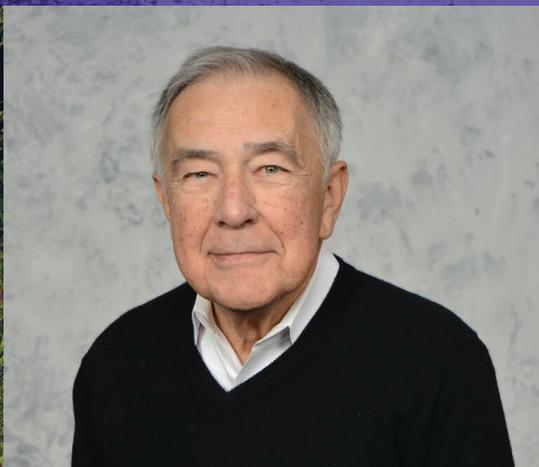


Explore

MUIH

APR/2018

A PUBLICATION FOR THE MUIH COMMUNITY



T. James (Jim) Truby



Dr. Anne Y.F. Lin

◀ LATEST NEWS

MUIH Board Elects New Chair, Vice-Chair

BY BRIAN LEE

On March 7, 2018, the Maryland University of Integrative Health (MUIH) Board of Trustees elected T. James (Jim) Truby, M.A. and Dr. Anne Y.F. Lin, Pharm.D. as the new Chair and Vice-Chair of the Board, respectively. Both will assume their new positions in June 2018.

Mr. Truby is the founder of Synthesis Incorporated, one of the most respected architectural, planning, and development firms in the Washington-Baltimore region, which serves leading-edge private and public sector clients by managing their building projects from initial vision and site assessment through design and construction to completion. Mr. Truby was elected a member of the MUIH Board of Trustees in 2012 and has served as Vice-Chair since 2013.

Dr. Lin is the founding dean and a professor at the School of Pharmacy at Notre Dame of Maryland University in Baltimore, and serves on the cabinet of the President. Dr. Lin has held faculty positions at St. John's University, founded the pharmacy practice at a new school of pharmacy at Wilkes University, and served as the dean of the College of Pharmacy-Glendale at Midwestern University. Dr. Lin was elected a member of the

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In Touch WITH OUR MANAGING EDITOR



This month, the first trimester of 2018 comes to a close and many students and faculty will be winding down after weeks of enlightening, yet intensive coursework.

Even in a place like MUIH, many of us can still find ourselves experiencing moments of anxiety and feeling “stressed-out.” It’s natural to experience stress from time to time, but when this feeling persists, stress becomes chronic and can negatively impact our quality of life as well as our mental, spiritual, and physical health.

April is Stress Awareness Month. So for this issue of *Explore MUIH*, the editorial team has gathered some helpful resources from the MUIH community to support your stress management efforts. Adjunct faculty member Jennifer Swartout offers a beautiful, compelling, and evidence-informed case for shinrin-yoku or “forest bathing” to melt away anxiety. Diane Finlayson and Jennifer Yocum provide de-stressing tips from the yoga and acupuncture perspectives in this month’s *Wellness Minute*. And the star of the monthly recipe is the nutrient-dense avocado, a great food for relieving stress and anxiety.

We’d love to hear from you! If you have story ideas, or would like to contribute as a guest writer, email your thoughts to advancement@muih.edu.

Warm regards,

Natalie Williams

Natalie Williams
Vice President of University Advancement



Research Symposium Recap

On March 23, 2018, students, faculty, and staff gathered for the third annual MUIH Research Symposium, an event that highlights the best of the University’s research and scholarship. Two symposium awards were given and Marlysa Sullivan, M.P.T., Assistant Professor of Integrative Health Sciences at MUIH, was recognized for winning MUIH’s third annual Excellence in Research and Scholarship Award.

The center-piece of the event was a poster session displaying recent research from the MUIH community. Students, faculty, and alumni submitted abstracts and were chosen to present through a peer-review process. Steffany Moonaz, Ph.D., Director of Clinical and Academic Research, kicked off the event by providing an update on research activities at MUIH. Dr. Moonaz was the winner of MUIH’s first annual Excellence in Research and Scholarship Award, awarded in 2016.

