


# JOURNEYS

A MUIH PUBLICATION FOR  
UNIVERSITY ALUMNI

**LEADING** THE WAY  
FORWARD IN HEALTHCARE



A photograph of a wooden boardwalk path leading through a dense, sun-dappled forest. The path is made of wooden planks and is surrounded by lush green trees and foliage. Sunlight filters through the leaves, creating a bright, airy atmosphere. The path leads towards a bright light source in the distance, possibly a clearing or a body of water.

**MUIH'S** ALUMNI COMMUNITY  
**TRANSENDS GENERATIONS AND**  
**GEOGRAPHICAL BOUNDARIES**





**A**t this time of year, we joyfully celebrate our newest graduates and offer encouragement as they move forward in their personal and professional journeys. Among them are the next generation of healthcare pioneers, ready to apply their new knowledge towards advancing integrative health practices throughout communities across the nation. Each graduate's story is unique and powerful.

As I imagine graduates radiating outward, I think about how fortunate they are to be entering our alumni community filled with people like you who have traversed a similar path. Each of you has paved the way for many of our new graduates.

MUIH's alumni community transcends generations and geographical boundaries. Among you are healers, entrepreneurs, clinicians, researchers, volunteers, educators, and public servants. While our community is filled with diverse perspectives, we share and revere the core values that unite us.

As alumni, you have been passionate in your support for bringing our shared values to life. You have supported scholarships for new students and given back in countless other ways, large and small. Your engagement in your communities and your support of MUIH are an essential part of making our achievements possible.

Your spirit has inspired us to launch our first alumni magazine, *Journeys* - coming to you for the first time during this special time of year and filled with wisdom from across our University. We are proud to present to you a robust magazine with an emphasis on bringing the community to our alumni once again.

I hope that you enjoy this new magazine and that it provides you with a snapshot of the transformative work being done across our community. As always, we welcome your comments and suggestions, please feel free to share them by emailing us at [advancement@muih.edu](mailto:advancement@muih.edu). We look forward to your feedback and collaboration to inform future issues of *Journeys*. //

A handwritten signature in black ink, reading "Steve Combs". The signature is fluid and cursive, with the first name "Steve" and last name "Combs" clearly legible.

Steven C. Combs, Ph.D.  
President & CEO



**A NUMBER OF NEW PROGRAMS  
ARE BEGINNING TO BLOOM  
AT THE UNIVERSITY TO MEET  
EMERGING TRENDS AND  
PROFESSIONAL NEEDS IN  
HEALTH AND WELLNESS.**

**T**he change from spring to summer brings with it new waves of growth and blossoms. So too is the case at MUIH and I am pleased to share some of these with you.

Most importantly, in June we celebrate the graduation of a new group of integrative health professionals. I know you'll welcome them with open arms as fellow alumni and professional colleagues! They share with you a commitment to relationship-based, high quality, and affordable practices to address the many health and wellness concerns of our society. Together, you will undoubtedly continue to transform the nature of healthcare.

The many leaves of the new Career Center are unfolding in support of the professional and employment needs of alumni and students. Group workshops on a variety of career development topics, and individual consultations and career counseling are available. The weekly *Career Opportunities Digest* provides

alumni and students with access to job, internship, space rental, other career opportunities, and is complemented by the online job board. On-campus recruiting events and employer outreach efforts are expanding, and career services and alumni affairs are partnering to provide engaging panel discussions. I encourage you to take advantage of these new opportunities and personalized support.

A number of new programs are beginning to bloom at the University to meet emerging trends and professional needs in health and wellness. These include academic certificates programs in nutritional genomics, sport performance and nutrition, workplace wellness, and Ayurveda wellness, as well as a master's degree and certificate in integrative health studies. Also budding is the re-envisioned professional and continuing education unit with an emphasis on online, life-long learning opportunities for you and other health and wellness professionals. Our research and scholarship initiatives

continue to grow. Members of the academic community, including alumni, have seen the fruits of their work result in numerous presentations and publications and this year saw the participation of alumni in our annual research symposium.

While still sprouting, a goal for the coming year is the development of a vibrant professional network of colleagues among alumni, students, and faculty. Such a network can provide you with valuable inter-professional connections and learning opportunities. For our students and faculty, your expertise can inform the ongoing relevancy of our programs and provide students with first hand access to perspectives and experiences that complement their formal studies. In the coming months I encourage you to think about the shadowing, mentoring, or internship opportunities that you might be able to share with our students, as well as becoming a panelist, guest lecturer, or faculty member. You have much wisdom to share and we are grateful for the ways that you enrich our community! //

A stylized, handwritten signature in black ink, appearing to read 'Christine Sax'.

Christine Sax  
*Provost and Vice President,  
Academic and Student Affairs*





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JOURNEYS  
MAGAZINE

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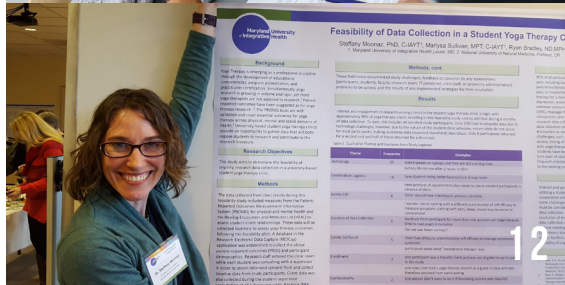
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*We want to hear from you...  
please send your comments and  
suggestions via email  
to [slarsen@muih.edu](mailto:slarsen@muih.edu).*

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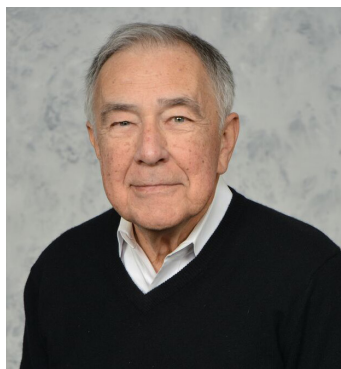


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## NEW UNIVERSITY LEADERSHIP

### MUIH Board Elects New Chair and Vice-Chair; University Welcomes New Officers, and Conducts Nationwide Search For Associate VP for Student and Alumni Affairs



*T. James (Jim) Truby  
Chair*



*Dr. Anne Y.F. Lin  
Vice-Chair*



*Nigel Long  
VP, Enrollment Management*



*Natalie Williams  
VP, University Advancement*

#### 2018 HAS BEEN AN EXCITING AND TRANSFORMATIVE YEAR FOR MUIH.

On March 7, 2018, the Maryland University of Integrative Health Board of Trustees elected T. James (Jim) Truby, M.A. and Dr. Anne Y.F. Lin, Pharm.D. as the new Chair and Vice-Chair of the Board, respectively. Both will assume their new positions in June 2018.

Mr. Truby is the founder of Synthesis Incorporated, one of the most respected architectural, planning, and development firms in the Washington-Baltimore region, which serves leading-edge private and public sector clients by managing their building projects from initial vision and site assessment through design and construction to completion. Mr. Truby was elected a member of the MUIH Board of Trustees in 2012 and has served as Vice-Chair since 2013.

Dr. Lin is the founding dean and a professor at the School of Pharmacy at Notre Dame of Maryland University in Baltimore, and serves on the cabinet of the President. Dr. Lin has held faculty positions at St. John's University, founded the pharmacy practice at a new school of pharmacy at Wilkes University, and served as the dean of the College of Pharmacy-Glendale at Midwestern University. Dr. Lin was elected a member of the

MUIH Board of Trustees in 2014 and also serves as the Chair of the Board's Academic Affairs Committee.

During the meeting, the Board also re-elected Jonathan Anders and Christopher Formant to new three-year terms on the Board.

In addition to new board leadership, the University has welcomed two new officers to its senior leadership team. In May 2018, Mr. Nigel Long was named Vice President of Enrollment Management. Mr. Long joins the MUIH team with a wealth of experience in various areas of enrollment and student affairs at both public and private institutions. While serving in the interim position, Nigel successfully developed a new enrollment management communications plan, implemented a new comprehensive reporting process, and initiated two comprehensive referral campaigns.

Before joining MUIH, Nigel served as the Associate Vice President for Enrollment Services at Mansfield University

— Continued on page 13



# 2018 COMMUNITY PROJECT

## Prepares to Honor University History and Path Ahead

**A**s our university continues to grow, we are excited to take the next step along our path by kicking off “**Journeys**,” our 2018 community project, on June 3, 2018. The mission of this project is to pause, breathe, and take a moment to revere and honor our history and the significant steps taken since our very beginning.

We understand the importance of pausing along our journey to reflect upon our university’s highs and lows over the years. Without such reverence for those historical steps, there cannot be an appreciation for what we face today, and undoubtedly, what we will face in the future.

For this project, we call to the frontline our value of community. With town hall meetings, the gathering and memorializing of memorabilia, and in-depth discussions of the contributions from our present MUIH community and those from the earlier days of TAI and Tai Sophia, we are committed to honoring and commemorating the people and events that have brought us thus far.

Our hope is that “**Journeys**” will produce several key, ever-lasting deliverables; which include: “Brick by Brick” initiative; the “*Journeys*” magazine specifically for Alumni, an interactive touchscreen monitor that forever preserves and displays our history, the Annual Fund campaign, university Spirit initiative, and our first annual fundraising dinner. In addition, we will consider the possibility of a new logo and university mascot.

We sincerely hope that you will participate and engage openly with your colleagues as we travel through these meaningful and exciting exercises. The treasured memories that we share, both individually and collectively, are what we hold dear and what makes us proud to be a part of the MUIH community. Let us work hard together to call them out and preserve those that have been most impactful and unforgettable to the history of our university.

It is through our journey, now and always, we remain the same body, mind, and spirit that carries with it the same mission, vision, and values of creating a better world now and for generations to come. Our journey is never-ending. Thank you for the steps you have taken, and for those ahead along our path! //



### PROJECT OUTCOMES:

#### **MUIH Community Town Hall Meetings**

Organized and guided gatherings for community members to discuss historic importance, provide memorabilia, and contribute to the conversation.

#### **Commemorative Interactive Touchscreen Monitor**

Placed in the lobby of the main campus, the video wall will be a collaborative gathering of digitized memorabilia and features from past and present years.

#### **Brick-by-Brick Initiative**

Faculty, staff, students, and alumni of the MUIH community memorialize their name, program affiliation, and dates of attendance on a commemorative brick. Bricks will be cemented along a new connecting pathway from the current MUIH building to the anticipated new building.

#### **Spirit Campaign**

Show your school spirit by sporting MUIH swag, wearing purple, attaching new license plates or bumper sticker on your car.

### PROJECT OUTCOMES FOR CONSIDERATION:

#### **New MUIH Logo**

The University Seal committee will lead focus groups and conduct surveys to determine the need for a new MUIH logo.

#### **MUIH Mascot**

Fun and lively group conversations on the topic “identifying a Mascot.” Participants will explore potential mascots whose meanings embody the spirit of the MUIH.

*THE JOURNEY OF A THOUSAND MILES BEGINS WITH ONE STEP. (LAOZI)*





## Introducing the Office of Professional and Continuing Education

*By Beth Romanski  
Director of Professional and Continuing Education*

It is with great pleasure that I recently joined the MUIH Community as the new Director of Professional and Continuing Education (PCE) to re-envision continuing education at MUIH. My background in higher education has primarily been supporting adult learners, and I am a true lifelong learner myself. I look forward to continually developing meaningful learning opportunities for you to expand your knowledge, skills and credentials!

Besides having experience in a variety of business and academic settings, my role at MUIH means so much more to me than just a regular “job.” That is because, after over a decade of running myself into the ground as a Type A person following a traditional “healthy” diet, my health plummeted; so I had to make a change. Unfortunately, I did not receive the resolution and support that I expected from conventional healthcare providers, so I had to turn elsewhere to find my own answers, becoming my own health advocate. Throughout this journey, I found a tribe in the integrative health space and soon didn’t feel so alone. Once I exposed myself to integrative health concepts, I immersed myself in learning as much as I could about how integrative medicine and strategies could help my health. In doing so, I eventually started to thrive; mostly by turning to the power of real, whole food as medicine. As a result of this life-changing experience, I was inspired to help others on a similar path, so I decided to enroll in the Institute for Integrative Nutrition (an MUIH articulation partner) where I earned my Health Coach Certification in 2013.

As someone who is passionate about health and wellness education, I’m inspired every day as I collaborate with faculty, subject matter experts, and organizations to develop relevant professional continuing education programming at MUIH. If you’re thirsty for more knowledge and resources in your chosen healthcare discipline, you can count on the Office of Professional and Continuing Education to provide a portfolio of convenient and thought-provoking learning opportunities.

Since joining MUIH in November, we have been doing a great deal of “behind the scenes” work to be able to bring you the high-quality educational experience you deserve.

While we are still in the building stage, you will be seeing more announcements and opportunities about new Professional and Continuing Education offerings in the coming months. Stay tuned for more information and announcements by subscribing to the MUIH Newsletter and by bookmarking the new PCE listings page at [ce.muih.edu](http://ce.muih.edu). We will be releasing more online and on-campus offerings continually, so you will want to be the first to know about them!

I also invite you to contact me directly to introduce yourself, to provide input on the types of content that would benefit you as a practitioner and any other ideas, feedback or questions you would like to share.

MUIH’s values: community, mindfulness, integrity, inquisitiveness, and discernment – resonate deeply with me as an individual, which is why I care so much about what we are able to do to support you as alumni going forward. Personal connections matter as we build our health revolution network.

Health is a journey, not a destination; and I feel the same way about education. I hope you will join me on the journey of lifelong learning at MUIH! //

**AS SOMEONE WHO IS PASSIONATE ABOUT HEALTH AND WELLNESS EDUCATION, I’M INSPIRED EVERY DAY AS I COLLABORATE WITH FACULTY, SUBJECT MATTER EXPERTS, AND ORGANIZATIONS TO DEVELOP RELEVANT PROFESSIONAL CONTINUING EDUCATION PROGRAMMING AT MUIH.**



## PCE MISSION AND PURPOSE

The Office of Professional and Continuing Education (PCE) supports MUIH's mission by delivering progressive educational programs, fostering mutually beneficial partnerships, and expanding opportunities for fulfilling, successful careers for complementary and integrative health (CIH) practitioners. PCE offers advanced, distinctive, skills-based, alternative credit programming leading to relevant credentials and real-world application. Designed to provide superior quality, rigorous assessment, and educational innovation, PCE programs uphold the University's commitment to excellence in teaching and learning. As an agile incubator, PCE seeks to embody the University's entrepreneurial spirit and aims to support MUIH by diversifying revenue streams and elevating MUIH's brand as a global leader in CIH education.

### How you benefit from the new Professional and Continuing Education department at MUIH:

1. Expanded professional continuing education offerings: including many more online courses, events, and programs to help you learn from anywhere on your time
2. Professional education to provide you with advanced knowledge and skills leading to relevant credentials and CEUs
3. Connections with industry leaders and colleagues at various in-person events and conferences as well as within our online learning opportunities
4. Invitation for you to submit proposals for community education workshops to highlight your practice

**Registration discounts are available to MUIH alumni for many PCE offerings!**

#### Contact Information:

**Beth Romanski**, Director of Professional and Continuing Education  
ce@muih.edu | 410-888-9048 ext. 6790

MUIH - Office of Professional and Continuing Education  
7750 Montpelier Road, Laurel, Maryland 20723  
www.muih.edu/ce

## PROFESSIONAL AND CONTINUING EDUCATION

The following professional and continuing education courses are self-paced and can be completed online.

Visit [www.ce.muih.edu](http://www.ce.muih.edu) to register.



### — What is Ayurveda? Master Class

**\$49**

1 CEU for IAYT and Yoga Alliance (for those that qualify)

This Master Class provides foundational information on Ayurveda and the elemental energies that assure a fit vessel for wellness transformation.

### — Ayurveda: Eat Right for the Seasons Master Class

**\$49**

1 CEU for IAYT and Yoga Alliance (for those that qualify)

Learn how to recognize elemental energies and how to eat in a way that will keep you and your clients in balance year round. Discover how these energies create one's individual constitution as they move through each day, season and stage of life.

### — Ayurveda Master Class Package

**\$79**

2 CEUs for IAYT and Yoga Alliance (for those that qualify)

Complete both What is Ayurveda? & Eat Right for the Seasons master classes with this self-paced, online package.

### — Acupuncture & Lymphedema Precautions Master Class

**\$29**

This training will explore the causes of lymphedema precautions and the clinical guidelines for acupuncture treatment. Furthermore, you will examine the early signs of cellulitis and lymphedema, ways to reduce the risk of lymphedema, and the process of referring individuals for lymphedema therapy.

### — Integrative Health Scholar Library: Edition I

**\$49**

Gain access to a library of 20 webinars featuring a variety of practical wellness topics and you'll expand your knowledge as an integrative health scholar.



## MUIH Opens New Career Services Center

MUIH celebrated the official opening of its new Career Services Center on November 1, 2017. The Center serves as a liaison between the campus community and employers, while also providing students and alumni with career counseling and job search counseling. The Center is led by Rob Brooks, Career Services Coordinator. Rob is a Certified Professional Resume Writer with a Master's in Applied Psychology. He takes a holistic approach that teaches students and alumni how to conduct their search for employers or clients, while also providing emotional support and encouragement through the stressful yet exciting process of launching or relaunching one's career.



