



MAY 2014

NEW VIDEO: Meet Dr. Maya Moroto, MUIH's New Academic Programs Director for Nutrition and Integrative Health



In early February, Dr. Maya Moroto, joined MUIH to serve as the new Director, Academic Programs, for Nutrition and Integrative Health. She's a Registered Dietitian and most recently worked as a public health nutritionist in the DC government's Office on Aging. Hear what her plans are for the nutrition program over the next year and more. [Watch the video...](#)

2014 Commencement Ceremony Speaker Announced

Featured Events

[Graduate Programs Open House](#)
May 20, 7 – 9 p.m.

[Acupuncture and Oriental Medicine Career Panel](#)
Jun. 10, 6:30 – 8 p.m.

[Webinar: 10 Essentials to Joyous Health](#)
Jun. 11, 7 – 8:30 p.m.

Calendar

MAY

[Chronic Pain: The Chinese Medicine Approach](#)
May 12, 6:30 – 8:30 p.m.

[Webinar: Next Steps: From Nursing to Acupuncture](#)
May 12, 7 – 8 p.m.

[Web Info Session: Nutrition and Integrative Health Programs](#)
May 13, 12 – 1 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](#)

Tracy W. Gaudet, M.D., director of the Office of Patient Centered Care and Cultural Transformation at the Veterans Health Administration, will deliver the keynote commencement address to more than 100 graduating students and guests at MUIH's commencement ceremony on Monday, June 2, 2014, from 7 – 9 p.m. [Read more...](#)



Chinese Herbs Making Inroads in Western Medicine

In January one of the nation's top hospitals, the Cleveland Clinic, opened an on-site herbal clinic for physicians to refer their patients to for herbal treatments. Chinese herbal medicine is one of the most widely practiced herbal traditions in the world and is gaining more acceptance within the medical community in the U.S. Watch Dr. Oz talk about herbal medicine and some of its latest treatments ([click here](#)). MUIH offers Chinese herbal medicine consultations and patients can purchase herbal formulas prescribed by their practitioners at our herbal dispensary. [Learn more and schedule an appointment.](#)



Embrace the Four Seasons of Life with Dr. John Sullivan

Lecture & Book Signing May 21, 6:30 – 8:30 p.m.

Can you design a new perspective on aging? Join esteemed MUIH faculty member John Sullivan, Ph.D., J.C.D., for a thought provoking and uplifting lecture on accessing all of our seasons and stages of life at each moment. He will also discuss his new book, *Integral Living: Embracing the Four Seasons of Life as Daily Practice*. [Learn more and register today](#)

[Medicine](#)

May 27, 7 – 9 p.m.

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

May 28, 12 – 1 p.m.

[Webinar: Coaching Café](#)

May 29, 7 – 8 p.m.

JUNE

[Yoga Teacher Workshop: Neck and Shoulder Pain](#)

Jun. 2, 5:30 – 8 p.m.

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

Jun. 4, 7 – 8 p.m.

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

Jun. 5, 12 – 1 p.m.

[Redefining Health](#)

Jun. 7 – 8

[Healthy Fat Superfoods: Why We Need Them](#)

Jun. 12, 7 – 8:30 p.m.

[Communicating Reiki Mainstream with Pamela Miles](#)

Jun. 13, 6:30 – 8:30 p.m.

[Reiki First Degree Healing: Weekend 3](#)

Jun. 14 – 15

[Webinar: Healthy Fat Superfoods: Why We Need Them](#)

Jun. 16, 7 – 8 p.m.

[Graduate Programs Open House](#)

Jun. 19, 7 – 9 p.m.

[Why Does it Hurt? The Chinese Medical Philosophy Behind Pain](#)

Jun. 21, 11 a.m. – 12 p.m.



Recipe: Green Beans Istanbul

Green beans provide a big boost to your immune system by providing 40 percent of your recommended daily allowance of vitamin C in just one cup. Using olive oil to soften the onions and flavor the dish provides monounsaturated fat that's been shown to lower blood lipids. The combination of these nutritional benefits makes Green Beans Istanbul a delicious dish that's good for your heart and your immune system. This recipe is great served hot or cold and tastes even better the next day! Thanks to nutrition grad student Danielle Shea Tan for this 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.

[Why We Will Come to See Mindfulness as Mandatory \(The Guardian\)](#)

This increasingly popular tool for calming the mind, once seen as a New Age fad, could play a role in hospitals and schools.

[The American Coconut Water Craze in One Health Nut Approved Chart \(Quartz\)](#)

In a span of 10 years, the potassium-packed drink has gone from hardly even being a thing—let alone the sort of thing people in the US buy—to lining supermarket and convenience store shelves all around the country.

[A Close-up Look at Acupuncture for Pain \(ABC News\)](#)

A growing number of Americans would prefer to stop popping pills and avoid going under the knife to treat a bum knee, achy lower back or sore hip. Instead, they're turning to the ancient Chinese practice of acupuncture to help ease chronic joint pain.

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

Jun. 23, 12 – 1 p.m.

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

Jun. 23, 7 – 8 p.m.

[Webinar: American Ginseng: Where Culture, Trade and Politics Collide](#)

Jun. 24, 7 – 8 p.m.

[Webinar: Why Does it Hurt? The Chinese Medical Philosophy Behind Pain](#)

Jun. 25, 7 – 8 p.m.

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

Jun. 27, 12 – 1 p.m.

[See all Upcoming Events](#)

External Events

MUIH will be a sponsor or exhibitor at the following events. Stop by our booth and say hello!

[Green Festival DC](#)

May 31 – Jun. 1

Washington Convention Center, Washington, DC

[Howard County Family Wellness Day](#)

June 1

Centennial Park, Ellicott City, MD

[Symposium on Yoga Therapy and Research](#)

Jun. 5 – 8

Austin Renaissance Hotel, Austin, TX