Heather Zwickey, Ph.D., Professor of Immunology at the National University of Natural Medicine and adjunct faculty at MUIH, presented the keynote address. Dr. Zwickey’s presentation, titled “Chew on This: A Collection of Nutrition Research Clinical Trials,” described three nutrition clinical trials that used three different study designs, and the advantages and disadvantages of each design. Included in the discussion was a randomized controlled trial of the anti-inflammatory diet for pre-diabetes and metabolic syndrome, a quazi-experimental designed study of the ketogenic diet for people with Parkinson’s disease, and evaluation of a community nutrition project.

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From the Expert

Shinrin-Yoku: Why I Wander in the Woods



BY JENNIFER SWARTOUT, M.S., M.A., CNS,
LDN, LMT

Adjunct Faculty, Nutrition and Integrative Health

Birds are singing, spring is springing! Nature is constant only in its harmonious balance of Yin and Yang and the cycle of the seasons.¹ Shinrin-yoku or “forest bathing” is a term first used by the Japanese Ministry of Agriculture, Forestry and Fisheries² and is really just a concise wording for “getting back to nature,” “going to the woods,” or taking some time in the wilderness. Call it what you like, shinrin-yoku gets us back to who we really are intrinsically; it gives our mind a chance to reassess our needs according to evolutionary knowledge, and to conserve vital resources for when they are absolutely necessary.³

Traditional acupuncturists believe nature is “without and within us, each of us every moment. We are nature, a replica of the universe, passing from season to season in a natural unending cycle of life.”⁴ Nei Ching tells of Yin and Yang, which continually wax and wane providing balance and a natural cycle of life and death. And so a healthy person depends on Allostasis, a regulatory system that continually fluctuates within a mean, to respond to the catabolic and anabolic necessities for survival. Nature is efficient and getting back to the woods provides a sense of familiarity and pleasure which the brain equates with an allowance for energy conservation and relaxation.

Cortisol levels, which rise when we perceive ourselves as isolated or in danger, were significantly lower ($p < 0.01$) after subjects spent time in the forest.⁵ Nature brings us to a place of calm oneness with other living creatures; it is a gentle reminder of the oneness and purpose of our own lives.⁶ Not only that, today’s environmental input becomes tomorrow’s regulatory cues; even the mere planning to go into nature starts the parasympathetic relaxation of the body and the reservation of costly resources. The average pulse of subjects was 6% lower after just sitting and watching the forest environment, and subjects who knew they were going to the forest had lower levels of cortisol ($p < 0.09$) even before going than did subjects going to the city.⁷ Remarkably, the body begins to respond to the mind’s a priori before an actual occurrence even happens. The body also benefits from forest bathing long after time spent in the woods. White blood cell activity in male office workers increased and remained elevated for thirty days after a three day stay in the forest.⁸

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NATURAL CARE CENTER
at Maryland University of Integrative Health

New Massage Therapy at the Natural Care Center

The Natural Care Center at Maryland University of Integrative Health is pleased to announce that it has added two licensed medical and therapeutic massage therapists to its clinical staff. Services are available Sundays and Tuesdays, and an introductory discount is available for MUIH students, faculty, and staff.

SPECIALTIES INCLUDE:

Acupressure; CranioSacral Therapy; Deep Tissue; Lymphatic Drainage; Pre- and Postnatal Care; Myofascial Release; Shiatsu; Sports Injuries and Prevention; Swedish; Trigger Point

SERVICE FEES

Initial Appointment

30 minute intake / 60 minute massage:
\$135

Introductory discount for MUIH students, faculty, and staff

\$90

Follow-Up Appointments

60 minutes: \$90

30 minutes: \$45

Discounted monthly plans will be available. Ask staff at the Natural Care Center front desk for more details. Appointments can be made by calling the Natural Care Center at **410-888-9048 ext 6614**.



Commencement & Reception 2018 AT THE LYRIC

June 3 | 2pm | Modell Performing Arts Center at the Lyric
110 W Mount Royal Ave, Baltimore, MD

Reception Immediately after the Commencement

MUIH Commencement - Visit the New Website!

This year, MUIH has launched the 2018 Commencement Website at muih.edu/commencement. The information provided on this website will ensure that graduates and their guests have the happiest of Commencement celebrations. Along with information about event speakers and honorees, it answers some of the most frequently asked questions and provides links to area accommodations and other information designed to help you plan ahead.

We are all looking forward to celebrating the remarkable accomplishments of the Class of 2018. Best wishes on this Commencement and through all the days ahead!



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Research Symposium Recap

Ms. Sullivan also gave a presentation of her work, “Development of an Explanatory Model for Yoga Therapy Practice and Research.”