*From left to right: Dr. Steven Combs, Adele Wilzack, Jim Truby, and Rob Brooks officially open the MUIH Career Services Center*

Since opening, the Career Center has aggregated and reached out to over 500 employer contacts, connected with new employers at several local health fairs, hosted various on-campus recruiting events and job search workshops, created a weekly digest of career opportunities, spoken to several classes, exhibited along with colleagues at the International Congress of Integrative Medicine and Health, and collaborated with various other campus departments including Alumni Affairs, Academic Affairs, Graduate Admissions, Academic Partnerships, and Professional & Continuing Education.

Simultaneously, Rob has been meeting with students and alumni to discuss topics including resumes, cover letters, interviewing skills, networking, LinkedIn, salary negotiation skills, entrepreneurship, brainstorming and strategizing, and anything else that will help a student/graduate to move forward. As of April 2018, Rob has met with 103 individual students and alumni in 168 separate meetings, both in-person and virtually.

Starting with this year's graduating class, Rob will be tracking the progress of graduates to identify and assist those who may need job search or entrepreneurial support, and to aggregate data on the career outcomes of our students. This tracking process will last for the first year after graduation or until the graduate indicates that they are all set, whichever comes first.

Please take a moment to complete the survey on the MUIH website, and keep Rob posted on your career progress.

While Rob will only actively track graduates for one year, he wants to emphasize that the Career Services Center is always available to alumni at no charge. If you have career related questions, if you are in a position to employ MUIH students/alumni as interns or employees, or if you would like to participate in Alumni Career Panel events and share your knowledge and insight with students, please don't hesitate to reach out.

With the recent creation of the Career Services Center, Disabilities Services Office and Professional & Continuing Education Office as well as the upcoming expansion of the Alumni Affairs Office, MUIH has demonstrated a commitment towards the success of our students and graduates while further creating an inclusive and vibrant community. We hope that you will stay in touch with us as we aim to create a new vision for healthcare in America. //

### Contact Information:

**Rob Brooks**, Career Services Coordinator  
rbrooks1@muih.edu | 410-888-9048 ext. 6613

MUIH - Career Services Center  
7750 Montpelier Road, Laurel, Maryland 20723  
[www.muih.edu/career-services](http://www.muih.edu/career-services)





### BestColleges.com's BEST ONLINE MASTER'S IN HEALTH EDUCATION

1. Maryland University of Integrative Health
2. University of South Carolina Columbia
3. East Carolina University
4. Loma Linda University
5. Nebraska Methodist College of Nursing & Allied Health

## Online Health Promotion Program Ranked #1

**MUIH'S DISTINCTIVE GRADUATE PROGRAM RECOGNIZED AS LEADER IN ACADEMIC QUALITY, AFFORDABILITY, AND ONLINE PROGRAMMING BY BESTCOLLEGES.COM**



Maryland University of Integrative Health is pleased to announce that its Master of Science in Health Promotion program has recently been named Best Online Master's in Health Education by BestColleges.com.

MUIH ranks #1 on the list of top online master's in health education programs in the United States based on criteria including academic quality, affordability, and online programming. The University is noted for its emphasis on developing a "scholarly online community where students learn valuable skills that prepare them for careers as compassionate healers."

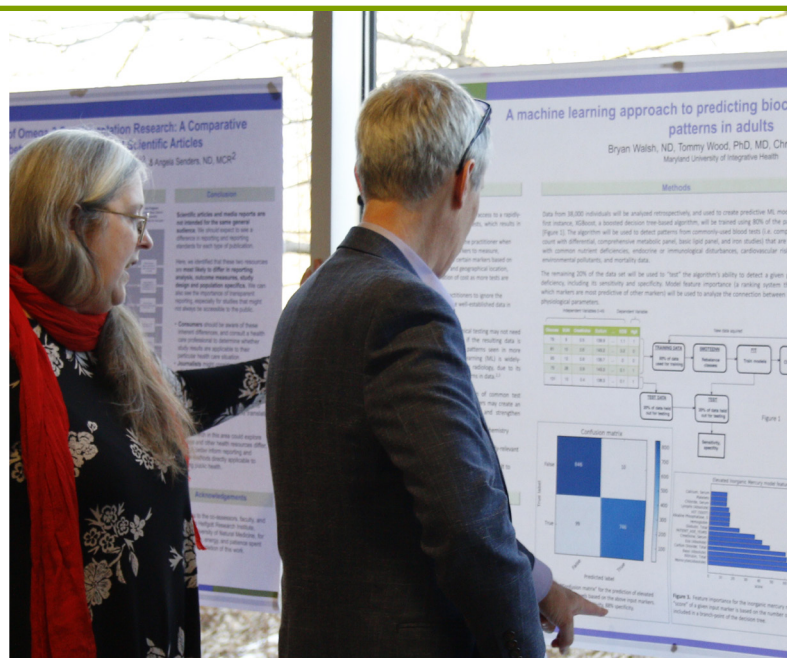
"I'm proud of the fact that we have a truly unique curriculum within our program," said Claudia Joy Wingo, director of MUIH's health promotion program. "We give our students the platform to explore both conventional and integrative health

from an evidence-based perspective, and believe that they can become change agents for population health in both the community and workplace."

Population health is an emerging field that considers and addresses both health improvements and the elimination of disparities. MUIH's Master of Science in Health Promotion features distinctive integrative health-based coursework focusing on practices such as mind-body medicine, physical activity, functional nutrition, health behavior change, and health maintenance. The program offers two concentrations: community health education and workplace wellness, and covers the education competencies required for graduates to pass the Certified Health Education Specialist (CHES) exam through the National Commission for Health Education Credentialing. //

*BestColleges.com helps prospective students find the school that best meets their needs through proprietary research, user-friendly guides, and hundreds of unique college rankings. They also provide a wide array of college planning, financial aid, and career resources to help all students get the most from their education and prepare them for the world after college.*





## 3rd Annual MUIH Research Symposium

On March 23, 2018, students, faculty, and staff gathered for the third annual MUIH Research Symposium, an event that highlights the best of the University's research and scholarship. Two symposium awards were given and Marlysa Sullivan, M.P.T., Assistant Professor of Integrative Health Sciences at MUIH, was recognized for winning MUIH's third annual Excellence in Research and Scholarship Award.

The center-piece of the event was a poster session displaying recent research from the MUIH community. Students, faculty, and alumni submitted abstracts and were chosen to present through a peer-review process. Steffany Moonaz, Ph.D., Director of Clinical and Academic Research, kicked off the event by providing an update on research activities at MUIH. Dr. Moonaz was the winner of MUIH's first annual Excellence in Research and Scholarship Award, awarded in 2016.

Heather Zwickey, Ph.D., Professor of Immunology at the National University of Natural Medicine and adjunct faculty at MUIH, presented the keynote address. Dr. Zwickey's presentation, titled "Chew on This: A Collection of Nutrition Research Clinical Trials," described three nutrition clinical trials that used three different study designs, and the

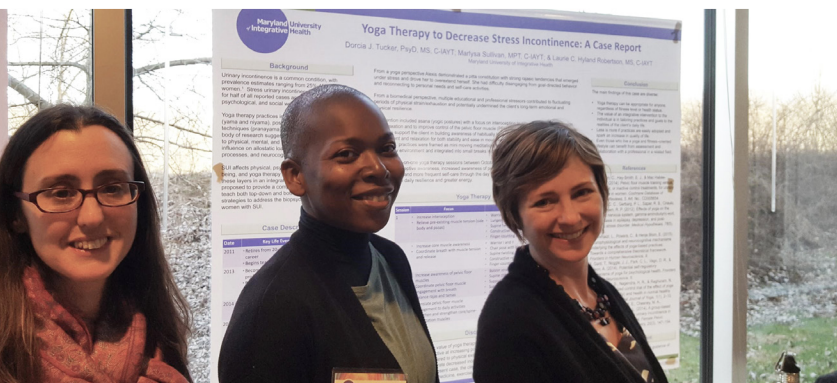
advantages and disadvantages of each design. Included in the discussion was a randomized controlled trial of the anti-inflammatory diet for pre-diabetes and metabolic syndrome, a quazi-experimental designed study of the ketogenic diet for people with Parkinson's disease, and evaluation of a community nutrition project.

Ms. Sullivan also gave a presentation of her work, "Development of an Explanatory Model for Yoga Therapy Practice and Research."

The faculty Research Poster Award was awarded to Janice Campbell, D.O.M., L.Ac., ADS, Clinic Director for the Acupuncture and Oriental Medicine program, for "Concurrent Treatment of Low Back Pain & Recurrent Episodes of Grief Using Classical Five Element Acupuncture Theory Based Treatments: A Case Report."

The student Research Poster Award was awarded to Shari Youngblood, M.A., Michael J. Farris, M.S., M.A., Tabitha Lenox, M.S., Aubrey Moore, M.S., and James Snow, M.A., for "Specific Carbohydrate Diet for Crohn's Disease in a Child with Autism Spectrum Disorder: A Case Report." //





Visit [muih.edu](http://muih.edu) to see all 24 poster presentations, event pictures, and videos of the event presentations.

## NEW UNIVERSITY LEADERSHIP

— Continued from page 6

where he created, implemented, and managed integrated recruiting and admission strategies and evaluated the effectiveness and efficiency of enrollment services functions, testing and assessment, new student experience/mentor program, and call center operations.

In January 2018, Ms. Natalie Williams was named Vice President for University Advancement. Ms. Williams provides leadership and oversight of MUIH's marketing, communications, university relations, development, and events. While serving as Interim VP of University Advancement, Ms. Williams was instrumental in setting priorities and processes in accordance to industry standards in healthcare education.

Prior to joining MUIH, Ms. Williams served as Vice President of Public Affairs for United Medical Center, where she developed and successfully implemented management operation plans and strategic communication plans that improved the day-to-day operations. Ms. Williams also served as a top-aide to two members of the Washington, D.C. City Council and was a key member of the transition team responsible for effectively implementing the new charter for the State Board of Education. Her experience also includes a 12-year career as a journalist, whose work was recognized by two Emmy-nominations from the National Academy of Television Arts & Sciences.

In April 2018, MUIH began a nationwide search to fill the position of Associate Vice President for Student and Alumni Affairs. The successful candidate will provide overarching strategic vision and leadership for student affairs and alumni affairs through innovative models designed to meet the unique needs of graduate, online, and pre-professional students, and that builds an active professional network including students, faculty, and alumni. //



ADAM







## Greetings from AOM

### AN UPDATE FROM ALEXANDRA YORK, M.S.

*Interim Academic Director, Acupuncture and Oriental Medicine*

**“CURRENTLY WE ARE FOCUSED ON THE FUTURE OF AOM IN THE LARGER HEALTH CARE LANDSCAPE AND THE ROLE YOU, STUDENTS, AND FACULTY CAN PLAY TO HELP ADVANCE THE EDUCATIONAL EXPERIENCE AT MUIH AND THE AOM PROFESSION BROADLY.”**

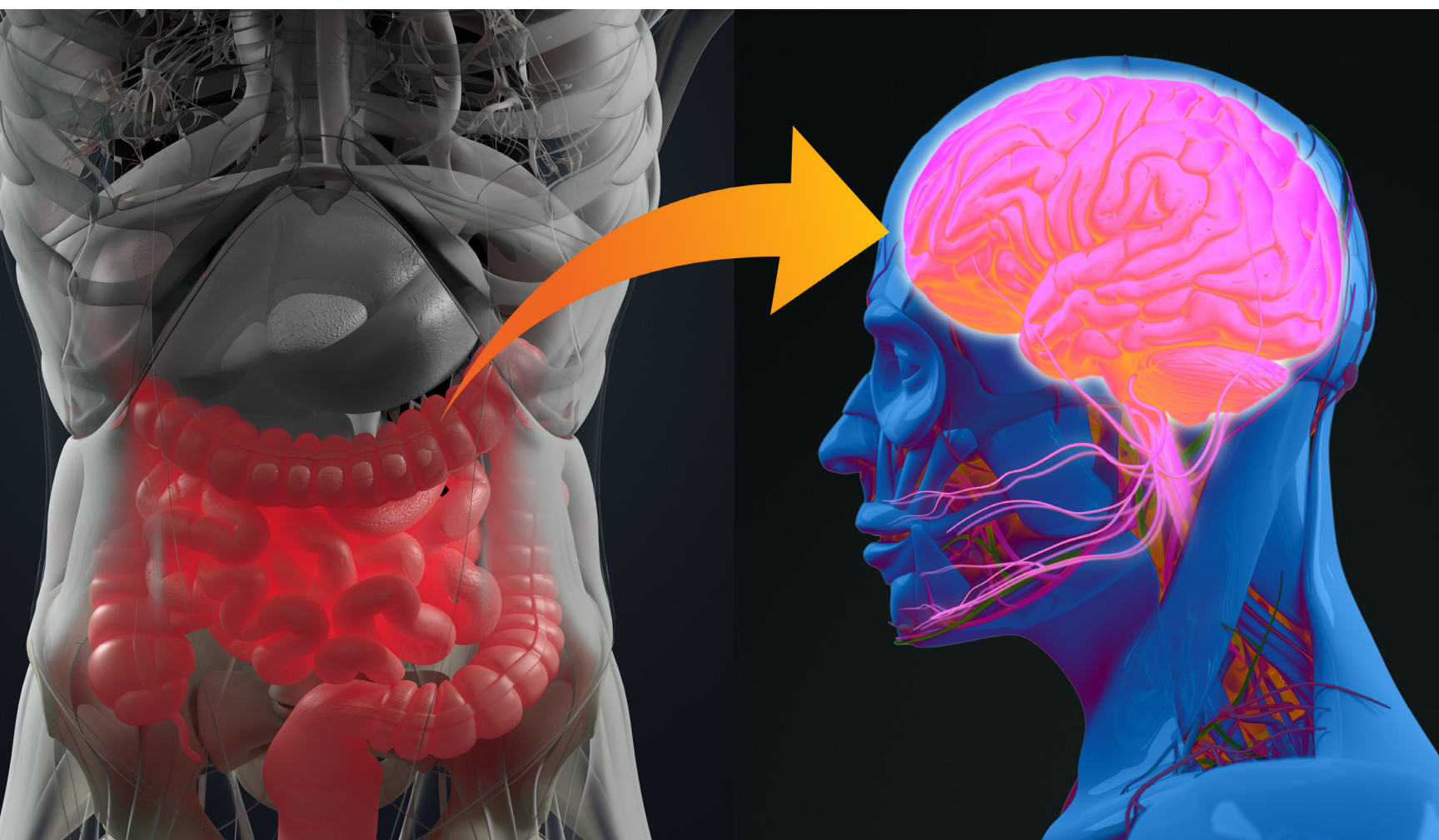
Greetings Alumni! We welcome this opportunity to connect with you through the Alumni magazine and share our enthusiasm for new activities and accomplishments within the Acupuncture and Oriental Medicine (AOM) department. We also want to use this opportunity to encourage you to connect to our current and graduating students. The depth and breadth of clinical expertise, practice management skills, and overall wisdom you can offer to our students is invaluable. As the new Interim Academic Director I have been heartened and impressed to learn about the work alums have been doing and I look forward to developing even more opportunities for this connection and learning.

The societal need for your healing art is the greatest it has ever been. The opioid crisis, continued and growing chronic pain issues, persistent inequity in access to health care, and the stress and strain experienced by our military service members and veterans could all be significantly helped by the healing you have to offer. We thank you for all your efforts you continue to make to help our society and students.

Changes in healthcare policy and perspective, additional pragmatic research evidence, and an overall desire within the conventional medical community to offer something that reconnects them to a healing art is driving an openness to AOM that has not previously existed. This new openness has paved the way for us to achieve the goals of the program and establish partnerships with allopathic healthcare facilities in which our students are getting clinical experience with oncology and behavioral health populations. You may already be aware of our two year partnership with the Kaufmann Cancer Center in Bel Air, MD. In fall 2018, students will also have the opportunity to engage in internships at Focused Solutions, a leading behavioral health practice in Columbia, MD. Most recently we have developed a partnership with Bon Secours hospital in Baltimore in which we will be trailblazers by developing an internship experience solely designed for the staff of the hospital to help address stress and burnout.

Currently we are focused on the future of AOM in the larger health care landscape and the role you, students, and faculty can play to help advance the educational experience at MUIH and the AOM profession broadly. So many of you have already made significant strides and forged new inroads for the profession. We want to hear from you! Knowledge is indeed power, but sharing it is what makes it powerful. In the coming year we look forward to new opportunities for you to share your knowledge with current students through shadowing, mentorship, service, and integrative health panel opportunities.

You have a vital role to play in preparing and welcoming MUIH graduates into the profession. I urge you to keep in touch with the department. We welcome your feedback and encourage you to keep sharing how you are applying what you learned. //



# BEYOND PATTERN RECOGNITION:

## Diagnosis and Gut Feelings

By Celeste Homan, M.S., M.Ac., L.Ac.

**C**ogita is a group of European researchers who have explored the role of **gut feelings** in **medical decision-making** for primary care physicians (1). This article uses their published glossary of terms (**highlighted**) to explore the acupuncture and oriental medicine (AOM) diagnostic process.

Like primary care physicians (PCP), AOM practitioners see patients from all walks of life, seeking treatment for a wide variety of medical concerns. We see patients for both chronic

and acute conditions and for preventive care. This broad range of clinical presentations can be diagnostically challenging. Exploring the variety of influences that contribute to treatment decisions can help us to balance our **analytical and non-analytical reasoning**, and to integrate formal education with the **tacit knowledge** of clinical experience.

