

APRIL 2014

Honest Tea Co-Founder and TeaEO Seth Goldman Shares Personal Insights and Business Lessons at MUIH



Sixteen years ago, Seth Goldman started selling bottled tea from his Maryland kitchen. His company was acquired by the Coca-Cola Company in 2011, and today Honest Tea is the nation's top-selling organic bottled tea company. Join us on Thursday, April 24 from 12 – 1:30 p.m. to hear Seth Goldman share life and business lessons from his new book, *Mission in a Bottle: Scaling an Authentic Brand While Keeping it HONEST*. [Learn more here...](#)

Get a Spring Tune-Up at the MUIH Natural Care Center

Featured Events

[Medicine Making: Weeds from the Woods: Plant Identification and Assessment](#)

Apr. 17, 5 – 7 p.m.

[Graduate Programs Open House](#)

Apr. 22, 7 – 9 p.m.

[Lecture and Book Signing with Dr. John Sullivan](#)

May 21, 6:30 – 8:30 p.m.

Calendar

APRIL

[Call-In Info Session: Yoga Therapy Program](#)
Apr. 14, 12 – 1 p.m.

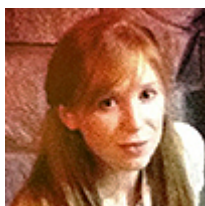
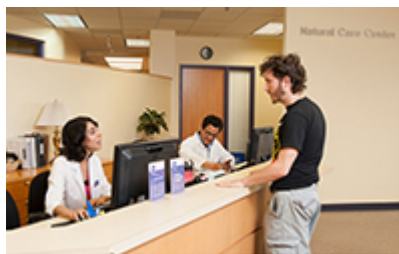
[Webinar: Spring Cleaning Your Diet](#)
Apr. 14, 7 – 8 p.m.

[Acupuncture and Oriental Medicine Career Panel](#)
Apr. 15, 6:30 – 8 p.m.

[Call-in Info Session: Nutrition and Integrative Health Programs](#)
Apr. 15, 7 – 8 p.m.

[Yoga Teacher Workshop: Low Back Pain](#)
Apr. 16, 1 – 3:30 p.m.

With spring finally here, now is a perfect time to visit one of our graduate student interns at the on-campus Natural Care Center. Our interns offer very affordable services in acupuncture, Chinese herbal medicine, western herbal medicine, and nutrition. [Clients rave](#) about the clinic's team care approach, which provides effective and compassionate care from student interns under the supervision of licensed or certified professional faculty supervisors. [Learn more and book your appointment today.](#)



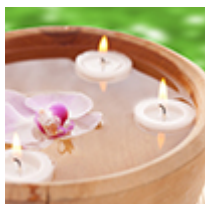
MUIH in the News

MUIH Alum Lindsay Kluge Interviewed in RVA Magazine

In an interview in Richmond, Va., arts and music magazine *RVA*, Lindsay Kluge, a 2012 graduate of the herbal medicine program, discusses her new health coaching position at Ellwood Thompson's organic market in Richmond, and how her education at MUIH helps her to communicate effectively with medical professionals. In addition to being a health coach, Kluge owns and operates her own herbal practice, Ginger Tonic Botanicals. [Read the interview...](#)

Dr. Liz Lipski Joins Editorial Board of *Brain and Gut*

Dr. Liz Lipski, director of academic development for MUIH's nutrition and integrative health programs, has joined the editorial board of the new peer-reviewed journal *Brain and Gut*, which will publish original research on the relationship between the nervous and digestive systems.



Mindfulness Meditation for Well-Being and Happiness

Starts May 1

2014 has been called the Year of Mindfulness. Science is touting its benefits and, if you're serious about wellness, you've probably been meaning to begin or continue with a meditation practice. Over the course of six weeks with Dr. Hugh Byrne as your

[Webinar: Infertility: The Chinese Medicine Approach](#)

Apr. 17, 7 – 8 p.m.

[Webinar: Four Unique Herbs for the Nervous System](#)

Apr. 25, 12 – 1 p.m.

[Call-in Info Session: Acupuncture and Oriental Medicine Programs](#)

Apr. 29, 12 – 1 p.m.

[NCCAOM Review Course](#)

Starts Apr. 30

[Call-in Info Session: Admissions and Financial Aid](#)

Apr. 30, 12 – 1 p.m.

MAY

[Colorful Wellness: Eating the Rainbow](#)

May 1, 7 – 8:30 p.m.

[Herb Walk on Herb Day](#)

May 3, 11 a.m. – 12:30 p.m.

[Webinar: Colorful Wellness: Eating the Rainbow](#)

May 5, 12 – 1 p.m.

[Next Steps: From Nursing to Acupuncture](#)

May 5, 6:30 – 8 p.m.

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

May 6, 7 – 8 p.m.

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

May 7, 7 – 8 p.m.

[Webinar: Medicinal Mushrooms](#)

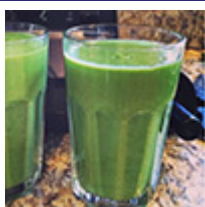
May 8, 7 – 8 p.m.

[Webinar: Next Steps: From Nursing to Acupuncture](#)

instructor, you'll learn a series of meditation techniques that will help you:

- Reduce stress and its impact on your body, mind, and spirit
- Improve focus
- Develop greater clarity, insight, and self-awareness
- Increase compassion and attention to the well-being of others

[Learn more and register today](#) - space limited



Recipe: Better Than Popeye's Green Smoothie

This sweet smoothie is both delicious and nutritionally dense, making it a perfect option for a quick breakfast before you head out the door in the morning. It includes mild-tasting spinach and kale, both of which are great sources of fiber and are rich in vitamins A and C. The smoothie also contains almond butter, which is a healthy source of fat that keeps you feeling full and balances your blood sugar levels. Thanks to nutrition program alum Joanna Balz for sharing her recipe! [Get the recipe](#)

In Case You Missed It...

Here are some of the most interesting health and wellness related items buzzing around online right now.

[Meditation Experts Discuss the Real Secrets to Mindfulness at Work \(Huffington Post\)](#)

Meditation and mindfulness have made their way into the corporate world, as numerous CEOs open up about their meditation practices, and more companies offer mindfulness training programs for their employees.

[The Pace of Modern Life Versus Our Cavewoman Biochemistry \(TEDxQueenstown\)](#)

Australasia's leading nutritional biochemist Dr. Libby Weaver talks about how women today feel pressure to be all things to all people while their biochemistry has yet to adapt to this change in pace.

[Are Secret, Dangerous Ingredients in Your Food? \(Washington Post\)](#)

Food manufacturers are exploiting a "legal loophole" that allows them

May 12, 7 – 8 p.m.

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

May 13, 12 – 1 p.m.

[Graduate Programs Open House](#)

May 20, 7 – 9 p.m.

[Call-in Info Session: Admissions and Financial Aid](#)

May 21, 12 – 1 p.m.

[Call-in Info Session: Acupuncture and Oriental Medicine Programs](#)

May 22, 12 – 1 p.m.

[Webinar: Careers in Herbal Medicine](#)

May 27, 7 – 9 p.m.

[Call-in Info Session: Yoga Therapy Programs](#)

May 28, 12 – 1 p.m.

[See all Upcoming Events](#)

External Events

[National Association of Nutrition Professionals Annual Conference](#)

April 25 – 27

Tucson, AZ

to use new chemicals in products without notifying the FDA, a new report says.

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