The faculty Research Poster Award was awarded to Janice Campbell, D.O.M., L.Ac., ADS, Clinic Director for the Acupuncture and Oriental Medicine program, for “Concurrent Treatment of Low Back Pain & Recurrent Episodes of Grief Using Classical Five Element Acupuncture Theory Based Treatments: A Case Report.”

The student Research Poster Award was awarded to Shari Youngblood, M.A., Michael J. Farris, M.S., M.A., Tabitha Lenox, M.S., Aubrey Moore, M.S., and James Snow, M.A., for “Specific Carbohydrate Diet for Crohn’s Disease in a Child with Autism Spectrum Disorder: A Case Report.”

Visit muih.edu to see all 24 poster presentations, event pictures, and videos of the event presentations.

STUDENT SPOTLIGHT



CHAN THOMPSON

Program:
Therapeutic Herbalism

Q: What drew you to MUIH?

A: It was a calling, which I know is an experience many of us can understand. I felt drawn to MUIH because I found a community that was as passionate about herbs and healing as I am. I visited during one of the orientations and knew I would be pursuing my dream with MUIH. The choice was easy as this program is unique and perfectly suited to help clients through natural modalities and time-tested approaches.

Q: What excites you about your academic field of study?

A: I am excited any time I get to work with plants and people. My love for different herbs of all kinds is something that continues to make this field of study a natural choice. My work is deeply connected to nature and understanding the unique personalities and medicinal properties of the plants I encounter. When working with clients, I have the opportunity to meet new individuals and understand their many dimensions and complexities. Pairing plants with people is my (currently part-time) profession, and as an

herbalist I strive to help others discover ways to cultivate well-being, achieve holistic balance, and experience the enlightenment of herbal healing.

Q: Has there been a course you've particularly enjoyed?

A: I have enjoyed many courses throughout my program. A few of my favorite courses include Herbal Pharmacy and Materia Medica I and II due to the many new herbs we had the opportunity to explore through sampling and scientific study. It is always a treat to have herbal packages sent from the dispensary! I also thoroughly enjoy all of my professors, however I have found the instruction styles of Bevin Clare and Bryan Bowen work really well with my learning style due to the wealth of knowledge and experiential examples they bring to the course delivery. Thank you to all of the amazing herbal professors!

Q: Can you speak about the faculty here?

A: I answered this a bit in my previous response, but MUIH has a wonderful staff of professors who are very dedicated to their professions and their students' education. With every faculty member I have felt as though they are experts in their field.

Q: What is your best MUIH memory?

A: One of my most delightful memories is visiting Gaia Herbs near Asheville, NC for the Industry Intensive herbal retreat. It was wonderful to see behind-the-scenes of a company incredibly dedicated to natural, quality products. Recommending their herbs has been easy since, and I had the opportunity to learn more about Current Good

Manufacturing Practices (CGMPs) for herbal products as well. While this trip was amazing, my best memory of MUIH was the orientation retreat for the clinical area of concentration. Connecting with other herbalists, making lifelong friends, meeting my mentor and role model (Bevin), and solidifying my path as an herbalist will forever remain in my heart and memory. It was simply life changing.

Q: How do you plan to use what you've learned here?

A: What a great question! Life tends to unfold itself in unforeseen ways. I cannot pretend to know where this journey will take me, but I am hoping to use the skills I have acquired throughout this program to continue striving to be a catalyst for change and social good by giving back to the community.

Q: What would you say about MUIH to a prospective student who is interested in attending?

A: If you take the chance to walk the road less-traveled, you'll find your healing path on your journey and fellow travelers along the way. I just happened to find herbs by my roadside!

Q: What is the one word that comes to mind when you think of MUIH?

A: Transformation

Q: Is there anything else you'd like to add?

A: I feel incredibly grateful and lucky to have the opportunity to attend MUIH and meet so many wonderful people who feel about health and natural healing the way that I do. Thank you for this amazing lifelong education and I am glad to get to share my memories and experiences with you.