**Pattern recognition** provides AOM practitioners with a useful starting point in the domain of non-analytical reasoning. The “patterns of disharmony of the *zangfu* or organs” is



one of many categories of pattern recognition, and the preferred category of Traditional Chinese Medicine (TCM). Other categories include the five elements, the channels, the substances, and pathogenic factors. Five Element traditions are known for pattern recognition of the Five Elements. Treatment blocks from the Worsley Five Element tradition can be said to provide pattern recognition of the acupuncture channels (2). Japanese meridian therapies also prioritize the channels. Each tradition has its preferred categories of pattern recognition.

Pattern recognition is an attractive method of diagnosis for common presentations, because it allows us to move quickly toward a treatment approach, especially with routine care. But pattern recognition does not always force us to explore the etiology of a disease process. Although common etiologies are provided with patterns of disharmony (3), in a busy practice, we may be drawn to treat the branch without fully understanding its root cause. Clinical experience has taught us that when we identify liver yang rising, we can resolve our patient's headache by choosing from a handful of points. But to address the underlying cause of this common pattern, a more analytical approach is needed.

The Cogita group reports that **diagnosis based on pathophysiology** is seen as the highest level of diagnosis. In the field of AOM, it offers the greatest potential for restoring health rather than masking or repressing pathology. We know from basic theory that long-term yin deficiency and heat can lead to serious illness, including autoimmune disease and cancer. Drawing on a comprehensive knowledge of Oriental Medical theory, we may choose to explore the interplay between the elements, the organs, and the channels as they work together to manage the body's resources and deal with pathogens.

As we shift our focus away from pattern recognition toward the body's natural mechanisms for healing, our point selections also shift. Incorporating channel physiology during this phase of the treatment planning process facilitates the selection of points based on the location of symptoms in the body. Pathophysiology of the channel systems is an important area of AOM theory, where, like the organs, the channels are seen as anatomical structures with their own unique and independent physiological functions (4). The AOM specialty of *waike* or external medicine also calls for a detailed analysis of the disease process and the mechanisms available for restoring health (5).

**Contextual knowledge** about a patient also supports the diagnostic process. The etiology of blood deficiency in a female patient with heavy menses as compared with an elderly patient with weak digestion is a good example of this. Although we confirm our diagnosis with pulse and tongue findings, the patient context limits what we look for.

Context is provided in a significant way when we diagnose a patient's constitutional type (or CF for Constitutional Factor). The CF corresponds with commonly observed patterns of disharmony, behaviors, strengths and weaknesses. The context of elemental type prioritizes treatment of the corresponding *zangfu* and channels when signs and symptoms support multiple patterns of disharmony (6).

Borrowing from the field of clinical psychology, we might describe constitutional acupuncture as *transpersonal acupuncture*, since it addresses transcendent aspects of the human experience. From a Taoist perspective, the diagnosis of constitutional type prioritizes the lessons associated with one's destiny. Pattern diagnosis of a patient's CF is a nuanced skill. Although based on observable phenomena, an experienced practitioner may engage **gut feelings**, since the patient's behavior is strongly influenced by the patient-practitioner relationship.

In general, **gut feelings** play an important role in the presence of any uncertainty. We may act on **a sense of alarm or a sense of reassurance** when faced with incomplete or conflicting information. In medical problem solving, "close enough" may be especially acceptable with a **heuristic** approach. Here the practitioner is able to try an intervention and then see if it works, allowing the patient's response to confirm or challenge a diagnosis. With heuristics, an important distinction can be made between acupuncture and other therapies. Acupuncture allows us to immediately observe the response to treatment by way of subtle changes to the patient's tongue, pulse, facial expressions, and what they report. In a clinical setting, an entire session may be spent interacting with a patient in this way, arriving at an effective treatment in a step-by-step fashion. The insurance industry recognizes this approach to acupuncture treatment, allowing reimbursement for time spent interacting with a patient.

Each AOM tradition is characterized by its treatment protocols and preferred categories of pattern identification. An exploration of the diagnostic process on a deeper level reveals the foundational theories that all of us share, supporting the interplay between the elements, the organs, and the channels

— Continued on page 19

## ALUMNI PROFILE



**RACHEL  
BRUMBERGER**  
CLASS OF 2013 & 2015



I work with people who are often an impasse in their wellness. People who are unsure which direction to go when modern medicine has helped though not quite enough, or plateaued, or possibly not helped...



**Q: Why did you choose MUIH for your academic program?**

**A:** I fell in love with it when I visited. I knew I was home.

**Q: What aspects of this education do you most value and why?**

**A:** In all of my life I had looked for education to be married with values I shared and a philosophy of living that I believe in. The gift of coming to school to learn a medicine that I deeply believe in and respect, coupled with learning how to live life easier, that's priceless!

It is, in so many ways, human nature to accidentally generate breakdowns in our body-mind-spirits by the ways we are living our lives, through the interactions we have, and the upsets. Combined with that, we have all of the things outside of our "control" that affect our well-being. Helping people to heal from all of this and how it gets, literally, tangled up inside of us, is so important to me. Helping people learn how to untangle themselves, that's an exceptional part of what I learned.

Also, I so love and respect my teachers. I have had the most wonderful and wise teachers full of heart, wisdom, and commitment to our learning and so generously passing down torches of knowledge which has been passed from generation to generation for thousands of years.

**Q: What drew you to an integrative health profession?**

**A:** All medicine works better when it works together. That includes medical professionals partnered with patients, medical professionals of a variety of perspectives working together, government and medicine working in integrity, etc.

There are times and places where one medicine will shine over another, that's the beauty of medicine when used well and applied well. I have personally experienced too many breakdowns in my health and the application of medicine which did not help and in some ways created further and longer term suffering. It's abominable to me. We can do better.

I believe in nature. I believe in the wisdom of generations of people and doctors who have collected experiences. I believe that people are "healthier" when they know themselves best and are empowered to take actions toward the integrity of their own well-being. This, to me, is where modern medicines and natural medicines have an opportunity to team up and change lives.

**Q: Describe your area of specialization or the focus of your practice and why that has captured your interest.**

**A:** I work with people who are often an impasse in their wellness. People who are

unsure which direction to go when modern medicine has helped though not quite enough, or plateaued, or possibly not helped. Generally, this includes people who know deeply somewhere in themselves that there must be another way and that they could feel better.

The largest parts of my practice include women who want support with their reproductive health at any mark in that journey: menstrual disharmony, fertility challenges, pregnancy and delivery health, postpartum health, and menopause. The second largest parts of my practice include individuals who are struggling with digestive health, symptoms of anxiety and depression, and some autoimmune conditions.

Why does this capture my interest? I've suffered there myself, I know the experience well and I understand aspects of the "getting better" journey. I love it! I love bearing witness to the remarkable joy and healing people experience when this kind of suffering eases.

**Q: What is your proudest professional accomplishment?**

**A:** Woo! That's a good question. In this profession, amazing things happen every day and I pause in awe.

If I step back and look with a soft eye at life now I think I am most proud of what



my partners and I have accomplished at our center, Third Space Wellness - the community with the staff, practitioners and teachers that I have the pleasure of doing this life with.

Over the course of three years we've opened and continue to operate a street level, store-front multimodality wellness center. We currently have two acupuncturists, two nutritionists, four massage therapists, a community of yoga/movement teachers, four staff, and we're welcoming a licensed clinical social worker. We've seen over 1000 individuals at Third Space Wellness since opening our doors here. Our community of clients are loving and wonderful members of our greater regional community. I come to work each day knowing that both within our professional team and with our clients we are

activating and living our vision for wellness - that's pretty awesome.

**Q: Looking forward, how do you see your role and that of your discipline contributing to the evolving field of healthcare?**

**A:** Like I have mentioned above, all medicine works better together. When you look at healthcare the modern field is quite young, albeit remarkable, still young. Chinese medicine is ancient - thousands of years old. Think of what we could do if we got creative about working together, putting our egos and fears aside, laying to rest the differences that have it hard to sometimes understand each other as medical professionals, being willing to acknowledge more significantly the challenges of measuring the outcomes of natural medicines with

modern research methods to provide evidence based information basically getting creative there too and finding a new way.

On the spectrum of medicines (allopathic, complimentary, and so forth) we have tools that work, we have things that don't work, are mysterious in nature, requiring new research, cures, etc. We can fill in more puzzle pieces if we are all a part of the conversation.

My role specifically is still evolving. Right now I am focused on working with colleagues to partner with them and patients in what we call Roundtable Wellness. The more I can do that, the more I can contribute later to a bigger conversation about working together. //

## CONFERENCES AND EVENTS

### National Acupuncture Detoxification Association (NADA) Meeting

October 27, 2018, Amherst, Nova Scotia

Those interested in learning about the NADA protocol can attend this meeting.

### 7th International Conference and Expo on Acupuncture and Oriental Medicine

April 12-13, 2019, Toronto, Canada

The conference proceedings include symposiums and workshops, keynote speeches, plenary talks, poster sessions and panel discussion on latest research developments in the field of acupuncture.

## — Beyond Pattern Recognition: continued from page 17

as they work together to manage the body's resources and deal with pathogens. Collaborating with practitioners of other traditions deepens our understanding of these basic principles and calls us to a broader view of the mechanisms available to us as clinicians. And from our PCP colleagues, we are called to the nuance of medical decision-making, from its most analytical to its most intuitive.



**Celeste Homan, M.S., D.Ac., L.Ac.** is an Associate Professor in the Acupuncture and Oriental Medicine program at the Maryland University of Integrative Health (MUIH). She completed certification in Zero Balancing and advanced studies in acupuncture and Chinese medical aromatherapy with Jeffrey Yuen. She has published several articles based on these studies and her clinical work. Celeste also holds a certificate in

advanced massage and bodywork from the Baltimore School of Massage and a Master of Science in Engineering from the Johns Hopkins University. //

This article originally appeared in the March 2018 issue of *Acupuncture Today*.

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# ALUMNI

## NEWS AND NOTES

**ERIC RENAUD**, Master of Acupuncture (June 2000 — Eric is currently working with Susan Johnson, L.Ac., on a comprehensive guide to using Master Tung acupuncture clinically.

**LAURA COLESON-SCHREUR**, Master of Acupuncture (May 1997) Post-Baccalaureate Certificate in Chinese Herbs (March 2011); Certificate, Animal Acupuncture — Laura completed a yearlong study of dermatology using Chinese herbal medicine with Mazin Al-Khafaji and has added that specialty to her practice.

**JAY SORDEAN**, Master of Acupuncture (September 1989) — Jay has appeared on local TV as an expert on Alzheimer's and dementia, written four best-selling books, and was certified and licensed in B.A.N.K. code personality type systems. His recent article on applying B.A.N.K. personality typing in the clinic was published in the February 2018 issue of Acupuncture Today. Jay is completing the foundation to offer an online class on B.A.N.K. code in the clinic for continuing education units in California and then for The National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM®).

**EDNA BRANDT** and **Clayton Spivey**, Master of Acupuncture (June 1989); Master of Acupuncture (June 1991); Post-Baccalaureate

Certificate in Chinese Herbs (December 1999) — Edna and Clayton retired their active acupuncture practice in March 2017 and recently moved to an active retirement community in Chapel Hill, NC. Edna continues to pursue her Chinese brush painting, tai chi, and sword practices. Clayton has just established a garden site in the community garden. Tuck, their dog, used to working as an office partner, is busy organizing the K-9's in the dog park. Both Edna and Clayton still wield needles, treating friends and neighbors. They also continue to teach classes and conduct consultations.

**KARA GRANDEA**, Master of Acupuncture (January 2012); Master of Oriental Medicine (May 2013) — Kara has offices in Elkridge and Owings Mills, MD and is available by appointment. She accepts insurance and is in-network with Carefirst BCBS, Aetna, and Cigna. She is accepting new patients.

**XIN MA**, Master of Acupuncture (April 2014) — Xin is practicing in Gaithersburg, MD with her mother as a third-generation practitioner. Her grandmother was also an acupuncturist. Her office offers acupuncture, acupressure, cupping, and steam therapy. Xin is very thankful for her education at MUIH and hopes the tools and gifts she has learned will help many others.

**MAYA NOBLE**, Doctor of Oriental Medicine (December 2016) — Maya was published in the October 2017 issue of Meridians: The Journal of Acupuncture and Oriental Medicine.

**ARTIN MAHBOUBI**, Master of Acupuncture (April 2008) — Artin specializes in immune related disorders and has helped many who are undergoing various chemotherapy regimens.

**CINDY TRAN**, Doctor of Acupuncture (December 2016) — Cindy is co-partner of Advanced Integrative Health Group, located in Anne Arundel Medical Center's Waugh Chapel outpatient building in Gambrills, MD. The grand opening was on March 1st, 2017. She works with most insurance companies including workers' compensation, VA Choice, and Medicaid.

**RENEE THIBAUT**, Master of Acupuncture (January 2008) — Renee is homesteading in mid-coast Maine and moving toward a sustainable life with her partner, Jerome. She is working with bees, Icelandic chickens, and many, many gardens including medicinal herbs. This summer, she is building an earth oven for baking sourdough bread, an arbor for grapes and hardy kiwis, and working on a rain water collection system. She is more passionate than ever about Five-Element practice.

**CASSANDRA LIDIN**, Master of Acupuncture (February 2004) — Cassandra's clinic, Spirit Path Yoga and Wellness, is a multi-disciplinary holistic health clinic, Ayurveda school, and yoga studio that also sponsors continuing education for health professionals. Her acupuncture practice incorporates Ayurvedic medicine and Japanese techniques such as Sotai, Kampo, and Japanese needle techniques.

**GREG LEE**, Master of Acupuncture (November 1996); Post-Baccalaureate Certificate in Chinese Herbs (December 1996) — Greg has developed innovative methods for producing microparticle liposome herbs, essential oils, and supplements for the treatment of chronic treatment-resistant infections like Lyme disease, parasites, viruses, mold/fungi, and bacteria. He has also developed online training programs for medical providers on natural treatments and remedies for treating chronic infections, biofilms, and difficult to treat medical conditions. //



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# HWC







## Greetings from the Health and Wellness Coaching

**AN UPDATE FROM REBECCA PILLE, PH.D., M.S., CHWC, CWP**  
*Department Chair, Health and Wellness Coaching*

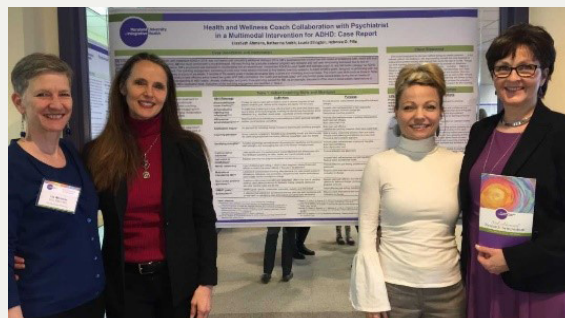
**“HWC HAS GROWN TO BECOME THE SECOND LARGEST ACADEMIC PROGRAM AT MUIH, WITH CLOSE TO A HUNDRED NEW STUDENTS EACH YEAR.”**

Greetings! I'm pleased to contribute to the inaugural MUIH Alumni Magazine. Since stepping into the program director role for the Health and Wellness Coaching program (HWC) last year, I have already seen great progress in how our discipline is evolving. HWC has grown to become the second largest academic program at MUIH, with close to one hundred new students each year. Last year, we hired salaried faculty experts, increased our credentialed faculty and mentor coaches, and launched research that contributes to the knowledge of our field.

A major milestone for our community was the establishment by the International Consortium for Health and Wellness Coaching (ICHWC) of the National Board Certified Health & Wellness Coach (NBC-HWC) credential. Ninety percent of the MUIH-affiliated candidates who took the first-ever exam in September 2017 passed, better than the overall average of candidates. Many MUIH graduates and affiliates have applied to sit for the June exam - and we wish them good luck! For more information on how to prepare for the exam, visit the ICHWC webpage at [ichwc.org](http://ichwc.org). If you choose to sit for the exam, please let me know once you have passed at [rpille@muih.edu](mailto:rpille@muih.edu).

MUIH is also helping the field evolve, this time by hiring ranked faculty member Sherry Leikin, to the Natural Care Center (NCC). Sherry will integrate health and wellness coaching into a clinical setting, providing both expanded client care and insights to the integration process. This will help the field advance as we share lessons learned with others interested in doing the same.

In February of this year, the HWC leadership team began a five-year academic program review (APR). This review encompasses all aspects of the program, to include administration, curriculum review, and faculty development. We spent the day walking through the overall review process, exploring the content of the Post-Baccalaureate Certificate and the Master of Arts degree, discussing our affiliation with our credentialing bodies, and concluded with Curriculum Mapping Level I (assessing alignment between program goals and courses). The review process will continue for the better part of this year. At the end of the process we will have an MUIH-approved, five-year program enhancement plan for continued improvement of our programs.



In March, HWC's first-ever case report was featured at the third annual MUIH Annual Research Symposium. The case report, "Integrative Health and Wellness Coach-Psychiatrist Intervention for ADHD: Case Report Using CARE Guidelines," was based on the coaching practice of faculty member

— continued on page 27



# GROUP COACHING — New Frontier in Health and Wellness Coaching

By Rebecca Pille, Ph.D., M.S., CHWC, CWP and Katherine Smith, M.P.H., CHWC

**A**s the field of health and wellness coaching evolves, so does the variety of venues for individuals seeking health and wellness coaching support. Group coaching is a sub-set of the health and wellness coaching profession. The advantages of group coaching include a decreased cost for the individual, the opportunity for enhanced support through group dynamics, and an increased fee per hour for the health and wellness coach.

