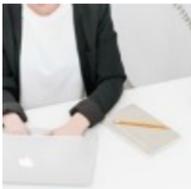


SEPTEMBER 2016

MUIH Welcomes Fall 2016 Incoming Class



In the first week of September, 317 students began their journeys at MUIH, our largest incoming class thus far. This fall class brings the total student body population to 1,482 students from 47 states and U.S. territories and 27 countries. MUIH continues to grow as the demand for more integrative healthcare practitioners reaches record heights. The driving force behind everything MUIH does is its desire to create the best learning environment and educational opportunities for its students—both on-campus and online. So who are these passionate, eager future integrative healthcare providers? [Read more](#)



Three Ways to Increase Your Productivity and Time Management in Work, School, and Life

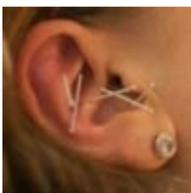
With school back in session and work plugging along, it can be hard to manage all the different tasks and activities life throws at you. MUIH Health and Wellness Coaching alumna Sherry Leikin shares three effective actions you can take to keep your feet on the ground, your vision bright and clear, and any new experiences you take on joyful ones. [Read more](#)



Herb Walk On Campus

September 14, 5–7 p.m.

Visit campus for a relaxing and informative tour of the MUIH herb garden and surrounding property before the Graduate Programs Open House this week! Learn to recognize a variety of herbs and understand more about how they are used for healing and wellness. [Read more and register](#)



Free Acupuncture: Fall ACUTHON

October 26, 12–2 p.m. & 4–7 p.m.

Join us on campus for an Acuthon on October 26 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 and register](#)

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.

Featured Events

[Open House](#)

Oct. 19, 7 -9 p.m.

[Acuthon](#)

Oct. 26, 12 -7 p.m.

Events Calendar

[Web Information Session: Admissions and Financial Aid](#)
Sep. 16, 12 -1 p.m.

[Web Information Session: Nutrition and Integrative Health Programs](#)
Sep. 19, 12 -1 p.m.

[Web Information Session: Herbal Medicine Programs](#)
Sep. 20, 7 -8 p.m.

[Web Information Session: Acupuncture and Oriental Medicine Programs](#)
Sep. 21, 7 -8 p.m.

[Webinar: Coaching Simulation Workshop](#)
Sep. 22, 1 -2 p.m.

[Web Information Session: Internships in Nutrition and Integrative Health Programs](#)
Sep. 28, 7 -8 p.m.

[Web Information Session: Health Promotion Program](#)
Sep. 29, 7 -8 p.m.

[Web Information Session: Herbal Medicine Programs](#)
Oct. 3, 12 -1 p.m.

[Web Information Session: Nutrition and Integrative Health Programs](#)
Oct. 7, 7 -8 p.m.

[Web Information Session: Acupuncture and Oriental Medicine Programs](#)
Oct. 10, 12 -1 p.m.

[Webinar: Careers in Health Coaching](#)
Oct. 10, 1 -2 p.m.

[Web Information Session: Yoga Therapy](#)
Oct. 11, 1 -2 p.m.

[Webinar: Careers in Herbal Medicine](#)
Oct. 13, 7 -8 p.m.

[Web Information Session: Health Promotion Program](#)
Oct. 13, 12 -1 p.m.

[Webinar: Workplace Wellness: Developing a Culture of Health](#)
Oct. 17, 7 -8 p.m.

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

[Review Examines Clinical Trial Evidence on Complementary Approaches for Five Painful Conditions \(National Center for Complementary and Integrative Health\)](#)

The new review "shows that a variety of complementary health approaches—including acupuncture, yoga, tai chi, massage therapy, and relaxation techniques—hold promise for helping to manage pain."

[Battling the Physical Symptoms of Stress \(Mindful.org\)](#)

Our stress response system cannot distinguish between a saber-toothed tiger in the wild and a harsh email. Stress is one of the most common mental and emotional barriers to overall health and wellbeing that, in time, can manifest itself as chronic physical ailments.

[Acupuncture Beats Injected Morphine for Pain: Groundbreaking Study \(GreenMedInfo\)](#)

In a recent study published in the American Journal of Emergency Medicine, acupuncture treatment was more effective and faster in relieving pain, and with less adverse effects, than intravenous morphine.

[Yoga Therapy Helps Grandmother Regain Straight Posture \(New York Post\)](#)

For decades, 85-year-old Anna Pesce suffered from hunched posture due to a herniated disc, scoliosis and osteoporosis. After only one month of practice to treat her scoliosis, the 85-year-old woman is standing straight, tall, and strong.

[Motivational Health Coaching Reduces COPD Hospital Readmissions \(MD Magazine\)](#)

In a groundbreaking new health coaching study, researchers from the Mayo Clinic found that "hospital readmissions were significantly reduced among chronic obstructive pulmonary disease patients who participated in health coaching."

Oct. 18, 1 -2 p.m.

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

Oct. 18, 7 -8 p.m.

[See all Upcoming Events](#)

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