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Shinrin-Yoku: Why I Wander in the Woods

Stress is a number one cause for sleep disturbance; lack of sleep causes functional problems and it is an important cue for health practitioners to assess imbalance in the body. Sleep actigraphs (worn on the wrist like a watch) recorded that actual sleep time increased significantly post afternoon walks in the woods⁹ and self-reported sleeping habits such as depth and length of sleep, were significantly elevated on evenings after nature walks. Aromatic volatile substances have a great impact on our emotional and memory centers, and hence have effects on regulation of physiology. The nose knows! Subjects reported an immediate feeling of relaxation just from smelling cedar, and prefrontal brain activity and blood pressure both lowered upon exposure to cedar chips.¹⁰

Modern society and its concrete blocky structures are evolutionarily abnormal and stressful; the wilderness provides a backdrop of familiarity and connectedness, calming the body, mind, and spirit. It feels brighter and better in nature; the smell of woody green, the sound of singing birds or a running stream and the scenery of a living forest ecosystem are enjoyable. Subjects reported the forest area comparable in luminescence to that of urban areas, when in fact there was less than 5% of the total amount of light than in the city. Thermal

conditions in the forest were also reported more comfortable than in the city. Lower scores of depression and higher scores of friendliness and well-being were recorded on days after time in the woods. The amount of time in the forest and the length of the stroll did not have a correlation with the positive effects of shinrin-yoku. Any amount of time in the woods is good time in the woods.¹¹

Nature is the perfect duality; as night follows day, spring/winter, and life/decay, early scholars realized that there was no better teacher (Nei Ching). When we go to nature our physiology remembers that we are part of the cycle of life; we see first-hand how light and water turns to wood, wood decays to earth, earth to rocky metal, hot metal to burning fire, and fiery sun with water to wood. Everything is connected; again and again, the cycle continues. Much like an herbal remedy, listening ear, micronutrient, or an acupuncture needle, nature heals by opening the door to proper flow. It allows the body, mind and spirit to reset, conserve vital resources and let energy go where it is most needed.

Wordsworth (1888) so eloquently describes the anxiety of isolation and the lasting relief and pleasure that the scenic company of nature can bring in his poem "I wandered lonely as a cloud." He integrates the heavens

and the earth, and Western scientific knowledge with sage Eastern wisdom in a poetic package of nature as healer (from www.poetryfoundation.org):



I wandered lonely as a cloud
That floats on high o'er vales and hills,
When all at once I saw a crowd,
A host, of golden daffodils;
Beside the lake, beneath the trees,
Fluttering and dancing in the breeze.

Continuous as the stars that shine
And twinkle on the milky way,
They stretched in never-ending line
Along the margin of a bay:
Ten thousand saw I at a glance,
Tossing their heads in sprightly dance.

The waves beside them danced;
but they
Out-did the sparkling waves in glee:
A poet could not but be gay,
In such a jocund company:
I gazed--and gazed--but little thought
What wealth the show to me
had brought:

For oft, when on my couch I lie
In vacant or in pensive mood,
They flash upon that inward eye
Which is the bliss of solitude;
And then my heart with pleasure fills,
And dances with the daffodils."

**NOTES**

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3. Snow, J. (2012). Foundations of Health and Wellness, Isci 632 [PowerPoint slides]. Retrieved from class notes. Tai Sophia, Laurel, MD.
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5. Park, B. J., Tsunetsugu, Y., Kasetani, T., Kagawa, T., & Miyazaki, Y. (2009). The physiological effects of shinrin-yoku (taking in the forest atmosphere or forest bathing): evidence from field experiments in 24 forests across Japan. *Environmental Health Prev Med*, 2010(15), 18-26.
6. Nei Ching (1972). *The yellow emperor's classic of internal medicine*. Translated by Ilza Veith. Berkeley, CA: University of California Press.
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8. Ibid., Park et al., 2009
9. Morita, E., Imai, M., Okawa, M., Miyaura, T., & Miyazaki, S. (2011). A before and after comparison of forest walking on the sleep of a community-based sample of people with sleep complaints. *BioPsycoSocial Medicine*, 5(13), Retrieved from <http://www.bpsmedicine.com/content/5/1/13>
10. Ibid., (Tsunetsugu et al., 2009).
11. Ibid., (Tsunetsugu et al., 2009 & Morita, 2011).

COMMUNITY CORNER



Did you know between one-quarter and one third of US workers report high levels of stress at work? This long term stress can lead to a wide variety of illnesses. On this month's episode of *The Wellness Minute*, we explore the benefits of yoga therapy and acupuncture and their ability to reduce stress on the body. Special guests Diane Finlayson, M.A., C-IAYT, ERYT-500, director of the yoga program at MUIH, and Jennifer L. Yocum, M.A., M.Ac., L.Ac., doctoral student of MUIH's acupuncture program, inform viewers on the benefits of these health therapies. Tune in to learn more about the many ways stress can be reduced.