Group coaching sessions are similar in design to individual sessions, with more attention paid to creating a shared agenda and a shared set of expectations amongst group members. Jennifer Britton<sup>1</sup>, a coach credentialed by the International Coach Federation (ICF), describes “5 Key Skills” for working with groups:

1. **Creating a shared focus and shared expectations** that help establish commonality amongst group members, shared focus and specific expectations for group process.
2. **Goal setting** where each individual will set and work on their own personal goal(s), although there may also be a shared set of goals.
3. **Creating accountability** for each individual during each session.
4. **Concise communication** to ensure that group members understand the meaning behind what any individual is trying to express.





**GROUP COACHING SESSIONS ARE SIMILAR IN DESIGN TO INDIVIDUAL SESSIONS, WITH MORE ATTENTION PAID TO CREATING A SHARED AGENDA AND A SHARED SET OF EXPECTATIONS AMONGST GROUP MEMBERS.**

- 5. Supporting the group process** so that the coach is ever-mindful of the dynamics occurring within the group.

A systematic review<sup>2</sup> of group coaching in the health field describes reported challenges in group coaching that could apply to health and wellness coaching. These challenges are logistics related to recruiting clients and scheduling sessions, and managing group dynamics.

Regarding the challenge of recruiting clients and scheduling sessions, most group coaching models require participants to be 'live,' either in person or by skype or phone, on a given day at a set time. Thus, a large number of people must be ready to work on changing their behavior and be available at the exact same time, which can be hard to coordinate. One solution to this barrier, which is being explored by the field and is common in healthcare, is to offer groups a rolling enrollment. With rolling enrollment, participants are allowed to join the group when they are ready (rather than at one set enrollment time) and attend when they can. Many popular health-related support groups, such as Weight Watchers and Overeaters Anonymous, use the open format.

The other challenge to group health coaching is natural group dynamics. Any group, health coaching or otherwise, will innately contain different types of people, including those who talk a great deal and those who are quieter. Group dynamics require a coach with skills to effectively manage these differences so that each member is satisfied with their experience. Health and wellness coaches interested in facilitating groups are encouraged to complete additional training in group dynamics, which is offered at a number of training institutions. Another way to manage group differences is for group members to establish a set of guidelines that all agree to follow.

**The systematic group coaching review also provided a working definition of "Professional Group Health and Wellness Coaching," summarized as follows:**

- Small group format of 4-20 participants
- Group facilitated by a trained, mentored, or supervised health and wellness coach
- Focus of the session is primarily on coaching as distinguished from group support, education, or therapy
- More than one client is coached in any one session
- Health and wellness coach models affirmation and encouragement, with a focus on the positive
- Each group member is seen as the expert in his/her own life
- Brainstorming to help with ideas can be offered to an individual with his/her permission
- A variety of formats are available for group health and wellness coaching, including webinar, teleconference, skype
- The group sessions can range from one to many sessions over weeks or months

Group coaching is in its early stages. A recent compendium of the health and wellness coaching literature<sup>3</sup> did not include group coaching interventions, and there are multiple aspects of group coaching that must be studied. Cost-effectiveness studies are needed to better understand the economic impacts of group coaching. Studies examining client characteristics and conditions are needed to ascertain what types of clients

— continued on page 27

## ALUMNI PROFILE



**RON DEMARTIN**  
CLASS OF 2017



**Q: What drew you to study health and wellness coaching as your healing discipline?**

**A:** I joined the Health and Wellness Coaching program in order to help others succeed with implementing

positive change into their lives.

**Q: Why did you choose MUIH for your academic program?**

**A:** MUIH stood out when I was researching academic programs. The school offered a Master of Arts in Health and Wellness Coaching, which was a big plus for me. I also enjoyed the flexibility to take classes on-campus or online.

**Q: Describe your path since graduating.**

**A:** I have been slowly building my private practice and taking on clients at a rate that I can handle.

**Q: What have you accomplished that is a result of the education and skills you received here?**

**A:** Helping clients with their coaching needs. The school

provided the correct training and feedback such that I am happy to provide a positive experience to my clients.

**Q: What has been your most exciting or fulfilling professional experience to date?**

**A:** Gaining new clients through recommendations from my current clients. This lets me know that I'm doing things correctly.

**Q: Are you achieving your professional goals?**

**A:** Gradually, but yes I am. I have had to adjust my expectations as I build my practice, but it is growing at a steady rate.

**Q: What would you like to do next, professionally speaking?**

**A:** I would like to continue gaining more clients while also delving deeper into research opportunities and writing

on the field of health and wellness coaching.



I joined the Health and Wellness Coaching program in order to help others succeed with implementing positive change into their lives.



## ALUMNI // NEWS AND NOTES

**JOHN WILSON**, Post-Baccalaureate Certificate in Health & Wellness Coaching (July 2017) — John recently announced the launch of his home-based coaching practice, Wilson Wellness Coaching, in Baltimore, MD.

**RACHEAL DALEY**, Master of Arts in Health and Wellness Coaching (October 2016); Master of Science in Therapeutic Herbalism

(December 2017) — In July 2017, Racheal was able to launch four herbal tea blends as well as share the gift of coaching with various women. In April 2018, she plans to revamp her website and offer more services and products in the coming months.

**ABBI LICHTENSTEIN**, Master of Arts in Health and Wellness Coaching (August 2017) — Abbi is a health and wellness

coach at Rock Creek Sports Club in Silver Spring, MD.

**KIMBERLY NELSON**, Master of Arts in Health and Wellness Coaching (April 2017) — Kimberly has been doing advocacy and volunteer work in the reentry community in Washington, D.C. and recently secured her very first contract. She is conducting groups and coaching participants in the Aspire to Entrepreneurship

program. Aspire is a partnership between the D.C. Department of Small and Local Business Development (DSLBD) and Changing Perceptions, a non-profit organization in the District. She is excited and honored by this opportunity and looks forward to seeing how her practice will continue to grow.



**— Group Coaching** *continued from page 25*

are most likely to benefit from group coaching. Factors such as group size, length, and frequency also need to be examined.

The Health and Wellness Coaching programs at MUIH are evolving as the field evolves. Planned enhancements to the academic program includes group coaching for Master of Arts students. In addition to the academic program, the Health and Wellness Coaching Department is partnering with the Professional and Continuing Education Department to offer Continuing Coach Education credits for advanced coaching skills, to include group coaching. Stay tuned! //



**Rebecca Pille, Ph.D., M.S., CHWC, CWP**, is the Health and Wellness Coaching (HWC) Department Chair for MUIH. She advocates for the health and wellness coaching field, and directs all activities related to MUIH's Post-Baccalaureate Certificate program and Master of Arts degree in HWC. Dr. Pille is

also faculty for the HWC and the Health Promotion Master of Science degree.



**Katherine Smith, M.P.H., CHWC** is a faculty member with the Health and Wellness Coaching and Health Promotion programs at MUIH. She has been teaching behavior change, motivational interviewing and meditation at MUIH for two years as adjunct faculty. She received her Master of Public

Health degree from the University of Michigan and has a Bachelor of Science in psychology from Duke University.

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**— Greetings from HWC!** *continued from page 23*

Dr. Liz Ahmann. Other writers of the case report included faculty member Katherine Smith, adjunct faculty member Laurie Ellington, and myself. This poster has been accepted at other conferences as well, most notably next month's 2018 International Congress on Integrative Medicine and Health in Baltimore. If you'd like to read this and other abstracts of poster winners, visit the 2018 Research Symposium page on [muih.edu](http://muih.edu).

This summer, HWC is working with the program director for Professional and Continuing Education (PCE) to design our first-ever professional education suite of classes. This suite of four master classes will include an introduction, fundamentals, business practices, and group coaching. Each online master class will consist of a two- to three-hour webinar that includes a final exam and completion certificate. If all four classes are completed, an additional certificate will be issued. The audience for this suite of classes are professionals in related fields who are interested in learning more about health and wellness coaching.

I encourage you all to stay connected with your fellow students, faculty, and alumni of the Health and Wellness Coaching program. If you would like to learn more about all the new and exciting things happening at MUIH and within our field, please feel free to contact me at [rpille@muih.edu](mailto:rpille@muih.edu). //

## NEWS FROM THE FIELD

### American Journal of Lifestyle Medicine

Our colleagues at ICHWC announced last month that the American Journal of Lifestyle Medicine published (open access) a Compendium of the Health and Wellness Coaching Literature including spreadsheets that have records of the entire listing of 219 papers (of which 150 are outcomes studies, and 72 are RCTs). The team, led by Wellcoaches research advisor Gary Sforzo and Institute of Coaching Director of Research Irina Todorova, applied the HWC definition from the Wolever systematic review to arrive at this compendium. This systematic review enables our field to have full access to the HWC peer-reviewed literature as needed for individual or organizational purposes. Visit the compendium at [journals.sagepub.com/home/ajl](http://journals.sagepub.com/home/ajl).





HR





## Greetings from the Health Promotion Department

**AN UPDATE FROM CLAUDIA JOY WINGO, M.P.H.,  
PGDipTropMed, BSN, RN, DMH, MNHAA, CN**  
*Department Chair, Health Promotion*

**“I’M ALWAYS  
INSPIRED BY THE  
MANY DIVERSE  
GROUPS OF  
PEOPLE WE ARE  
ABLE TO WORK  
WITH AND HELP  
EFFECT CHANGE  
FOR BETTER  
HEALTH.”**

It’s been a busy year in the Health Promotion department at MUIH! Several weeks ago, a new cohort of health promotion students completed the program and, a week later, a number of them sat for their Certified Health Education Specialist (CHES) exam. Congratulations to all of them for their hard work and achievements throughout the program as well as those who took on the credentialing exam while the information was fresh in their minds!

As many of you may know, we were recently named Best Online Master’s in Health Education by BestColleges.com for our outstanding Master of Science in Health Promotion Program, ranking #1 on the list of top online master’s in health education programs in the United States. We are justly proud of this achievement and believe that it can also be ‘a feather in your graduate cap’ as you make your way forward in the field of health promotion. Please know that we are continuing to build on the high standards of the program, with a ‘refresh’ and expansion of four core courses in order to cover more fully the seven competencies that are the hallmark of Health Education Specialists as laid out by the National Commission for Health Education Credentialing (NCHEC). To add to our offerings in the department, this fall will see the launch of a Workplace Wellness Post-Baccalaureate Certificate (PBC) program that prepares individuals to develop, implement, and assess workplace wellness programs in a multitude of settings including corporations, small businesses, schools, county, state and federal workplaces, and a variety of health facilities and settings. The online 13 credit program can be completed in one year and has several new course offerings developed specially for the PBC.

We are also working to expand courses for Health Promotion and Integrative Health Continuing Education so graduates can take advantage of our expertise in the area of integrative medicine so stay tuned for upcoming news in that area.

Other projects the Health Promotion department is collaborating on include a grant project with MUIH health promotion and nutrition students and the Community Action Council of Howard County, within their local Head Start program’s Eat, Play, Grow curriculum. Students are working with three to five-year-old children and their parents and caregivers to educate them about better nutritional habits and dietary choices.

Another program that has been made available to students for their capstone project is the Healthy Minds Healthy Bodies Program for Veterans through the Prince George’s County Parks and Recreation Department. This program runs several events per year for eligible veterans, who receive a one-year fitness membership with 15 personal training sessions, plus the monthly events. Our students will help planning events for this group.

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# WORKPLACE WELLNESS

## Be Active Campaign

*By Claudia Joy Wingo, MPH, RN, Department Chair, Health Promotion*

I recently attended a Center for Chronic Disease Prevention and Control (CCDPC) conference on 'Building Healthy Communities through Policy, Partnership and Programs' to train as a walk audit team leader and was reminded of the wider roles of Health Promotion Specialists in their own workplaces and communities. Although this conference was sponsored by the Maryland Department of Health's 'Be Active Maryland' health initiative, health departments throughout the US, in partnership with the CDC's National Center for Chronic Disease Prevention and Health Promotion, are sponsoring such events as part of their 'Step It Up' campaign initiated by the Surgeon General<sup>1</sup>. This activity falls within one of the Centers for Disease Control (CDC) Four Domains for Chronic Disease Prevention, namely environmental approaches. Epidemiological evidence has shown the impact that environmental factors have on health behaviors and overall health maintenance and outcomes in workplaces, communities,

schools and healthcare settings to promote healthy lifestyles thus helping to prevent chronic disease<sup>2</sup>.

As health promotion professionals, we specialize in delivering our health messages to target groups while making sure to listen to their specific needs in the local environment and community they live in. When thinking about workplace or community wellness, exploring the 'walkability' of the work environment could be one of the first steps to changing health behavior for the better<sup>3</sup>.

Health benefits of physical exercise have been well publicized and include a lower risk of chronic diseases such as diabetes, heart disease and stroke, some cancers, and depression<sup>4</sup>. Unfortunately, studies show that less than half of all adults in the US meet the recommended target of at least 150 minutes of moderate-intensity aerobic activity every week, plus muscle-



strengthening activities at least 2 days a week<sup>5</sup>. As most studies depend on self-reporting of physical activity, it is thought that the actual number of individuals meeting the target is likely much lower.

If we know physical exercise is so good for us, why aren't we doing more of it? Many people cite lack of time as a barrier to participating in regular physical exercise. Considering there are an estimated 150 million working adults in the US today, who spend around 7.5-8 hours daily during their work week<sup>6</sup>, it seems logical strategies to encourage daily exercise in the workplace and thus minimize any barriers around lack of time, concerns about neighborhood safety, or lack of social support would be a key step to a healthier workforce. It has been well documented that a healthier workforce can increase employees' productivity, reduce absenteeism and increase morale<sup>7</sup>. A simple walking map showing a variety of walks to amenities or strategies simply to get outside provide employees with the opportunity for movement and social interaction. Walking 30 minutes a day is a great way to build stamina and meet the recommended target set by the CDC. This can be done in the workplace during lunchtime or walking meetings or as a formal or informal activity within your community. The first step is to start a walk audit team in your workplace or community and get others involved. I guarantee this simple step will open your eyes to the local area and start you and your work mates or community members on a journey of exploration. There are plenty of tools at your disposal as well so I hope you'll get involved in this health promotion activity and invite others along.

Here are some of the steps as recommended by the CDC<sup>8</sup> and Center for Chronic Disease Prevention and Control (CCDPC):

- Download or create a map of your community or area around your place of work that you as a group have decided to audit.
- Make sure you include a cross-section of your local population including younger and older participants, including those with mobility issues, physical or mental disabilities. This will make you more aware of the diversity of the community<sup>9</sup>.
- As you audit different routes, include a variety of levels of 'walkability' and also think about wheelchair access to the walks.
- Also think about the availability of a suitable walking surface; are there sidewalks on both sides, are they well maintained, are there unobstructed crosswalks, is there heavy traffic at certain sections, do they have wheelchair ramps for easy accessibility<sup>10</sup>?
- If there are issues around accessibility or safety, think about who you might be able to alert in the community to address those issues.
- Map out different routes in terms of time allowance, accessibility, difficulty, destinations
- Include desired pedestrian destinations, such as nearby restaurants, shops and parks.
- Think about simple amenities such as benches in the shade or a tree or near water fountains or short walks in a nearby park that would be pleasant for a short break.
- As you build a map, you can also link the most useful pedestrian route between locations of interest on your map. Do this by assembling a network of walking segments that make up your most common walking routes.
- Use tools to assess safety, aesthetics, and recreational potential
- If you would like to formalize your audit, you can use tools from the CDC that can be downloaded below:
- See Sample Audit Report Map for an example.
- Take the audit tool [PDF-29KB] to the location under study.
- Here is a color coded format of our sample report. The segments are designated with scores of 0–39 points as high risk and unattractive (red), scores of 40–69 as medium-risk and average or non-descript looking (yellow) and 70 and above as low-risk and pleasant. The questions you answered at the bottom of the audit tool can help you prioritize your needs for improving the walking routes

Other Resources to explore around walkability and bikeability in your local area.

— continued on page 35

ALUMNI  
PROFILENIKIYA SHUMAN  
CLASS OF 2017

The populations I serve often need multiple approaches and solutions to the problems that plague them, so my job is always engaging and challenges me to think outside of the box.

**Q: Why did you choose MUIH for your academic program?**

**A:** I began taking classes at MUIH in 2011. I was very impressed with the school's ability to marry coursework pertaining to modern biomedical research with traditional concepts and practices. The more courses I took at MUIH the more it became evident that this was a community I wanted to align myself with. MUIH is a place where the teachers are passionate, the coursework is engaging and friends become family.

**Q: What aspects of this education do you most value and why?**

**A:** My degree in Health Promotion helped me to easily secure employment and gave me the skills and confidence necessary to create effective health programs, evaluate existing health initiatives and speak to large audiences regarding health disparities, policy and research with confidence and ease.

**Q: What drew you to an integrative health profession?**

**A:** I was attracted to the field of integrative health because I had a strong interest in learning how to naturally support the mind, body, and spirit through life's ups, downs, highs and lows. I also had a growing desire to help underserved communities achieve an improved state of wellbeing, as these populations are especially

prone to health disparities. I started working in a hospital as a volunteer at age 13. I have been very fortunate to be surrounded by individuals who showed me the value of whole body care from an early age. This is the spirit of integrative health.

**Q: Describe your area of specialization or the focus of your practice and why that has captured your interest.**

**A:** I work in the field of public health as a program manager for a nonprofit serving underserved, disserved and minority populations. I oversee and implement community health programs that focus on disease prevention, health education and the reduction of risk factors. The populations I serve often need multiple approaches and solutions to the problems that plague them, so my job is always engaging and challenges me to think outside of the box.

