

AUGUST 2015

## MUIH and Georgetown University Medical Center Partnership Announced



As MUIH grows its programs and secures its leadership in the field of integrative health, more and more opportunities for collaboration are being realized. Starting immediately, MUIH and Georgetown University Medical Center have established a shared commitment to strengthening the relationship between conventional and complementary healthcare professions and educational institutions. The agreement commits to shared faculty, mutual support for common and independent initiatives, and preferred admissions and advanced standing for graduates of each university into academic programs of the other. [Read more](#)

This spring, Aviad Haramati, Ph.D. (above), a professor of physiology at Georgetown University School of Medicine, gave a preview of this agreement in his address at the MUIH 2015 Commencement. [Watch video](#)

### Featured Events

[Graduate Programs Open House](#)

Sep. 16, 7 – 9 p.m.

### Calendar

#### September

[Herb Walk](#)

Sep. 2, 5 – 7 p.m.

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

Sep. 9, 12 – 1 p.m.

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

Sep. 10, 7-8 p.m.

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

Sep. 14, 12 -1 p.m.

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

Sep. 17, 7-8 p.m.

[Web Info Session: Admissions](#)

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## 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 October 1.](#)

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

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### MUIH in the News

#### Herbal Dispensary Receives Grant for Good Manufacturing Process Training

MUIH's Herbal Dispensary received a grant in June from Emerson Ecologics to help develop a Good Manufacturing Process (GMP) requirements training program and to support the development of quality assurance programs for new herbalists and small herbal supplement companies. [Read more](#)

#### Dr. Pamela Jeter Co-Authors Analysis of Research for Yoga Therapy

Dr. Jeter, adjunct faculty in the integrative health sciences department, published *Yoga as Therapeutic Intervention: A Bibliometric Analysis of Published Research Studies from 1967 to 2013* in The Journal of Alternative and Complementary Medicine in July. The review looked at the surge in research and publication on yoga's effectiveness to mitigate disease, despite challenges in the field of yoga research. [Read more](#)

#### Nutrition Students Present Healthy Summer Living Series at Bread for the City

MUIH nutrition students have been educating clients and staff at Bread for the City in Washington, D.C., on staying healthy during the summer month, including tips on hydration, sugar alternatives self-care, and making health a priority. [Read more](#)

#### Dr. Steffany Moonaz Publishes Study on Yoga

[and Financial Aid](#)

Sep. 18, 12 – 1 p.m.

[Web Info Session: Yoga](#)

[Therapy Program](#)

Sep. 21, 12 – 1 p.m.

[Web Info Session: Nutrition](#)

[Internship Program](#)

Sep. 23, 7 -8 p.m.

[Web Info Session:](#)

[Acupuncture and Oriental](#)

[Medicine Programs](#)

Sep. 24, 7 – 8 p.m.

[See all Upcoming Events](#)

### **and Balance with the Visually-Impaired**

Dr. Moonaz, associate director of integrative health sciences, published a group study entitled *Ashtanga-Based Yoga Therapy Increases the Sensory Contribution to Postural Stability in Visually-Impaired Persons at Risk for Falls as Measured by the Wii Balance Board* in June. Dr. Moonaz and her fellow researchers' results suggest yoga therapy could help visually-impaired individuals improve their balance. [Read more](#)

### **MUIH Herb Garden Joins Sanctuary Seeds**

The on-campus herb garden managed by alumnus Rohan Jasani recently joined Sanctuary Seeds, a network of gardens that are sanctuaries for preserving biodiversity and plant knowledge. [Read more](#)



### **Recipe: Summer Watermelon Gazpacho**

Just in time for the sizzling summer months, here is a recipe for this refreshing and antioxidant-rich chilled soup. [Get the recipe](#)



### **Hydration for Health**

Why is it so important to stay hydrated? Jeannae Flores, M.S., and Susannah Cohen, M.S., CNS, graduates of MUIH's M.S. in Nutrition and Integrative Health, have some tip for staying hydrated in the hottest months of the year. Learn what beverages and foods to maximize, and which beverages to minimize. [Read more](#)

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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.

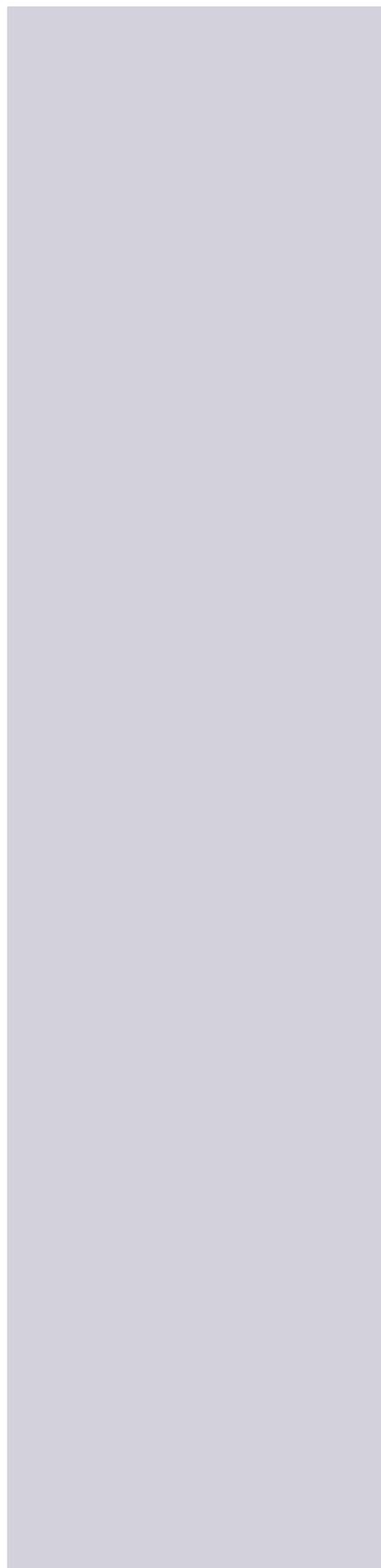
#### **Doctors Fail to Address Patients' Spiritual Needs (NY Times)**

What if the world of scientific medicine began to deal with patients as a whole person? [Read more](#)

#### **Meet Your Second Brain: The Gut (Mindful)**

Researchers are starting to see there really is a connection between our emotions and gut that functions more like one system instead of two. [Read more](#)

#### **4 Ways To Take Your Meditation Practice To The Next Level**



**(Mind Body Green)**

How serious are you taking your meditation practice? Mind Body Green offers ways to deepen what you are already practicing. [Read more](#)

**The Integrative Medicine Puzzle: Putting the Pieces Together (Acupuncture Today)**

More than ever patients want to know what their options are in health care. See how the conversation is changing to include meditation, acupuncture, yoga and even spiritual counseling. [Read more](#)

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