The Wellness Minute is hosted by Dr. Abigail Aiyepola, professor and associate dean of MUIH's School of Naturopathic Medicine. Residents of the city of Laurel can catch this month's episode on Laurel TV, available on Verizon FiOS Channel 12, Comcast Channel 996 (HD), and Comcast 71 (SD). *The Wellness Minute* will also be available on MUIH's YouTube channel and Facebook page.



Liz Lipski, Ph.D., Director of Academic Development, Nutrition and Integrative Health, recently hosted an episode of the 15-Minute Matrix podcast, discussing the topic of Mapping Prebiotics. The podcast is produced by the Functional Nutrition Alliance.



Place Your Ad Here!

To see your ad in the next issue of *Explore MUIH*, email Susan Larsen at slarsen@muih.edu.

► CONTINUED FROM THE COVER

MUIH Board Elects New Chair, Vice-Chair

MUIH Board of Trustees in 2014 and also serves as the Chair of the Board's Academic Affairs Committee.

During the meeting, the Board also re-elected Jonathan Anders and Christopher Formant to new three-year terms on the Board.

SPRING WELLNESS OFFERINGS

MUIH's Spring Wellness Offerings are available to all MUIH Students, Faculty, and Staff.

RESTORATIVE YOGA

Tuesdays:

12:00 – 12:30 p.m.

Location:

Maple Lawn - Summer Room

AURICULAR ACUPUNCTURE

Tuesdays:

12:00 – 2:00 p.m.

Wednesdays:

5:00 – 7:00 p.m.

Thursdays:

12:00 – 2:00 p.m.

Location:

Main Campus, rooms vary

QI GONG

Wednesdays:

2:00 – 2:30 p.m.

Location:

Maple Lawn - Summer Room

GENTLE YOGA

Thursdays:

1:00 – 1:30 p.m.

Location:

Main Campus, rooms vary

EVENTS CALENDAR



MUIH NUTRITION SYMPOSIUM: NUTRITIONAL GENOMICS AND CLINICAL PRACTICE – PATIENT MANAGEMENT

WHEN: JUNE 15–17, 2018

WHERE: MUIH

Learn more at
muih.edu/events
or RSVP here



The field of nutrigenomics 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. Attendees will learn the science behind the field and gain practical skills to apply in their practice to meet the growing patient and client demand for information. Presented by the MUIH Nutrition Department in partnership with Maryland Naturopathic Doctors Association (MNDA).



RAW KEY LIME PIE

Makes 6 individual servings
or one pie

Pie crust:

- 6 pitted dates
- 1 cup walnuts
- 1 cup pumpkin seeds
- 1 tsp vanilla extract
- ¼ tsp cardamom powder
- Pinch of salt

Filling:

- ¾ cup lime juice
- ½ cup raw honey preferably local
- ¼ cup full fat coconut milk (or yogurt – White Mountain Bulgarian)
- 2 avocados medium size
- 2 tsp vanilla extract
- 2 tsp of lime zest
- Pinch of sea salt
- ½ cup virgin coconut oil



Recipe provided by Eleonora Gafton, M.S., C.N.S., LDN, assistant professor of Nutrition, inspiring her students to create nutrient dense meals using whole seasonal foods.

Method of preparation:

- Put dates in a food processor and process until it becomes a paste. Add nuts and process until crumbly. Grease an 8X8 square pan, deep pie dish, or individual ramekins with coconut oil. Pat the mixture down into the dish to create a thick bottom crust.
- Blend all filling ingredients in a high-powered blender until smooth and creamy. Pour the mixture into the dish on top of the crust.
- Put the pie in the freezer for at least 3 hours. Remove from freezer one hour before serving to soften.

THE AMAZING GIFT OF THE AVOCADO

Avocados are fruit, however chemically they are like nuts and considered a vegetable part of the laurel family relative to bay, cinnamon, and sassafras. Avocados have a creamy consistency and are a cooling food for the body and blood. They have a high fat content (20%), and are great for people who want to gain weight or as a first food for babies. Avocados are a rich source of monounsaturated fatty acids, vitamin E, B and fiber and carotenoid lutein for eye sight. They are very popular and delicious in many dishes such as gazpachos, smoothies, dips, salads, garnishes, and desserts.

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MUIHealth

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