**Q: What is your proudest professional accomplishment?**

**A:** When I worked at the health department as a health educator, I joined an internal work group tasked with implementing multiple health equity quality improvement initiatives. Inspired by my involvement in MUIH's Diversity, Cultural Competency, and Inclusion Committee, I proposed a project that involved creating LGBTQ sensitive clinical intake forms across the health department. My

proposal was accepted and eventually implemented. Marginalized communities so often feel unheard and though many people are sensitive to these populations, they lack the skills necessary to effectively address their issues with care and cultural competence. It was an honor to be a part of this initiative. I also recently published a position paper entitled: *The Use of Traditional Healing Practices to Address American Indian and Alaska Native Historical Trauma and Disparities in Behavioral Health*.

**Q: Looking forward, how do you see your role and that of your discipline contributing to the evolving field of healthcare?**

**A:** More and more people are looking at their current state of health and are beginning to realize that symptom suppression is not providing them with the level of healing they desire. With this in mind, I aim to continuously address the challenges faced by the communities I serve in new and innovative ways. My hope is that we will all collectively move towards solutions to healthcare challenges that keep the best interests of those in our care in mind.



## CONFERENCES AND EVENTS

### **43rd Annual National Wellness Conference: Navigating Wellness, Mapping a Positive Path**

*June 18-19, 2018  
St. Paul, MN*

Sponsored by National Wellness Institute, this conference is for all types of health promotion, coaching and workplace wellness professionals and is held each year in St Paul, on the banks of the Mississippi River. It's a fairly small conference with good networking potential.

### **8th Annual Integrative Medicine for the Underserved Conference**

*June 21-23, 2018  
Washington DC*

Put on by Integrative Medicine for the Underserved (IM4US). This conference is a unique educational experience for healing professionals, administrators, students, advocates, and the community to learn about affordable

integrative approaches to common health conditions, share evidence-based best integrative practices, and be part of a like-minded community for activism around integrative medicine for the underserved.

### **2018 WELCOA Summit**

*August 2018  
San Diego, CA*

Put on by Integrative Medicine Put on by the Wellness Council of America (WELCOA), for health promotion and corporate wellness professionals. One of the premier conferences for workplace wellness in the US.

### **Society of Public Health Educator's (SOPHE) 20th Annual Advocacy Summit**

*October 13-15, 2018  
Washington DC*

Mobilizing the Next Generation of Health

Advocates, attendees spend an engaging 2.5 days in skill-building workshops designed to develop and hone their advocacy skills, with the final day of the Summit spent visiting officials on Capitol Hill.

### **American Public Health Association (APHA) 2018 Annual Meeting and Expo, 'Creating the Healthiest Nation: Health Equity Now'**

*November 10-14  
San Diego, CA*

This is the largest annual gathering of public health professionals with more than 12,000 people attending, making APHA 2018 the most influential meeting in public health. They also have targeted networking and presentation groups for integrative health, nutrition and health promotion.

### **29th Annual Art & Science of Health Promotion Conference**

*April 3-5, 2019  
Hilton Head Island, SC*

Put on by Art & Science of Health Promotion Institute, which applies knowledge from research and practice to improve outcomes. Specifically targeted for health promotion practitioners and professionals.

### **SOPHE's 2019 70th Annual Conference, Elevating Health Through the Power of Many**

*March 27-29, 2019  
Salt Lake City, UT*

SOPHE holds an annual conference for 800-900 health education and promotion professionals and their colleagues to share best practices, learn about new trends in the field, network with one another, and support each other in professional development.

## FACULTY SPOTLIGHT

Health Promotion Adjunct Faculty member, **SOPHIA KUZIEL, M.P.H., CHES**, participated in the 2018 MUIH Research Symposium. Her poster, *Effect of Gardening-Based Nutrition Education Interventions on Childhood Obesity and Fruit and Vegetable Intake: A Narrative Review*, examines the impact of gardening-based nutrition education programs on childhood obesity, as measured by Body-Mass Index (BMI), and an obesity-related behavior, fruit and vegetable intake (FVI). Ten articles met the inclusion criteria and were reviewed. The evidence suggests nutrition programs that include a gardening component can impact BMI in children (4 out of 5 studies). The studies showed moderate support for an increase in FVI (4 of 9 studies). In addition, only one of the four studies measuring both BMI and FVI showed statistically significant improvements in both. These findings suggest that perhaps other behaviors involved in the gardening-based programs (physical activity, social support, exposure to bacteria in soil) may be more impactful in lowering BMI than FVI. Future research should examine the impact of these gardening-associated behaviors on BMI in children participating in these interventions.

**KATHERINE SMITH, MPH, CHWC**, a faculty member in the MUIH Health Promotion Department, along with other MUIH colleagues, presented a scientific poster, *Health and Wellness Coach Collaboration with Psychiatrist in Multimodal Intervention for ADHD: Case Report* at the 18th Annual International Congress on Integrative Medicine and Health, in Baltimore, MD, May 9-11.

The purpose of the case report was to illustrate the value of combining health promotion and health and wellness coaching (HWC), a science-based, client-centered behavioral intervention, with psychiatric care in realizing improved ADHD management. Using the CARE guidelines (<http://www.care-statement.org/about>), the case report was based on a systematic review of data collected from the point of care with a health and wellness coach collaborating with a psychiatrist in support of a client with ADHD. The client was on academic probation in a graduate-level academic program.

The case report described multiple meaningful improvements generated over a 6-week intervention using a variety of coaching instruments, skills and strategies to support the client in achieving the organizational and life skills that would allow her to resume graduate school. Improvements were seen in areas including academic achievement, personal growth, self-efficacy, daily functioning, organizational skills, inter-personal skills, and self-care. Most important to the client, she was permitted to resume her graduate studies. This is the first case report describing collaboration between a psychiatrist and a health and wellness coach in managing ADHD.

The case report has also been presented recently at the American Professional Society of ADHD and Related Disorders Conference and the MUIH Scientific Research Symposium.

— Greetings from the Health Promotion Department  
continued from page 29

As our students and alumni reach out to those in the community and workplace in order to introduce integrative health, behavioral change and wellness offerings, I'm always inspired by the many diverse groups of people we are able to work with and help effect change for better health. //

## 2018 Student Community Awards

Winners of MUIH's 2018 Student Community Awards are voted on by the Health Promotion Faculty.

These annual awards honor a graduating student in their chosen area of concentration, who has provided service to his or her class or to the University by excelling in their program studies and providing inspiration or interaction.

## Criteria:

- Service to the learning of classmates or other students by interaction
- Showcased excellent work within their program via coursework, presentations or projects
- Demonstration of leadership qualities
- Service to the MUIH community by way of scholarship

WINNER IN COMMUNITY HEALTH  
Stephanie Kriebel

Stephanie works within the ESL/health/immigrant integration framework and her Capstone Project was the piloted ESL Eat Healthy Be Active health program, which was published in Easy English Times. The program she created was recognized by the San Mateo City Council.

WINNER IN WORKPLACE WELLNESS  
Amanda Breon

Amanda, along with two other health promotion students, Chelsey Barrett and Katelyn Cherello, put together a workplace wellness program designed as a pilot for MUIH staff and faculty.

This pilot will be launched in the next few months and will have ongoing evaluation done to ensure the best practice in workplace wellness (the research proposal is going through the IRB currently).



## NEWS FROM THE FIELD

The most recent *American Journal of Public Health* has published special supplement exploring how climate change is impacting public and community health. New research in the supplement discusses estimations of the health and economic impacts of changes in local air quality due to climate change. The supplement includes editorials from a wide array of public health leaders discussing climate change as a public and community health issue, potential solutions, and the value of published research.

One editorial by Jalonne White-Newsome, Phyllis Meadows, and Chris Kabel with The Kresge Foundation argues that both health disparities and climate injustices must be addressed together if we are to move forward in protecting against the harmful effects of climate change. “Communities of color are disproportionately harmed by the effects of toxic emissions and contaminants across the nation,” said White-Newsome, senior program officer with Kresge’s Environment Program. “And we think of climate change impacts as a force multiplier for these harmful effects – stronger storms, heavier rainfall and flooding, and more intense heat waves to name a few. Bringing health professionals together with climate experts – as this special supplement has done – is an important step in advancing solutions that are equitable for all populations.”

### American Public Health Association (APHA) Integrative, Complementary and Traditional Health Practices Section

“The **integrative, complementary and traditional health practices** field is a fascinating world where science, ancient healing traditions, modern medical systems, psychology, philosophy and even technology meet to create a thrilling universe of possibilities for promoting and restoring health and creating wellness.

“Our Section, founded over 20 years ago as a Special Primary Interest Group, is an ever-growing community of practice that recently gained Section status within APHA. Our membership is a vibrant, diverse association of professionals and students dedicated to promoting public health aspects of integrative, complementary and traditional health practices, including health care professionals, researchers, academics, policy advocates, and trainees. A thriving international membership gives our Section a global reach, which enhances the potential for multidisciplinary interaction, facilitates the development of a wider perspective of the field and bolsters collaboration.”

### — Workplace Wellness continued from page 31

- AmericaWalks, Boston, MA; [www.americawalks.org](http://www.americawalks.org). A coalition of over 50 local and regional pedestrian advocacy groups nationwide, provides technical assistance.
- League of American Bicyclists, Washington, DC; [www.bikeleague.org](http://www.bikeleague.org). National advocacy group advancing the Bicycle Friendly Communities program.
- National Center for Bicycling and Walking, Washington, DC; [www.bikewalk.org](http://www.bikewalk.org) Provides Walkable Community Workshops, technical assistance, annual Pro Walk/Pro Bike conference.
- Pedestrian and Bicycle Information Center, Chapel Hill, NC; [www.walkinginfo.org](http://www.walkinginfo.org); [www.bicyclinginfo.org](http://www.bicyclinginfo.org). Technical design guides and on on-line image library.
- Rails-to-Trails Conservancy, Washington, DC.; [www.railtrails.org](http://www.railtrails.org). Great help for trail and greenway advocates, including research supporting trails’ benefits.



### REFERENCES:

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- <sup>2</sup> [https://phpa.health.maryland.gov/ccdpc/Pages/ccdpc\\_home.aspx](https://phpa.health.maryland.gov/ccdpc/Pages/ccdpc_home.aspx)
- <sup>3</sup> [https://www.cdc.gov/physicalactivity/worksites-pa/toolkits/walkability/audit\\_tool.htm](https://www.cdc.gov/physicalactivity/worksites-pa/toolkits/walkability/audit_tool.htm)
- <sup>4</sup> <https://www.cdc.gov/chronicdisease/resources/infographic/physical-activity.htm>
- <sup>5</sup> [www.cdc.gov/physicalactivity](http://www.cdc.gov/physicalactivity)
- <sup>6</sup> <https://www.cdc.gov/physicalactivity/worksites-pa/>
- <sup>7</sup> Baicker K, Cutler D, Song Z. Workplace wellness programs can generate savings. *Health Affairs*. 2010; 29(2):1-8.
- <sup>8</sup> [https://www.cdc.gov/physicalactivity/worksites-pa/pdf/walkability\\_audit\\_tool.pdf](https://www.cdc.gov/physicalactivity/worksites-pa/pdf/walkability_audit_tool.pdf)
- <sup>9</sup> American Psychological Association (APA). Culturally sensitive health promotion and healthcare approaches for eliminating health disparities. Office of Continuing Education in Psychology. Retrieved from: [www.apa.org/education/ce/icr0005.aspx](http://www.apa.org/education/ce/icr0005.aspx)
- <sup>10</sup> <http://www.markfenton.com/resources/AFQ-MYChklist.pdf>





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## Greetings from the Herbal Medicine Department

**AN UPDATE FROM MICHAEL TIMS, PH.D.**

*Department Chair, Herbal Medicine*

**“THE HERB DISPENSARY HAS EXPANDED THE AVAILABILITY OF PRE-PACKAGED NUTRITIONAL AND BOTANICAL SUPPLEMENTS FOR CUSTOMERS OF THE NCC, AND WE’VE WORKED WITH THE CLINIC TO INTEGRATE THE DISPENSARY FUNCTION INTO THEIR NEW ELECTRONICS HEALTH RECORDS PLATFORM.”**

I hope this magazine finds you in good health. I’m very excited to catch you up on a variety of happenings, projects, and news from MUIH’s Herbal Medicine program.

The Clinical Herbalism area of concentration (AOC) has begun piloting a Telehealth platform using Wecounsel to support our distance clinic students. It allows for supervisor interaction with the students as they meet with their clients in a virtual clinical space. Also, alumna Donna Koczaja has joined the Natural Care Center (NCC) as an herbal practitioner.

The Herb Dispensary has expanded the availability of pre-packaged nutritional and botanical supplements for customers of the NCC, and we’ve worked with the clinic to integrate the dispensary function into their new Electronics Health Records platform. Also, blessings to our dispensary manager, Nicki Mensah, and her family on the birth of her son, Solomon Mensah!

We’ve expanded and developed several new courses as part of the Herbal Product Design AOC. Joanne Givens has worked with me to expand the Quality Assurance course originally developed by Andrew Pengelly to include a great deal of hands-on work. This will prepare students to engage in lab-based learning using organoleptic, macroscopic, and microscopic analysis; chemical spot, analytical chemistry, microbiological testing; developing botanical specification sheets; and validating methods for use in a Good Manufacturing Practice (GMP) compliant setting.

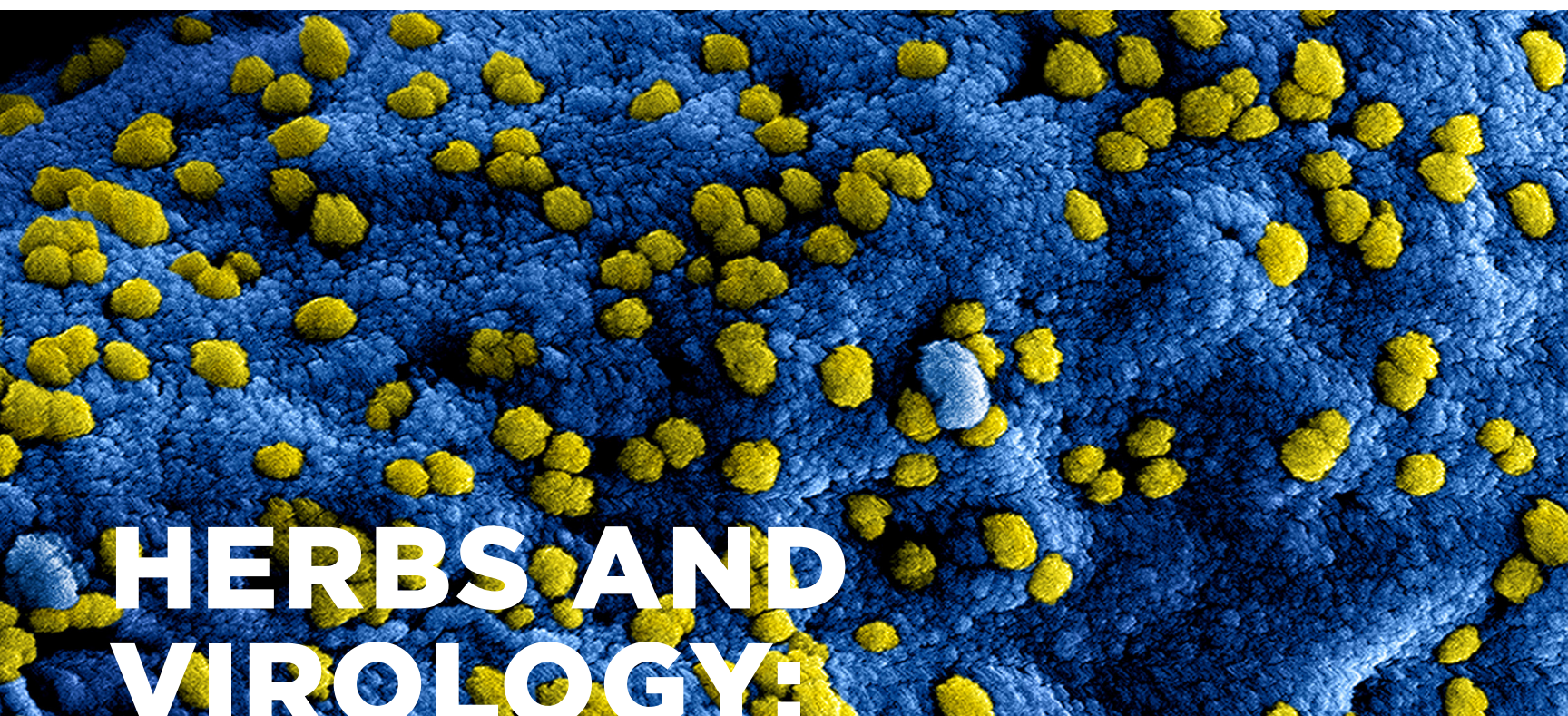
Alumni Amy Charnay, Marybeth Missenda, and Monica McCollin helped me develop new case studies for the herbal product design course, which were later taught by Amy and Monica. Real world problems are presented to the students by partner companies, for which students provide a suite of solutions. During the first year, both Herbalist & Alchemist and Gaia Herbs presented challenges.

Marybeth Missenda runs our internship program and taught the E-Portfolio classes. Our E-portfolio serves several purposes. Initially, the Student Learning Portfolio encourages students to systematically document and reflect on skills, competencies, and career readiness developed by integrating multiple courses or experiences in our program. At the end of the program, this project will be extended into a Professional Portfolio for students to showcase their knowledge, skills, and abilities to the professional marketplace.

