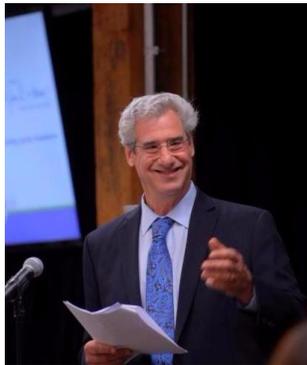




UNIVERSITY *of* MARYLAND
SCHOOL OF MEDICINE
CENTER FOR INTEGRATIVE MEDICINE

August 2016 eNewsletter



The digestive tract is an important aspect of our health that is often overlooked. What you eat, when you eat and how much you eat affect how efficiently your gut works to digest what you consume and how it uses that fuel. In this month's blog articles, we hear from one of our physicians with tips on best practices for gut health, our nutritionist gives us evidence-based information on the probiotic benefits of fermented foods, and we learn about mindful eating and other "best practices" to make mealtimes both delicious and good for your health.

I hope you find this information useful for your personal journey to wellness and encourage you to share it.

All best wishes,

Brian Berman, MD
Professor, Family & Community Medicine
Director, Center for Integrative Medicine
University of Maryland School of Medicine

On Our Blog

**Ask the Expert about Digestive Health:
William Rollow, MD**

Dr. William Rollow talks about how to keep your

digestive tract working at peak performance.

[Read more here](#)



Fermented Foods: A Primer on Probiotic Nutrition

Fermented foods provide a source of natural probiotics that your body needs for a healthy digestive system.

[Read more here](#)



When and How to Eat for Best Health

Did you know that HOW you eat, WHEN you eat and HOW MUCH you eat are very important for good digestion and health?

[Read more here](#)



Think Small: Plate Size and Portion Control

Studies show that giving people smaller plates results in people eating less.

[Read more here](#)



Healthy Breakfasts - Yours for the Making!

Here are five make-ahead recipes that will make your mornings a little more delicious.

[Read more here](#)



From Our Healing Arts Blog



Heart Circles: An Expressive Arts Project

Create heart circle cards to encourage a creative and fun focus on the core heart qualities of: Acceptance, Patience, Compassion, Care, Love, Appreciation, Respect and Tolerance. [Read more here.](#)

From Our Cochrane CAM Blog



[Cannabis for Cancer: What the Evidence Tells Us](#)

[Improving Cancer Comfort: Can Massage Help?](#)

Upcoming Events



Register now for Sunday, September 11 - Saturday, September 17, 2016.
Click the image for details.



Yoga Teacher Training

200-hour program begins September 22, 2016.
Click the image for details.

Liddlekidz™ Nurturing Touch for the Growing Child



- [Pediatric Massage Certification](#) | August 25 & 26, 2016
- [Touch Therapy for Liddle Kidz™ with Cancer](#) | August 27 & 28, 2016
- [Touch Therapy for Liddle Kidz™ with Trauma](#) | August 29 & 30, 2016

Applied Integrative Medicine Training: Practical Skills for Health Care Providers

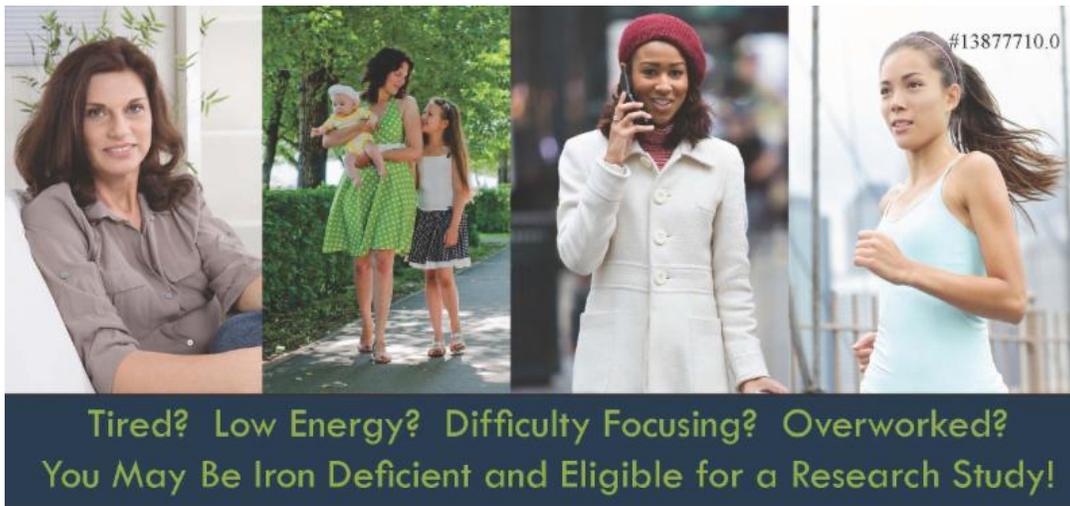


An evidence-based training program designed to give health care professionals not just the fundamentals of Integrative Medicine, but hands-on experience and real-life applications that can be immediately applied to their practice.

November 7-9, 2016 | [Click image for details.](#)

Research Studies - Now Enrolling

[Click the images for details.](#)



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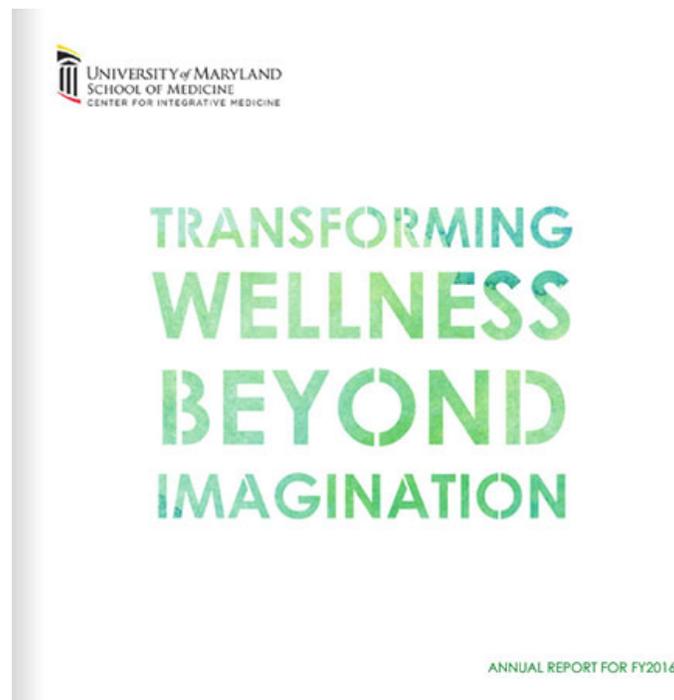
The clinical practice of the Center for Integrative Medicine

Visit us online at <http://www.cim.umaryland.edu/Patient-Care/>.

We Are Transforming Wellness

We have been making positive impacts in the lives of our patients, as well as conducting innovative research and educating health care professionals. Our 2016 Annual Report captures the highlights and tells of our future plans.

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