

MARCH 2016

Natural Care Center Patient Funds Expand Access to Care



In order to serve our community and bring integrative health to more people, the Natural Care Center at MUIH has two year-round funds that offer free or reduced-price integrative health services: the [Living Well with Cancer Fund](#) for active cancer patients and the [Help for Healing Fund](#) for low-income individuals, active military, and seniors 65 years and older.

MUIH and Howard County General Hospital Sign Affiliation Agreement

As MUIH grows, it continues to look for ways to offer a variety of educational and clinical experiences to its students while promoting integrative medicine in the greater community. In collaboration with Howard County General Hospital, a member of Johns Hopkins Medicine, MUIH students will now be able to offer integrative clinical services to patients in the hospital seeking treatment. [Read more](#)

Featured Events

[Deepening Perspectives on Pulse Diagnosis](#)

Mar. 19 – Mar. 20
9 a.m. - 5 p.m.

[Yoga Teacher Workshop: Mudras and Meditation](#)

Mar. 16, 1 – 3 p.m.

Calendar

[Good Fat, Bad Fat: The Facts](#)

Mar. 7, 7 – 8:30 p.m.

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

Mar. 8, 7 – 8 p.m.

[Acuthon](#)

Mar. 9, 12 – 2 p.m. / 4 – 7 p.m.

[Web Info Session: Health and Wellness Coaching Programs](#)

Mar. 9, 12 – 1 p.m.

[Web Info Session: Internships in Nutrition and Integrative Health](#)

Mar. 9, 7 – 8 p.m.

[MUIH Research Symposium 2016](#)

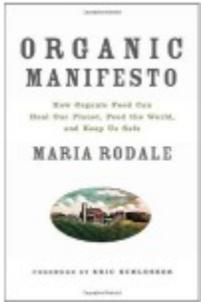
Mar. 11, 4 – 8 p.m.



Free Acupuncture: Spring Renewal ACUTHON

March 9, 12-2 p.m. & 4-7 p.m.

Join us on campus for an Acuthon on March 9 and receive a free acupuncture treatment. In a relaxing setting, you will receive a very simple yet effective auricular acupuncture treatment. Whether you have experienced acupuncture before or are a beginner, you are welcome and can expect to leave feeling relaxed, tended, and refreshed. Participants must be at least 18 years of age and must register in advance. [Read more](#)



Living an Organic Life with Maria Rodale

March 14, 12-1:30 p.m.

Join us for a thoughtful and insightful look into the history and movement of organic living. Presenter Maria Rodale is the CEO and Chair of Rodale Inc., the world's largest publisher of health, wellness, and environmental content and the largest book publisher in the United States. Maria is an activist and business woman who makes the benefits of an organic lifestyle both her personal mission and her business. [Read more](#)



Recipe: Fancy Ferments: Veggie Hors d'Oeuvres

Fermented foods are full of probiotics (good bacteria), prebiotics (food for good bacteria), and increased nutrient levels. These tasty bites will boost your immunity and gut health while delighting your taste buds! [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.

[New Study: Exercise and Meditation – Together – Help Beat](#)

[Web Info Session: Herbal Medicine Programs](#)

Mar. 14, 7 – 8 p.m.

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

Mar. 15, 7 – 8 p.m.

[Web Info Session: Yoga Therapy Program](#)

Mar. 16, 12 – 1 p.m.

[Web Info Session: Nutrition and Integrative Health Programs](#)

Mar. 17, 12 – 1 p.m.

[Graduate Open House](#)

Mar. 23, 7 – 9 p.m.

[Webinar: Good Fat, Bad Fat: The Facts](#)

Mar. 24, 7 – 8 p.m.

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

Mar. 25, 12 – 1 p.m.

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

Mar. 29, 1 – 2 p.m.

External Events

[Prosperous Practitioner Summit](#)

Mar. 1 – Mar. 8

Online event

[See all Upcoming Events](#)

[Depression\(Rutgers\)](#)

Rutgers researchers found that the mind and body combination reduced symptoms of depression for a group of students by 40 percent.

[New Study Finds Evidence Organic Food Is More Nutritious \(NPR\)](#)

Organic dairy and meat contain about 50 percent more omega-3 fatty acids. The increase is the result of animals foraging on grasses rich in omega-3s, which then end up in dairy and meats.

[Calming the Teenage Mind in the Classroom \(CNN\)](#)

Every day before French class, students at Marblehead High School in Massachusetts move their desks out of the way and lie on the ground for a guided meditation.

[New Model of Healthcare Utilizes an Entirely Integrative Approach \(Wharton Healthcare\)](#)

Casey Health Institute is pioneering a potent formula by uniting integrative health, value-based care, and population health.

[Ayurveda and How To Eat For Your Dosha \(Goop\)](#)

Ayurvedic physician, Dr. Chandan, shares some of the basic principles and qualities of the three doshas from Ayurveda and how to eat for balance.

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