Here is a partial list of intern partnerships available to the Herbal Product Design AOC students:

- American Herbal Pharmacopoeia Monographs
- The Dancing Herbalist, developing a marketing campaign

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# HERBS AND VIROLOGY:

## A Primer on Viruses and Herbal Medicine

*By Bevin Clare, M.S., R.H., CNS*

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**V**iruses are generally accepted as infective agents compiled of a bunch of bits and parts which are able to utilize living cells to reproduce. As such, they are ultimately considered non-living because of their inability to reproduce without using a host. To understand how herbal medicines can be helpful to people with viral infections (or in prevention), it's important to understand what makes them so persistent and "successful."

Viruses are highly specialized. They have an affinity to a specific tissue type, but it is their lack of specificity in reproducing which make them so successful. Lacking the biological need for reproducing a "likeness," viruses reproduce willy-nilly, rife with mutations of one sort or another. These mutations, while often fruitless, can also be the source of evolutionarily beneficial traits which can give rise to increased virulence and pathological nimbleness. Think of a slew of random changes and imagine that, every once in a while, there is a genetic jackpot of sorts offering up new traits or other

advantages. The mistakes in reproduction, coined "low-fidelity," are a fundamental trait in many of viruses which wreak the most havoc as it aides their ability to hide, to morph, and to fool our biological memory. These evasive traits also make the case for our complex, biologically designed medicines to be central in the mitigation of pathology from viruses.

As herbal medicines come from the earth, they are also subjected to the pressures of viruses and have developed the appropriately complex immune response needed to deal with the relentless assault of various pathogens which is inherent to life itself. Herbs, quite simply, are a medicine sufficiently complex to counter the multi-faceted dynamic nature of pathology and infection.

But it isn't because herbs are especially able to target the virus. They can, and appear to be happy to demonstrate their talents in vitro at times, but for the most part herbs have the same challenge which plague drug development - viruses are often



within our own cells and like to hide and morph. There are the simpler viruses which we can get rid of readily, but many of them are far more capricious. Some viruses fall prey to plant-derived volatile oils in the bloodstream, or our healthy bodies can spot them and eliminate them quickly. Herbs can, at least in vitro, reduce the integrity of the viral capsid, or prevent viral budding, or even promote internal surveillance within cells. All of this said, the best way to approach viral infections is to bolster the innate (and adaptive) immune response, to enhance tissue integrity, to foster healthy circulation, detoxification, and elimination. All things we know herbs (and herbalists!) do well, and in comparison actions which are generally a challenge for pharmaceuticals to perform. Yay herbs!

The impact of herbs in pathogenicity goes beyond a boost to the terrain, it goes to the core of the way viruses cause the most harm in the body. When we think of infectious diseases we generally picture the many ways the pathogen harms us - be it toxoids or blood poisoning, inflammation or sepsis, or any other number of ways infection manifests. However, in many cases the virulence of a virus is caused more by the hunt and chase of the body than of the action of the virus itself. In fact, many viruses which can hide and successfully live within us, typically without causing any cause for attention, unless something perturbs the balance. We learned a lot more about this in the past few decades as previously healthy people lost their immune systems to AIDS and the generally benign viruses we carry throughout our lives became cause for alarm.

This hunt, chase, and pursuant cytokine storm is sometime akin to our body using heavy artillery to get a puppy to come out of hiding. Still, our immune system has a job and tends to be fairly single-minded about doing it. And that is to find the virus and get rid of it, sometimes at all costs. The virus which causes hepatitis C is a great example as on its own it is relatively benign, but your body spends a great deal of energy on the inflammation and tissue damage needed to attempt to get rid of it and you end up with severe inflammation and possibly worse. We are inflammatory beings and primed for a good cytokine fight when we see a virus rear its little amino acid head.

And this is where herbs really do their magic.

These powerful inflammatory responses aren't something you want to stop altogether as they are effective and important. But they often need to be modulated. Easier said than done with a powerful and autonomous immune system and a whole slew of cytokines, each effecting each other and causing a veritable

hive of activity. The only thing which could work is something so complex, so diverse, and so perfectly in balance with the evolved complexity of our immune system that it can modulate the body's own responses to be effective, yet a bit more controlled. And this is where our herbal medicines come in. Many of our herbal medicines used traditionally, and contemporarily, to modulate immunity do just this. Herbs, regardless of the virus at hand, stand a chance in mitigating immunopathologic harm and doing it in a way which won't stifle an effective immune response or decrease your chances of fighting something off for good.

So, herbal medicines can be used in viral infections to not just bolster the system but to modulate the response your body is having to the pathogen and to make your reaction less innately damaging and more effective. A bit like calming down the buzz of that loud hive to a steadier, effective state.

The trick here is to trust a bit in the co-evolutionary magic of these plants. Our models of understanding how they work in complex systems isn't adequate for a true comprehension of their role in virology, so we have to believe more in the ability of a plant to speak the biological language needed in the moment. And in the case of viruses, these plants carry the phytochemical wisdom we may not find anywhere else. //



**BEVIN CLARE, M.S., R.H., CNS**, is a clinical herbalist, nutritionist, mother, plant lover, and a professor at Maryland University of Integrative Health (MUIH). As an herbalist and educator, Bevin trains clinical herbalists through their clinical internship at MUIH and brings herbs into the lives of many students,

clients, and practitioners with her national and international presentations. She holds a M.Sc. in Infectious Disease from the London School of Hygiene and Tropical Medicine and an undergraduate degree in Ethnobotany from Lesley University. Bevin has studied herbal medicine around the world and blends her knowledge of traditional uses of plants with modern science and contemporary healthcare strategies. She is a board member of United Plant Savers, a group working to protect at-risk medicinal plants in North America. Bevin has been president of the American Herbalists Guild since 2015, and before that served as vice president beginning in 2010.

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<https://www.bevinclare.com/single-post/2016/09/05/Herbs-and-virology-A-primer>

## ALUMNI PROFILE



### DEBORAH MIZEUR CLASS OF 2013



**Q: What drew you to study herbal medicine as your healing discipline?**

**A:** I have always had a deep connection to nature and an innate understanding that natural ingredients - especially when grown close to home - were far better than anything made in a lab. Yet, I was not fully aware of the healing capacity of plants until I visited the Amazon jungle and experienced these powerful medicines first-hand.

**Q: Why did you choose MUIH for your academic program?**

**A:** When I enrolled in the Master of Science in Herbal Medicine it was offered through the Tai Sophia Institute (the predecessor to MUIH). Rooted in traditional wisdom, the School of Philosophy and Healing in Action (SOPHIA)

sought to awaken and empower individuals to their own healing potential, recognizing the role that the individual's perspective (or mindset) plays in health and dis-ease. This revolutionary approach views the role of the practitioner as a guide on the healing journey; herbs or acupuncture needles were seen as tools to gently "nudge" the body toward health. The curriculum was the perfect blend of tradition, historic practice and modern science. At the time this was the only Master of Science in Herbal Medicine degree offered (anywhere), and MUIH continues to attract the brightest faculty from across the globe.

**Q: Describe your path since graduating.**

**A:** Since graduating, my efforts have focused on building my clinical practice and presence in the community. I passed the Certified Nutrition Specialist (CNS) exam and have maintained a license as a Dietetic Nutritionist in Maryland since 2013. I have developed and taught several classes - including for MUIH - and my wellness practice and healing approach was recently featured on a podcast. Last year I was invited to present at the Logan Visionary Conference at the American Visionary Arts Museum on the History of Food as Medicine. To strengthen connections in my local community I helped to create a wellness alliance for practitioners across many disciplines.

Drawing on my previous career in health policy, I was tapped by the Maryland General Assembly to co-lead an effort to redesign health systems in rural areas of our state, which has strengthened my relationships with conventional providers and opened up conversations about integrated health care.

**Q: What have you accomplished that is a result of the education and skills you received here?**

**A:** In 2017 I was honored to be accepted as a Registered Herbalist by the American Herbalists Guild and I am excited to continue mentoring students in their clinical practices. Last year I launched a business, Herbal Alchemy, with another MUIH graduate, offering individual, small group and community-wide classes. We employ functional medicine tools to improve patient assessment and track progress toward goals. In addition to the custom formulations we provide to our patients, our blended teas are served by local businesses and we have developed a boutique line of products for everyday use.

**Q: What has been your most exciting or fulfilling professional experience to date?**

**A:** The work I do in my private practice is incredibly rewarding. My patients have challenging situations that push me to grow my skills and think creatively

to address their underlying issues and health concerns. Last year I had the unexpected but very cool opportunity to be featured in a regional magazine that profiled my clinical practice in a cover story titled, "Modern Medicine Woman."

**Q: Are you achieving your professional goals?**

**A:** Always! And it's important for professional goals (and our dedication to them) to be fluid and open to reinterpretation and re-imagining. I constantly reassess and reevaluate and work to be in the flow with what is serving, what needs to shift, and following my inner guidance on how best to show up in the world. Energy flows where attention goes.

**Q: What would you like to do next, professionally speaking?**

**A:** I am currently being certified in permaculture design and in the next few years we hope to transform our 34-acre woodland/wetland property in Kent County, MD into a wellness retreat center and working medicinal plant farm.



# ALUMNI

## NEWS AND NOTES

**RACHEAL DALEY**, Master of Science in Therapeutic Herbalism (December 2017); Master of Arts in Health and Wellness Coaching (October 2016) —In July 2017, Racheal was able to launch four herbal tea blends as well as share the gift of coaching with various women. In April 2018, she

plans to revamp her website and offer more services and products in the coming months.

**MOLLY CARR**, Master of Science in Herbal Medicine (May 2006) —After working for 10 years as a holistic nurse practitioner and herbalist in a

Pain Management & Addiction practice, Molly has decided to start her own independent practice and is now seeing patients as a holistic health practitioner offering Lifestyle Medicine, Pain Management and Medically Assisted Addiction Recovery using herbs, supplements and

conventional medications in an integrated way. Practice locations are the Village Green Apothecary in Bethesda, MD and Sunflower Health & Wellness in Gaithersburg, MD.



— Greetings from the Herbal Medicine Department *continued from page 37*

- MUIH, developing botanical specification sheets for GMP compliance
- MUIH, Herbal Dispensary training
- MUIH, expanding Herbarium collection of Mid-Atlantic medicinal plants
- Shaver's Creek Environmental Center, Ramps Market Analysis
- Equinox Botanical, Implementing GMP processes
- US National Arboretum, supporting the education in the medicinal herb garden

Additionally, we are developing a more robust assessment portfolio for faculty to assess and document demonstrable, measurable student competence, achievement, and skills. This provides a performance assessment for our programmatic teaching strategies, and helps us continue to develop coursework that improves student success once they leave MUIH. //

## CONFERENCES AND EVENTS

### The Big Natural

June 6-7, 2018  
Las Vegas, NV

This unique, industry-centric event will bring together leaders and innovators of the industry to share their perspectives and insight through interactive discussions and workshops with the goal of moving the industry forward through education.

### 4th International Conference and Exhibition on Natural Products, Medicinal Plants, and Marine Drugs

June 11-13, 2018  
Rome, Italy

This international event openly invites researchers across the globe to attend this conference focused on the emerging, promising, and relatively unexplored field of natural products originating from marine sources. Presentations will focus on marine natural product bioprospecting and drug development centered around the 2018 conference theme of "Medicinal Development and Strategies of Natural Products."

### CRN/ACI Annual Legal, Regulatory and Compliance Forum on Dietary Supplements

June 18-20, 2018  
New York, NY

This "must-attend" event

for the legal, regulatory, and compliance stakeholders of the dietary supplement industry will provide updates and expand on the current politics and policies that are influencing the industry's present regulatory atmosphere.

### Integrative Medicine for the Underserved IM4US 2018 Conference

June 21-23, 2018  
Washington DC

Integrative health and wellness, when incorporated in a primary care framework, has the ability to improve outcomes and reduce costs. This is even more pronounced in underserved settings where these approaches can also reduce health disparities. Participants at this conference will have the opportunity to gain the tools they need to take action either nationally, or in their own communities and locales.

### Midwest Herb Fest 12

August 3-5, 2018  
Culver, IN

This herbalism-inspired event will offer attendees learning opportunities, field experience, and entertainment including medicinal plant identification, herb walks, and live music focused on the 2018 theme of "Returning to Our Roots."

### 31st New England Women's Herbal Conference

August 24-26, 2018  
Hebron, NH

Far more than just an educational event, this annual event will gather women herbalists, healers, and plant lovers to not only share their knowledge on herbs and natural healing, but also celebrate women's spirit and wisdom.

### 6th International Conference and Exhibition on Pharmacognosy, Phytochemistry & Natural Products

September 12-13, 2018  
Shanghai, China

This two-day international event will feature presentations expanding on all aspects of pharmacognosy, including the latest research results and trends on herbal drugs, technology, and the state of the market itself. The theme of this year's conference will be "Pharmacognosy: A Science of Natural Products in Drug Discovery."

### 2018 Rocky Mountain Dietary Supplement Forum

October 23-24, 2018  
Boulder, CO

This event seeks to serve as an educational venue to aid dietary supplement

industry professionals to learn about and stay current with FDA requirements and will consist of presentations on regulatory requirements, updates on raw ingredient and finished product testing, the importance of properly labeling dietary supplements, and other topics focused on the 2018 forum theme of "What Lies Ahead for the Dietary Supplement Industry."

### American Herbalists Guild Annual Symposium

October 25-29, 2018  
Unicoi State Forest, GA

This year's focused track is Bioregional Herbalism in Practice and many of the 2018 presentations will be relevant to this timely topic. Some of the world's most respected herbal educators, practitioners, authors, and researchers will be presenting on diverse topics in bioregionalism, evidence-based research, traditional herbal medicine, wildcrafting and plant cultivation, integrative health, herbal business, and much more. Attendees who take five of the following classes in addition to the Post-Symposium Intensive in Materia Medica in Clinical Practice will received a Certificate of Completion for the Bioregional Herbalism in Practice Track.





# Nutrition Symposium 2018

## Nutritional Genomics and Clinical Practice: Patient Management

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Learn the science behind the  
emerging field of nutrigenomics  
and gain practical skills  
to apply in your practice.

Speakers include Liz Lipski Ph.D.,  
Anil Gajnath M.D., Eleonora Gafton, M.S.,  
Amanda Archibald R.D., Chrissie Williamson D.C.N.,  
Peter Bongiorno N.D., and more!

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## June 15 - 17

at Maryland University of Integrative Health

Register at [muih.edu/events](http://muih.edu/events)









## Greetings from Nutrition and Integrative Health

**AN UPDATE FROM KATHY WARNER, PH.D.**

*Department Chair, Nutrition and Integrative Health*

**“IN MY THREE YEARS WITH THE DEPARTMENT, WE HAVE SEEN GROWTH IN ALL OF OUR PROGRAMS AND, MOST IMPORTANTLY, IN THE NUMBER OF ALUMNI.”**

It is my pleasure to connect with you through this new alumni magazine. In my three years with the department, we have seen growth in all of our programs and, most importantly, in the number of alumni. The second cohort of the Doctor of Clinical Nutrition program finished in April and will participate in Commencement as will graduates of the Master's program and the Post-Master's Certificate.

In June, the department will collaborate with the Maryland Naturopathic Doctors Association to sponsor the second MUIH Nutrition Symposium in Nutrigenomics from June 15-17 on campus. This year there are two pre-workshops, *Genetics and Genomics* and *Culinary Genomics*, as well as tracks in *Genomics in Clinical Practice and Management of the Complex Patient*. There will be an alumni reception on the first night of the Symposium.

In September, we are launching two new certificates, a Post-Baccalaureate Certificate in Sports Performance and Integrative Nutrition, and a Post Master's Certificate in Nutritional Genomics in Clinical Practice. The sports certificate will be the department's first post-baccalaureate certificate and will include a one credit lab, *Whole Foods Cooking to Support High Performance*, developed by Eleonora Gafton. Both certificates are fully online and can be completed in three trimesters.

The department has converted the internship experience to a post-graduate practice experience in nutrition for MUIH graduates. The experience will be offered through the Professional and Continuing Education department, and Elizabeth Owens will manage it as she did the internship. Starting July 1, there are two options for graduates seeking practice experience hours for the CNS credential: Option 1, which is Supervised Placements, and Option 2, which is Self-Directed Mentorships. Option 1 is for six months and Option 2 can be either three months or six months in length.

