The star of the dish is cabbage, which has strong cholesterol-reducing effects, and is assisted by vitamin C-rich lemon juice and nutrient-dense almonds. [Read more](#)

[Webinar: Herbal Enthusiast to Herbal Expert](#)

June 29, 7-8 p.m.

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

July 6, 7-8 p.m.

[Webinar: Coaching Simulation Workshop](#)

July 11, 7-8 p.m.

[Webinar: Workplace Wellness: Developing a Culture of Health](#)

July 12, 12-1 p.m.

[Integrative Health Graduate Fair](#)

July 27, 6:30-8 p.m.

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

July 28, 12-1 p.m.

[Webinar: Yoga Teacher to Yoga Therapist: Making the Transition](#)

July 31, 1-2 p.m.

[See all Upcoming Events](#)

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.

[Drinking Tea Can Cause Genetic Changes in Your Body \(Yahoo\)](#)

In the battle of coffee versus tea, the latter has come in second for years in the United States. But new research suggests that people might want to give tea another look, as there's evidence that it can actually influence your genes.

[FDA Proposes Doctors Learn About Acupuncture for Pain Management \(PBS\)](#)

The Food and Drug Administration recently released proposed changes to its blueprint on educating health care providers about treating pain. The guidelines now recommend that doctors get information about chiropractic care and acupuncture as therapies that might help patients avoid prescription opioids.

[Vermont Herb Growers Form Cooperative to Develop Reliable Markets \(MOSES\)](#)

Business is blooming for the herb industry, but growers can find it challenging to access markets. MUIH alumna Kristen McPhee writes about how growers in Vermont are gaining an edge by developing an herb grower cooperative.

[What Mindfulness Looks Like In The Age of Social Media \(mindbodygreen\)](#)

Mindfulness is focusing on the present moment and being fully engaged in what's going on in the now. Here are some tips to help you stay present when social media becomes a distraction from your mindfulness practice.

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

