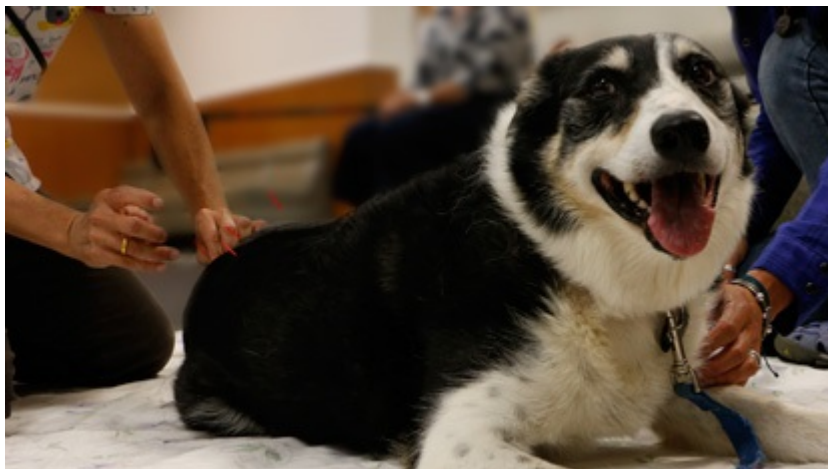


NOVEMBER 2015

## Congratulations Animal Acupuncture Graduates



This fall, MUIH graduated the most recent class from the Animal Acupuncture Certification program. As more and more people are experiencing the healing possibilities of Chinese medicine, it's natural that they are now seeking the same treatment for their animal companions. The class participants, all licensed acupuncturists, were eager to fill this growing need. [Read more](#)

## MUIH and University of Maryland Upper Chesapeake Health Sign Partnership Agreement

Maryland University of Integrative Health (MUIH) and University of Maryland Upper Chesapeake Health (UM UCH) are joining forces to bring integrative health services to individuals receiving care at UM Upper Chesapeake Medical Center. The agreement offers MUIH graduate student interns the opportunity to collaborate with health providers at UM UCH to offer an integrative medical model, while offering a wide range of natural approaches to health and healing to

### Featured Events

[Graduate Programs Open House](#)

Nov. 18, 7 – 9 p.m.

[Nutrition Strategies for Chronic Stress: Workshop for Health and Wellness Practitioners](#)

Dec. 5, 9 – 5 p.m.

### Calendar

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

Nov. 5, 12 – 1 p.m.

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

Nov. 5, 7 – 8 p.m.

[Webinar: Careers in Health Coaching](#)

Nov. 9, 7 – 8 p.m.

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

Nov. 9, 7 – 8 p.m.

the UM UCH community. [Read more](#)

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## MUIH in the News



### MUIH Faculty Perspectives on Research on Herbal Medicine

A number of MUIH faculty were recently included in a roundup of expert opinions on the past and future of botanical research. The Integrator Blog featured 12 voices, including James Snow, Assistant Provost for Academic Research, Dr. Michael Tims, Academic Director of the Herbal Programs, and Bevin Clare, Associate Professor. [Read more](#)

### Dr. Steffany Moonaz's Study on Yoga and Arthritis Gaining Attention

A study by Dr. Steffany Moonaz, associate director of integrative health sciences, on the effects of yoga on individuals with arthritis is gaining attention from a number of news outlets. Read more about the outcomes of the study in the [Baltimore Sun](#), [Time](#), and from [Johns Hopkins Medicine](#).

Correction: In the August newsletter, Dr. Pamela Jeter's research publication on yoga and balance with the visually-impaired was incorrectly attributed to Dr. Steffany Moonaz. Dr. Jeter is the primary author and Dr. Moonaz supported her in this work.



### Recipe: Curried Apple Sweet Potato Bisque

This recipe uses a custom curry blend that includes cardamom, coriander, cinnamon, cloves, and a serious dose of black pepper. Any curry powder or curry blend will do, though! [Get the recipe](#)

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## In Case You Missed It...

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

### Nobel Renews Debate on Chinese Medicine (Times)

Is the value of traditional Chinese medicine genuinely being seen? See where the views differ on ancient theories versus modern science. [Read more](#)

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

Nov. 10, 7 – 8 p.m.

### [Web Info Session: Acupuncture and Oriental Medicine Programs](#)

Nov. 11, 7 – 8 p.m.

### [Webinar: Five Exciting Jobs for Community Health Educators](#)

Nov. 12, 12 – 1 p.m.

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

Nov. 12, 7 – 8 p.m.

### [Eating with the Seasons: Autumn to Winter](#)

Nov. 12, 7 – 8 p.m.

### [Web Info Session: Yoga Therapy Program](#)

Nov. 16, 12 – 1 p.m.

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

Nov. 16, 7 – 8 p.m.

### [Call-in Information Session: AOM Chinese Herbs](#)

Nov. 17, 7 – 8 p.m.

[See all Upcoming Events](#)

### **Stress is Optional (Mindful)**

Did you know that stress is a choice? Learn 11 ways to interject mindfulness into the spiral of stress. [Read more](#)

### **Raising the Bar on Corporate Wellness (Huffington Post)**

Learn how companies are shifting the mindset of employees and promoting health-related behaviors to optimize wellness for the whole person. [Read more](#)

### **Inherent mindfulness linked to lower obesity risk, belly fat: (Science Daily)**

Is there a connection with eating healthier and being aware of your present thoughts? The New England Family Study seems to think so. [Read more](#)

### **7 Probiotic Foods That Are Great For Your Gut (MindBodyGreen)**

There are numerous things that cause imbalance and destroy naturally good bacteria in our bodies. Discover a few amazing foods that provide the same powerful boost as supplements. [Read more](#)

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