Please keep in touch with the department. We value your feedback and love hearing how you are applying what you learned at MUIH. //

# ALIEN SPECIES ARE RUNNING YOUR METABOLISM:

Who they are, what they do, and  
how to keep them in control

*By Prof. Liz Lipski, Ph.D., CNS, LDN*

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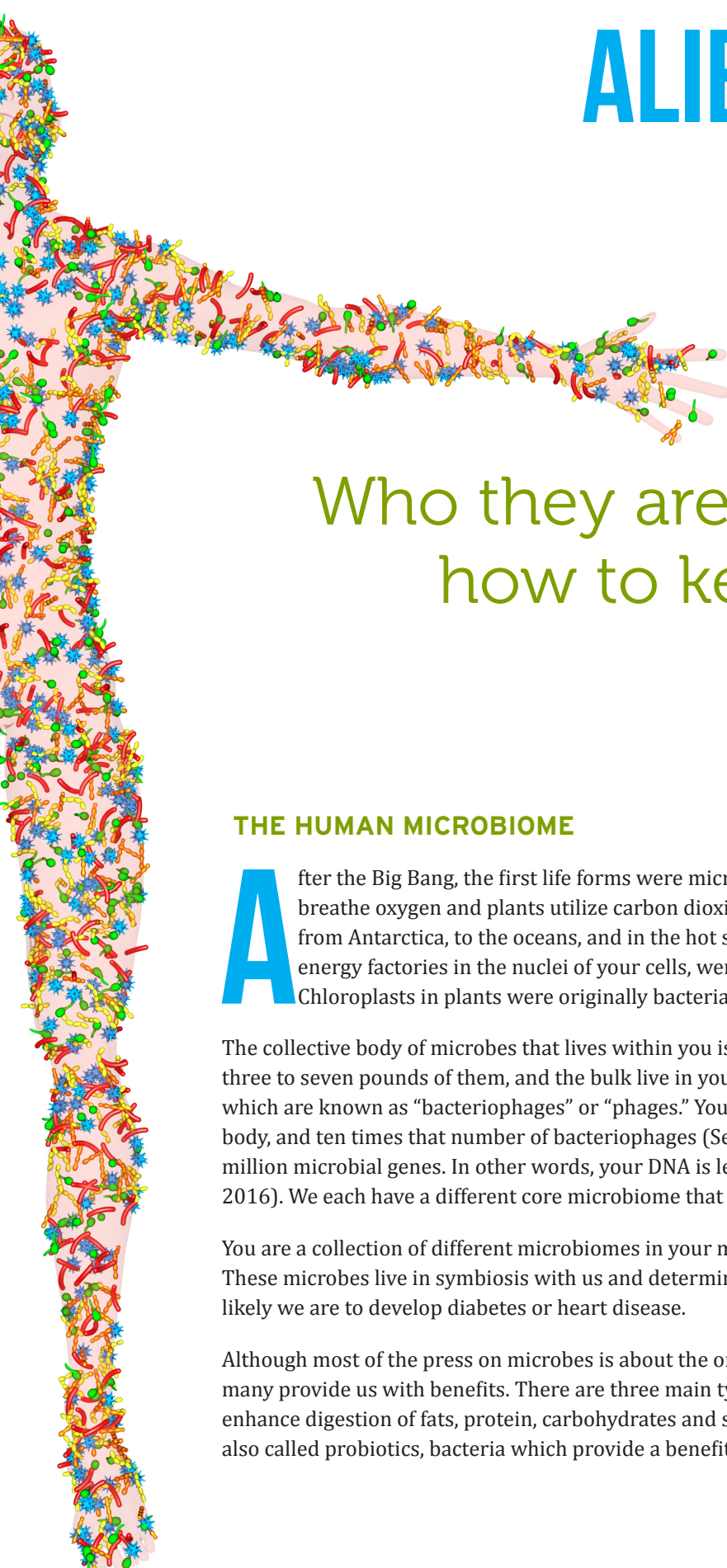
## THE HUMAN MICROBIOME

**A**fter the Big Bang, the first life forms were microbes. They terraformed the planet, are the reason we breathe oxygen and plants utilize carbon dioxide. Microbes populate every niche that's been explored from Antarctica, to the oceans, and in the hot springs at Yellowstone National Park. Mitochondria, the energy factories in the nuclei of your cells, were once bacteria as well as most of the organelles in your cells. Chloroplasts in plants were originally bacteria.

The collective body of microbes that lives within you is called your microbiome. The average person has between three to seven pounds of them, and the bulk live in your large intestine. They are comprised of bacteria, fungi, viruses which are known as "bacteriophages" or "phages." You have equal numbers of microbes in your body as cells in your body, and ten times that number of bacteriophages (Sender, 2016). We have about 23,000 human genes and 3.3 million microbial genes. In other words, your DNA is less than 1% human and 99% microbial (Qin, 2010; Sender, 2016). We each have a different core microbiome that is unique as our fingerprint!

You are a collection of different microbiomes in your mouth, skin, lungs, genitourinary tract, and digestive system. These microbes live in symbiosis with us and determine whether you are fat or thin, happy or depressed, and how likely we are to develop diabetes or heart disease.

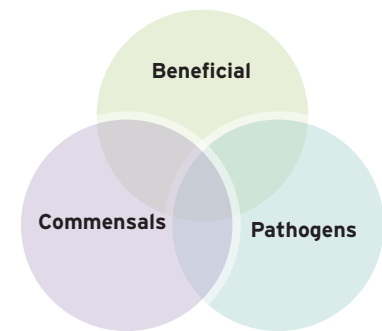
Although most of the press on microbes is about the ones that make us sick, most of them live in harmony with us and many provide us with benefits. There are three main types of microbes: pathogens that make us sick; commensals that enhance digestion of fats, protein, carbohydrates and synthesize short-chain fatty acids and vitamins; and symbiotic, also called probiotics, bacteria which provide a benefit to the host making vitamins and regulating immune function.





These microbes live in complex communities that function to stabilize overall health and keep us robust. When they are in balance, we feel well. When out of balance, our lab work begins to indicate imbalances and we may develop symptoms. Current research reports that imbalances in this “organ” enhances nutrient absorption, synthesizes vitamins, drives obesity, Type 2 diabetes, non-alcoholic fatty liver disease, mental health issues, drug and toxin metabolism, and intolerance to pain.

**Microbiota =  
Bacteria  
Virus  
Fungi**



### Imbalances in the microbiome are called “dysbiosis” and have been associated with many health conditions including

- Auto-immune Conditions
- Allergy
- Alzheimer’s Disease
- Asthma
- Autism
- Auto-immune Diseases
- Cancer
- Cardiovascular Disease
- Celiac Disease
- Diabetes
- Eczema
- Glaucoma
- Heart Failure
- HIV/AIDS
- Irritable Bowel Syndrome
- Kidney Disease
- Liver Diseases
- Mental Health
- Mood Disorders
- Obesity
- Oral Health
- Rheumatic Diseases
- Sleep Disruption

*(Astafurov, 2014; Carding, 2016; Lau, 2017; Vogt, 2017; Zhang, 2015)*

## WHAT AFFECTS YOUR MICROBIOME

Taking care of your microbiome goes a long way to enhancing overall health, keeping the mind clear, and preventing future disease. We set up our microbiome in infancy and toddlerhood. Breast-feeding, being born by vaginal delivery, avoidance of unnecessary antibiotics, and having pets in the home help establish a robust microbiome.

Of all the known modulators of the microbiome, diet is the fastest and best way to enhance its function in adults. The Standard Western Diet of highly processed food contributes little to promote healthy microbial communities. (Bengmark, 2013) David, et al (2014) demonstrated in ten people that changing between plant-based and meat-based diets rapidly changed the microbiome. Yet, changing your diet permanently is the only way to have long-lasting effects on the composition of the microbiome.

## TIPS FOR FEEDING YOUR MICROBIOME

- **In healthy people, eating a Mediterranean type diet is your best bet.** Mediterranean diets have been associated with reductions in cancers, cardiovascular disease, diabetes, and virtually all chronic disease. Part of this dietary approach is home-cooked meals most of the time, and eating with friends and family. Eating is historically a social event.
- **Eat more prebiotic rich foods.** Prebiotics are substrates in food that provide benefits to the microbiota. Until a consensus review paper in 2017 (Gibson), prebiotics were considered to be only soluble fibers such as those found in oatmeal, beans, and root vegetables. The newer definition also includes plant polyphenols, which get activated as the microbes munch on them; and fats including conjugated linoleic acid and polyunsaturated fats; and human milk oligosaccharides found in breast milk for infants.



## We benefit from eating many servings of prebiotic rich foods each day.

### PREBIOTIC RICH FOODS: EAT SOME AT EVERY MEAL.

- Artichoke
- Asparagus
- Avocado
- Bananas (under ripe)
- Barley
- Beet root
- Bran
- Burdock root
- Chia seeds
- Chicory
- Chinese chives
- Cocoa
- Dandelion greens
- Dairy products (CLA), yogurt cottage cheese
- Eggplant
- Flax seeds
- Fruit
- Garlic
- Green tea
- Honey
- Jerusalem artichokes
- Jicama
- Kefir
- Leeks
- Legumes
- Lentils
- Onions
- Peas
- Radishes
- Root vegetables
- Plantain
- Potatoes
- Rye
- Sea vegetables
- Soybeans
- Spices and herbs
- Sugar maple
- Sweet potatoes
- Tomatoes
- Vegetables
- Yams

- **Eat more probiotic rich foods.** Before we had refrigeration, cultured and fermented foods were the norm. With the convenience of refrigeration and packaging, these foods are less commonly eaten in contemporary society. These can be eaten daily in portions that suit your taste buds.

### PROBIOTIC RICH FOODS

- Yogurt/Kefir
- Miso
- Natto
- Tempeh
- Sauerkraut
- Kimchi
- Raw pickles
- Fermented anything
- Root and ginger beers
- Olives
- Pulque
- Kombucha
- Fermented vegetables
- Buttermilk
- Raw whey
- Raw vinegars
- Fermented sausages
- Sourdough bread
- Essene bread
- Beer
- Wine

**ALTHOUGH MOST OF THE PRESS ON MICROBES IS ABOUT THE ONES THAT MAKE US SICK, MOST OF THEM LIVE IN HARMONY WITH US AND MANY PROVIDE US WITH BENEFITS.**



- **Relaxation** is required for the microbiome to function well. The brain and digestive system communicate through the vagus nerve. In our hectic lives, we are on the go and busy nearly all of our waking hours. Research has demonstrated that proper balance between the sympathetic nervous system (go, go, go!) and the para-sympathetic nervous system (stop, chill) provides proper vagus nerve function. Specific activities that can be helpful include:

### VAGUS NERVE FUNCTION

- Probiotics: B. longum
  - Deep breathing
  - Mind-Body techniques
  - Acupuncture
  - Singing/Chanting
  - Meditation
  - Music: listening to or playing
  - Eating a whole foods diet
- If you have digestive, auto-immune or other chronic health issues, you may benefit from a therapeutic dietary intervention. Some of the many plans include the FODMAP diet, Comprehensive Elimination Diet, Specific Carbohydrate Diet, Gut and Psychology Syndrome Diet, Low Histamine or Oxylate Diets, and Anti-Fungal plans. To best implement these, work with a nutrition professional. We have many at the Natural Care Center at Maryland University of Integrative Health. //

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Please take a moment to fill out the form below with your news and send to:

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or email us at [slarsen@muih.edu](mailto:slarsen@muih.edu)**

Name

Class Year (s) and Degree (s) from MUIH

Home Address

Phone

Email Address

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## ALUMNI PROFILE



**KATHLEEN MADDEN**  
CLASS OF 2016



My aim is to provide a nurturing environment and inspire individuals and the community to champion their own health and well-being.



**Q: What drew you to study herbal medicine as your healing discipline?**

**A:** Nutrition is a topic that I am extremely passionate about and it is a huge part of my everyday life. So it was important to me to improve my knowledge, awareness, and appreciation of what truly nourishes my body. I also LOVE to cook and share my philosophy of clean eating with those closest to me. This is a perfect way to do something you love while also doing something significant to change people's lives by teaching them about the science of food and nutrition.

**Q: Why did you choose MUIH for your academic program?**

**A:** After attending an open house for perspective students, I recognized it was the perfect choice. The professors shared their personalized approach to teaching, and their passion was more than contagious. I recognized that MUIH is part of the movement to enhance the quality of healthcare delivery and I wanted to be a part of that mission. From that point on everything else fell into place.

**Q: Describe your path since graduating.**

**A:** After completing my internship at the Kaufman Cancer Center, I developed a program specifically designed for cancer patients and their caregivers to assist with nutritional needs. I provided prepared meals,

grocery store orientations, nutrition education, and cooking demonstrations. This program expanded to additionally support a digestive disorders physician in Annapolis, MD prior to relocating to Ohio. I also had the pleasure of volunteering for The Wellness House in my community, which provides support, services, and education for cancer patients and their families.

**Q: What have you accomplished that is a result of the education and skills you received here?**

**A:** I am opening my own teaching kitchen and natural cafe, 24 Karrot Kitchen, offering seasonal local foods, and cooking with responsibly sourced and sustainably produced ingredients. My aim is to provide a nurturing environment and inspire individuals and the community to champion their own health and well-being. An emphasis will be placed on supporting individuals with specific dietary requirements.

**Q: What has been your most exciting or fulfilling professional experience to date?**

**A:** I would have to say the most fulfilling experience is how I feel helping and nurturing others on their journey. Knowing that I am making a difference, even if so very small, makes my heart smile.

For exciting, that would unquestionably have to be

24 Karrot Kitchen. Exciting and scary times a thousand! My husband and I moved from Annapolis to Ohio with our four-legged family to begin a whole new chapter in our lives. I cannot begin to express how fortunate I am to have this opportunity to do something that has been my passion and a dream for a long time. The community here has embraced us and we are so enthusiastic to begin our journey.

**Q: Are you achieving your professional goals?**

**A:** I believe I have begun to create a wonderful professional foundation and will continue to focus on what matters most, and what I believe in with enthusiasm and desire to accomplish all my goals. I am extremely fortunate to have a support network of amazing mentors, and I plan to continue my studies to build on my skills, and be courageous when opportunities present themselves.

**Q: What would you like to do next, professionally speaking?**

**A:** In 2019 I would like to achieve a gluten free certification for 24 Karrot Kitchen, communicating my GF commitment to consumers.

In three to five years, I plan to launch a non-profit meal delivery service, a donation of customized meals to the elderly, cancer patients, and others in need of nutritious unique dietary needs.



## ALUMINI

## NEWS AND NOTES

**JOSHUA NACHMAN**, Master of Science in Nutrition and Integrative Health (May 2014) —Joshua practiced at Johns Hopkins Integrative Medicine and Digestive Center for two years and continues to serve on the item writing task force for the Board for Certification of Nutrition Specialists<sup>SM</sup> (BCNS<sup>SM</sup>) exam. He is enjoying his private client and consulting practice while working in a non-client capacity at the Gedroic Medical Institute to facilitate the merging of energy medicine into mainstream and functional medical practices.

**JONI EISENHauer**, Master of Science in Nutrition and Integrative Health (April 2017) —Joni started at Elizabethtown College in November 2017 as the Assistant Director of Health Promotion. She will

be an integral part of the development of the Bowers Center for Well-Being, Sports, and Fitness, which includes a relaxation room, fully equipped gym, group fitness rooms, smoothie bar, and a demo kitchen. Construction will be completed in 2019.

**MARK FERSCH**, Master of Science in Nutrition and Integrative Health (December 2016) —Mark is currently a second-year medical student at the Texas College of Osteopathic Medicine in Fort Worth, Texas. He is planning to graduate as a D.O., an osteopathic physician, and continue building upon the integrative health practices learned at MUIH as a physician.

**LORA KLUBER**, Master of Science in Nutrition and

Integrative Health (August 2017) —Lora has been working as a nutritionist for the United Planning Organization (UPO) since January 2017. She is running the Early Head Start program for 12 daycare centers located in vulnerable areas throughout Washington, D.C. Recently, she has implemented farmers market shares in the centers, offering more fruits and vegetables to children while also supporting local farmers and the community. Lora is constantly finding innovative ways to support the health of the D.C. community through fresh food. Currently, she is working on a grant that will provide resources to send children from the D.C. region on field trips to local farms. Since joining UPO, she has also implemented green initiatives

within the organization to reduce waste and save money. Lora is proud to be an MUIH graduate and is grateful for the experiences she had attending the nutrition program.

**SHAWN SACO**, Master of Science in Nutrition and Integrative Health (August 2016) —Shawn works at the Henry Jackson Foundation as a Nutrition Education Specialist for CHAMP (Consortium for Health and Military Performance), where she performs translational, evidence-based nutrition research and education for human performance optimization, and total force fitness for military members and the community.

CONFERENCES  
AND EVENTS**Applying Functional Medicine  
in Clinical Practice (AFMCP)**

*October 1 – 5, 2018  
Washington, DC*

AFMCP synthesizes the latest medical research with a model of care that integrates each patient's individual history, genetics, and lifestyle factors. AFMCP equips clinicians to design effective, personalized treatments for each patient.

**American College of  
Nutrition Annual Conference:  
Personalized Nutrition 2018  
- Translate the Science of  
Nutrigenomics into Practice**

*November 7-9, 2018  
Seattle, WA*

Personalized Nutrition 2018 is the forum for health practitioners, researchers, and stakeholders to engage with the science and practice of personalized nutrition.

STAY CONNECTED  
WITH US.

**muih.edu #exploreMUIH**



# YOGA







## Greetings from Yoga Therapy

**AN UPDATE FROM DIANE FINLAYSON, M.A., C-IAYT, ERYT-500**  
*Department Chair, Yoga Therapy*

**“THE  
 PROFESSIONAL  
 CONTINUING  
 EDUCATION  
 DEPARTMENT, IN  
 CONJUNCTION  
 WITH YOGA  
 THERAPY, BEGINS  
 OFFERING AN  
 ACUTE CARE  
 YOGA THERAPY  
 CERTIFICATE THIS  
 SUMMER.”**

In September of 2018 MUIH welcomes its seventh cohort to a new hybrid format of the Master of Science in Yoga Therapy program. It featuring blended courses and will allow students entering the program to attend three weekends each of their six trimesters in class and to complete the rest of their course work with online lectures, discussions, and other learning activities between their on-campus weekends. This switch in format will make the MS Yoga Therapy degree more accessible to students coming from a distance, as it will lower travel and lodging time and expense.

Additionally, the Professional Continuing Education department, in conjunction with Yoga Therapy, begins offering an Acute Care Yoga Therapy Certificate this summer. We are piloting the program with MUIH Yoga Therapy alums only this June and will invite all C-IAYT who wish to apply for the October intake. Enrollment is limited to eight students per program.

