

DECEMBER 2014

A Deep Bow of Gratitude: Weston-Truby Family Make Generous Donation to MUIH



It is with deep appreciation that we thank James Truby, Vice-Chair of MUIH Board of Trustees and Verity Weston-Truby for their generous donation to the university. In recognition of their generosity, a treatment room in the Natural Care Center has been named in honor of the Weston-Truby family. This meaningful gift significantly helps our efforts to build a stronger clinical experience for our students, who will take what they learn, and pass on a gift by touching the lives of others. Each gift we receive creates a beautiful cycle of giving in support of our mission.

Thank you to the Westin-Truby family. Contributions like this help us educate future practitioners and leaders who will greatly improve people's health as well as their lives.

[Read about MUIH's Fulfilling Our Promise Fundraising Campaign](#)

Holiday Recipes with an Immunity Boost

Events Calendar

DECEMBER

[Web Info Session: Nutrition and Integrative Health Internship Program](#)
Dec. 17, 7 – 8 p.m.

[Webinar: How to Stock Your Kitchen with Healthy Food](#)
Dec. 17, 7 – 8 p.m.

JANUARY

[School of Philosophy and Healing in Action \(SOPHIA\)](#)
Begins Jan. 5

[Web Info Session: Herbal Medicine Programs](#)
Jan. 6, 7 – 8 p.m.

[Introduction to Chinese Herbal Medicine](#)
Begins Jan. 10

[Web Info Session: Nutrition and Integrative Health Programs](#)
Jan. 14, 12 – 1 p.m.

[General Pediatrics and Special Needs: The Chinese Medicine Approach](#)
Jan. 15, 6:30 – 8 p.m.

[Graduate Programs Open House](#)
Jan. 21, 7 – 9 p.m.

Boost your immunity by cooking up some tasty treats for the coming holidays using common culinary herbs and spices. Claudia Joy Wingo, herbalist and chef, shares some of her favorite recipes featuring everyday kitchen seasonings with healing qualities.

Thyme, sage, rosemary, and marjoram are high in essential oils and full of phytochemicals which keep colds and flu at bay. Turmeric is one of the best anti-inflammatory herbs, good for achy joints and as liver support. Fenugreek and cinnamon help to stabilize the blood sugar level and cloves and cardamom act as digestive carminatives, helping ease digestive bloating or an upset stomach.

With these simple recipes, your holiday meals will be both healthy and spicy!

[Read more](#)



MUIH in the News

Professor Heming Zhu Published in Medical Acupuncture

Professor Heming Zhu, Ph.D, CMD, M.Ac., L.Ac., published an article in the October 2014 issue of Medical Acupuncture. "Acupoints Initiate the Healing Process" focuses on the three major reactions at acupuncture points when the needling is performed, and concludes that these reactions are the beginning of healing. [Read more](#)

MUIH Now Using 100% Wind Energy

Beginning this December, MUIH is going greener and is purchasing 100% wind energy for electric power on campus. The switch was organized by Groundswell, a non-profit organization brings people and organizations together to make more effective purchases. [Read more about Groundswell](#)

In Case You Missed It...

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

[10 Wellness Trends to Watch in 2015 \(Mind Body Green\)](#)

Meditation, super green foods, sustainability and health wellness are just a few of the lifestyle shifts that moved mainstream. Have they

[Webinar: General Pediatrics and Special Needs: The Chinese Medicine Approach](#)

Jan. 22, 7 – 8 p.m.

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

Jan. 28, 12 – 1 p.m.

[See all Upcoming Events](#)

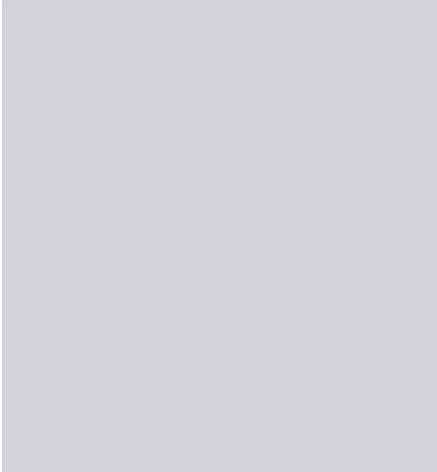
come to stay?

[Health Care Law Is Not One-Size-Fits-All, and Here's Why \(New York Times\)](#)

With health insurance enrollment deadlines around the corner, consumers will once again be determining whether the nationally uniform set of requirements of the Affordable Care Act fits all.

[5 Everyday Superfoods for Your Nails, Hair and Skin \(One Green Planet\)](#)

It's what people see first and are true indicators for what is going on within our bodies. Learn what foods help keep them glowing.



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