For those of you looking to add additional skills to the tool box, be advised that we will begin offering a post-baccalaureate certificate in Ayurveda Wellness Practices in Fall 2018. This fully online certificate consists of four classes and can be completed in one year. I will be teaching two and a half of the courses and look forward to having many of you in this program. //



# CREATING NEW AVENUES for Clients to Access Your Care

*By Diane Finlayson, M.A., C-IAYT, ERYT-500*

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**W**hile the value and credibility of yoga therapy as a distinctive modality is slowly becoming recognized by allied health professionals from doctors and nurses to social worker's and chiropractors, the field is not yet a licensed health care profession. As an unlicensed field, yoga therapy has a variety of challenges in making sure that all those who wish to have our services have access to our care.

Over the course of the past few months I have been following a variety of conversations on social media about ways yoga therapists are working to overcome that the hurdle of creating alternative means for clients to access health care dollars for care by their local C-IAYT Yoga Therapist.

First of all, if you have not yet read the article by Dea Jacobsen in *Yoga Therapy Today*, I highly recommend that. Dea's profile





piece begins on page 21 of the Winter 2018 issue. In the piece, she discusses ways she has been able to access workman's compensation to help some of her client's receive care. Also, Dea will be at the Meeting of Schools this year's Symposium on Yoga Therapy and Research at discussing reimbursement methods. Perhaps you can join us?

Next, MUIH Yoga Therapy alum Fletcher Johnson recently reported on Facebook that she is in the process of getting a National Provider Identifier (or NPI) number. She reported that she was told by a contact at an insurance company to use the "health education" code as for her Current Procedural Terminology or CPT code (more information at [www.ama-assn.org/practice-management/cpt-current-procedural-terminology](http://www.ama-assn.org/practice-management/cpt-current-procedural-terminology)). Additionally, she found an actual Yoga Therapy code on the International Classification of Diseases' website at [www.icd10coded.com](http://www.icd10coded.com). And John Kepner, founder of IAYT, wrote an article that also gives optional billing codes. It is available in the No. 13 (2003) issue of the International Journal of Yoga Therapy.

According to the Bureau of Labor Statistics: "Health educators need at least a bachelor's degree. Many employers require the Certified Health Education Specialist (CHES) credential. Community health workers typically need to have at least a high school diploma and must complete a brief period of on-the-job training. Some states have certification programs for community health workers."

Fletcher's aim is to be able to provide her clients with a "super-bill" that they can then present to their insurance company for reimbursement. This keeps her paperwork down, allows more people access to her care and creates more professional standing for Fletcher in the community.

If you would like to explore doing something similar for your practice, visit the National Plan and Provider Enumeration System website at [www.nppes.cms.hhs.gov](http://www.nppes.cms.hhs.gov).

Another possibility for creating a means of allowing clients greater access to your care is to advise them to explore what they might need to do, or have from you as a provider, to be able to use their Flex Spending Account (FSA) or Health Savings Account (HSA). Another long exchange on the Facebook Yoga Therapy group included discussions of various ways clients have been able to access better care in this way. Do make sure the client knows that they have to understand the parameters of their specific account to discern if your services are able to be covered. There are many variations in what different FSA/HSA accounts will honor and this also changes from state to state as well as from company to company. Some companies will require the client to have a prescription or referral to Yoga Therapy for a specific condition. In this instance you would be required to provide the client with an invoice/receipt that clearly states what you provided and the treatment you gave to address the condition. Other programs may only need a receipt for your services for the client's reimbursement. //



**Diane Finlayson** currently serves as the program director of the Maryland University of Integrative Health's Master of Science in Yoga Therapy program and Ayurvedic Wellness Practices post-baccalaureate certificate (PBC). She has been educating yoga teachers, yoga therapists and Ayurvedic lifestyle consultants for 20 years. She is a C-IAYT and is certified by both NAMA and AAPNA as an Ayurvedic practitioner.

## ALUMNI PROFILE



### JEFFREY SARGENT CLASS OF 2017



**Q: What drew you to study herbal medicine as your healing discipline?**

**A:** I wanted to deepen my knowledge and skills with yoga therapy to be able to work with clients at a deeper level to facilitate greater self-empowerment. The M.S. in Yoga Therapy was a great way to broaden my knowledge and skills

**Q: Why did you choose MUIH for your academic program?**

**A:** I had a friend in the program and was drawn to it because it is the only Master's in yoga therapy in the United States.

**Q: Describe your path since graduating.**

**A:** I have been working with clients on an individual basis as well as with the Sensory Enhanced Yoga Institute, which is

an organization offering trauma-informed training for medical professionals and yoga teachers. I was recently hired to be the yoga therapist at Madigan Army Hospital -Joint Base Lewis McChord. I will be working full time in the Interdisciplinary Pain Management Clinic with an Integrative Health Care team. It's an exciting opportunity that will indeed challenge me and I'm sure it will be extremely rewarding.

**Q: What have you accomplished that is a result of the education and skills you received here?**

**A:** I have been able to teach workshops on yoga for stress, trauma, and anxiety to healthcare professionals and feel the knowledge gained at MUIH has enabled me to understand the human pathophysiology of stress and how it directly affects the various parts of the nervous system. Having the medical knowledge has greatly helped me to explain the variables involved

**Q: What has been your most exciting or fulfilling professional experience to date?**

**A:** Every time I tell someone I am a yoga therapist I get a ton of questions and I love being able to introduce people to this wonderful modality that is growing all the time. I'm excited for our field and am so grateful for all the yoga therapist who have guided me along the way. Yoga therapy truly has some of the best people on Earth.

**Q: Are you achieving your professional goals?**

**A:** Absolutely. As a 20-year Army veteran this new job is exactly what I need to be doing. I can't think of a greater calling than helping our wonderful troops in need of healing.

**Q: What would you like to do next, professionally speaking?**

**A:** I plan to gain a great deal of clinical experience in this next job so that I can put together my own trainings for yoga teachers, yoga therapists, and medical professionals in this unique niche of our population. I would also like to establish or work with established groups offering yoga retreats for veterans.



As a 20-year Army veteran this new job is exactly what I need to be doing. I can't think of a greater calling than helping our wonderful troops in need of healing.



## CONFERENCES AND EVENTS

### Symposium for Yoga Therapy and Research (SYTAR)

June 14-17, 2018  
Reston, VA

The annual conference presented by the International Association of Yoga Therapists (IAYT).

### Symposium on Yoga Research (SYR)

October 15-17, 2018  
Stockbridge, MA

Many MUIH faculty and alum will be presenting posters and papers.

### Continuing Education Credit Opportunity

IAYT is developing continuing education (CE) standards for our profession and MUIH is pleased to be offering one of the pilot CE programs. The "Yoga Therapy in Acute Care" professional CE certificate is a 40-hour course, partially online and partially on campus at MUIH and Howard County General Hospital. This skill building program is designed to allow alums to learn about bedside acute care in an integrative health environment (hospital). We are offering the program again in October and hope you can join us for this small group, high development experience. Keep an eye on the MUIH website under "Events" for the free webinars discussing this opportunity.



## FACULTY AND ALUMNI PUBLICATIONS

Middleton KR, Magaña López M, **Haaz Moonaz S**, Tataw-Ayuketah G, Ward MM, Wallen GR. A qualitative approach exploring the acceptability of yoga for minorities living with arthritis: 'Where are the people who look like me?' *Complement Ther Med*. 2017 Apr;31:82-89.

Middleton KR, Ward MM, **Haaz Moonaz S**, Magaña López M, Tataw-Ayuketah G, Yang L, Acevedo AT, Brandon Z, Wallen GR. Feasibility and assessment of outcome measures for yoga

as self-care for minorities with arthritis: a pilot study. *Pilot Feasibility Stud*. 2018 Feb 20;4:53.

**Moonaz S**, Jeter P, Schmalzl L. The importance of research literacy for yoga therapists. *International Journal of Yoga Therapy*: 2017, Vol. 27, No. 1, pp. 131-133.

**Sullivan M**, Leach M, **Snow J**, **Moonaz S**. The North American yoga therapy workforce survey. *Complement Ther Med*. 2017 Apr;31:39-48.

**Sullivan M**, Leach M, **Snow J**, **Moonaz S**. Understanding North American yoga therapists' attitudes, skills and use of evidence-based practice: A cross-national survey. *Complement Ther Med*. 2017 Jun;32:11-18.

**Sullivan MB**, Erb M, Schmalzl L, **Moonaz S**, Noggle Taylor J, Porges SW. Yoga Therapy and Polyvagal Theory: The Convergence of Traditional Wisdom and Contemporary Neuroscience for Self-Regulation and Resilience.

*Front Hum Neurosci*. 2018 Feb 27;12:67.

**Sullivan MB**, **Moonaz S**, Weber K, Taylor JN, & Schmalzl L. (2017). Toward an Explanatory Framework for Yoga Therapy Informed by Philosophical and Ethical Perspectives. *Alternative therapies in health and medicine*.



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## NEWS FROM THE FIELD

**VA**



**U.S. Department of Veterans Affairs**

Yoga Therapy continues to move forward as part of integrative health. This year the U.S. Department of Veterans Affairs announced that it would be hiring 150 Yoga Therapists from coast-to-coast. This marks a great advance to the acceptance and growing understanding of what our field has to offer the national health care discussion. Integrative health professionals are still working on "calling us by our name." These positions are found under the title of "Mind-Body Therapists" or "Kinesiologist" as often as under the correct title of "Yoga Therapist."

In April, MUIH was approached by the International Center for Spinal Cord Injury at Kennedy Krieger Institute to hold interviews of our students and alum on campus to hire a full-time Yoga Therapists for their facility. Rob Brooks, the new MUIH Career Services advisor, set up those interviews and MUIH is delighted to be seen as a leader in this emerging field. The employer even asked for a "Yoga Therapist."



JOIN OUR VIBRANT  
TEACHING COMMUNITY.

## Teaching Positions at Maryland University of Integrative Health

Maryland University of Integrative Health is an accredited graduate school with an academic and clinical focus on health and wellness. For 40 years, we have educated practitioners and health care professionals through transformative programs that draw from traditional wisdom and contemporary science. MUIH offers online and on-campus academic certificates, master's degrees, and doctoral degrees.

### ***MUIH seeks adjunct and fulltime faculty with expertise in:***

- Acupuncture & Oriental Medicine
- Applied Philosophy & Practice
- Ayurveda
- Health & Wellness Coaching
- Health & Practice Management
- Health Promotion
- Herbal Medicine
- Integrative Health & Biomedical Sciences
- Naturopathic Medicine
- Nutrition
- Yoga Therapy

## Why Teach at MUIH?

Faculty members at MUIH are part of a collaborative and holistic community of like-minded professionals from diverse backgrounds. They teach courses that are rooted in contemporary research and scientific principles, and contribute to emerging health practices with a focus on healing presence and wellness.

If you join this community of scholars, you'll not only be able to impart your expertise to empower adult learners and cultivate the next generation of health care professionals, but you'll enjoy the many benefits of teaching for MUIH:

- Build your professional portfolio through teaching, clinical, scholarship, presentation, and research opportunities
- Expand your professional network and in a supportive community environment
- Receive training in how to teach online, and discover the possibilities of transformative learning
- Participate in the annual research symposium, monthly journal club, and/or monthly webinar series
- Join in workshops on teaching, learning, and research approaches
- Tuition remission benefits and 403(b) match

## How to Apply

We are always accepting applications for a number of adjunct faculty positions for both online and on-campus teaching opportunities. Visit [www.muih.edu/about/employment](http://www.muih.edu/about/employment) to view a list of open positions.



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*Classes available on  
campus, online, evenings,  
and weekends.*



# Career Services Center

## AT MARYLAND UNIVERSITY OF INTEGRATIVE HEALTH



Each week, the Career Services Center at MUIH distributes the “Career Opportunities Digest” consisting of the job opportunities, internships, space rental opportunities and other career-related notifications. For a complete listing of all job opportunities posted with Career Services, please visit <http://muih.edu/campus-community/alumni/professional-opportunities-alumni>.

*Please note that MUIH does not endorse or validate any employer and urges alumni and students to thoroughly research each employment or office rental opportunity. Interested candidates should request business references for unknown organizations before interviewing or exploring job opportunities. MUIH reserves the right to modify this policy as needed.*

### CURRENT OPENINGS

Acupuncture, P/T  
**Shady Grove Fertility Clinic**  
Washington, DC

We are currently seeking candidates for a part-time acupuncturist to work in our busy Washington DC (K Street) and Rockville, MD offices. If you're an acupuncturist looking for a new opportunity to work in a fast-paced, professional environment where your talent contributes to changing people's lives, then we want to talk to you.

Contact: Deirdre Dubuc, [www.shadygrovefertility.com/careers](http://www.shadygrovefertility.com/careers)

Acupuncture, F/T or P/T  
**Ancient Arts Acupuncture**  
Little Silver, NJ

Seeking an ethical, motivated acupuncturist who would like to develop a practice within an acupuncture/chiropractic office.

Contact: Katie Doe, [ancientartsacu@gmail.com](mailto:ancientartsacu@gmail.com)

Acupuncture, F/T or P/T  
**Acupuncture with Kate at The Center for Mind-Body Therapies**  
Frederick, MD

Opportunity to take over an established acupuncture practice from owner who is retiring.

Contact: Kate Carter, [katemcclellan@gmail.com](mailto:katemcclellan@gmail.com)

Acupuncture, F/T  
**NOVA Acupuncture**  
Alexandria, VA

NOVA Acupuncture (formerly Holistic Touch) is looking for recruit for a full-time Acupuncturist staff member in their clinic.

Contact: Rob Brooks, [rbrooks1@muih.edu](mailto:rbrooks1@muih.edu)

## EMPLOYMENT OPPORTUNITIES //

Health & Wellness Coaching, P/T  
**Lotus Point Wellness, Inc.**  
*Silver Spring, MD*

Sub-contractor position as a Health and Wellness Coach with Lotus Point Wellness, Inc.

Contact: Marie Choppin, [mchoppin@lotuspointwellness.com](mailto:mchoppin@lotuspointwellness.com)

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Health Promotion, F/T  
**Credible Behavioral Health Software**  
*Rockville, MD*

Credible Behavioral Health Software seeks a Health and Wellness Coordinator to create and maintain a Health and Wellness culture throughout the entire Company helping all employees to lead healthy and happy lives.

Contact: Diana Talesnick, <https://jobs.jobvite.com/credible/job/oKDY6fwb>

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Herbal Medicine, F/T or P/T  
**Sustainability Wellness**  
*Towson, MD*

Sustainability Wellness is expanding and has spaces for integrative modalities to rent space and grow or move their practice to.

Contact: Eric Jones Williams, [eric@sustainabilitywellness.com](mailto:eric@sustainabilitywellness.com)

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Nutrition, P/T  
**Village Green Apothecary**  
*Bethesda, MD*

Village Green Apothecary is looking for a bright, friendly, energetic person to work part-time with customers in our busy integrative pharmacy (ability to work Saturdays is a plus). The position includes answering questions about nutrition and supplements from customers in-store and on the phone, helping them choose appropriate products, and other retail-related tasks.

Contact: Margaret Loomis, [margaret@myvillagegreen.com](mailto:margaret@myvillagegreen.com)

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Nutrition, F/T  
**Village Green Apothecary**  
*Bethesda, MD*

We are looking for a full-time clinical nutritionist who would like to share space in our established office in Bethesda, MD. The space is move-in ready and cooperatively shared with several other integrative health practitioners.

Contact: Margaret Loomis, [margaret@myvillagegreen.com](mailto:margaret@myvillagegreen.com)

Nutrition, P/T  
**CHI Health Care**  
*Rockville, MD*

CHI is seeking a collaborative and engaged nutritionist to complement the clinical team as well as work on special projects relating to nutrition.

Contact: Kendra Janevski, [careers@chihealthcare.org](mailto:careers@chihealthcare.org)

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Nutrition, P/T  
**Trinity Wellness and Weight Loss Clinic**  
*Owings Mills, MD*

Trinity Wellness and Weight Loss Clinic is looking for a student or graduate to do monthly nutrition workshops for their patients.

Contact: Marilyn Berchie, [mberchie@gmail.com](mailto:mberchie@gmail.com)

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Yoga, P/T  
**Credible Software**  
*Rockville, MD*

Credible Software is building a workplace wellness program. They are looking for a Registered Yoga Teacher to lead stretch breaks for employees every weekday for approximately one hour per day. Occasional yoga classes on-site as well.

Contact: Diana Talesnick, [diana.talesnick@credibleinc.com](mailto:diana.talesnick@credibleinc.com)

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Yoga, F/T  
**Awaken Wellness**  
*Columbia, MD*

Awaken Wellness is a group of highly trained and skill practitioners and teachers offering the healing arts to our community. A yoga therapist with excellent communication skills is wanted to join a professional team of wellness practitioners.

Contact: Jen Stuke, [Jobs@AwakenWellnessColumbia.com](mailto:Jobs@AwakenWellnessColumbia.com)

The mission of the Career Services Center at Maryland University of Integrative Health (MUIH) is to partner with students and alumni in their pursuit of fulfilling careers in the integrative health professions, and ensuring that they have the best chance of success. We serve as a liaison between the campus community and employers, while also providing students and alumni with career and job search counseling. We also work closely with MUIH's academic programs to support external clinical, internship, and practicum placements.

[CareerServices@muih.edu](mailto:CareerServices@muih.edu) or 410-888-9048 x6613



# Wellness WEDNESDAYS



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